



ST. GEORGE'S  
SCHOOL

Afternoon Activity Options for New Students

*Required Student Form*

Student Name: \_\_\_\_\_

Entering Grade:

9<sup>th</sup> 10<sup>th</sup> 11<sup>th</sup>

Email Address: \_\_\_\_\_ Cell: \_\_\_\_\_ Gender: \_\_\_\_\_

Your Address \_\_\_\_\_  
City / State

Summer Address: \_\_\_\_\_  
(if different)

Home Telephone: \_\_\_\_\_ Summer Phone: \_\_\_\_\_  
(if different)

Current School: \_\_\_\_\_  
City / State

In the appropriate space below, please list each athletic activity you have pursued up to now. Then, list the options you would like to take next year and each succeeding year during your tenure at St. George's. **Please refer to the "Afternoon Activity Choices" sheet when listing your preferences.** Once this form has been returned, we will follow up with you no later than July 15 about your choices for next year.

	Eighth Grade	Third-Form	Fourth-Form	Fifth-Form	Sixth-Form
Fall					
Winter					
Spring					

Please return the completed form **no later than May 15.**  
Scan and email it to [Athletics@stgeorges.edu](mailto:Athletics@stgeorges.edu)

# Afternoon Activity Choices for Incoming Students

The mission of St. George's School afternoon parallels that of the School's: "To develop to the fullest extent possible the particular gifts that are theirs." By design, three pillars--PLAY, SERVE, CREATE--support the pursuit of each student's passions and gifts.

## The following are guidelines for St. George's Afternoon Activities:

- All new students must participate in a group activity during their first term. These include playing on an interscholastic sports team, participating in the theater option, Dragon Club, strength and conditioning, or community service.
- All students must choose at least one activity from the *Play* columns or a theater option each year.
- Some activities are limited in terms of number of participants.
- Students traveling *Geronimo* for more than three weeks will be asked to create an SDFSFA or choose a team sport during the time before and after their voyage.
- Any student who has a documented injury or medical condition can discuss options with the athletic office.

## Play

Fall	Winter	Spring
Interscholastic Sports	Interscholastic Sports	Interscholastic Sports
Strength and Conditioning*	Strength and Conditioning*	Strength and Conditioning*
Dragon Club*		

## Serve

Fall	Winter	Spring
Athletic Helper*	Athletic Helper*	Athletic Helper*
Community Service*	Community Service*	Community Service*

## Create

Fall	Winter	Spring
Theater	Musical	Theater
	SDFSFA*	SDFSFA*

\* An application is required for this activity. All applications will be vetted by a faculty committee. The intent of this process is to empower students to make goal-directed decisions about the afternoon program driven by interest, not requirements. You will be emailed an application shortly after you send in your fall selection. Winter applications will be emailed in October.

**Athletic Helpers** include students who wish to assist with athletic training equipment, managing teams, organizing athletic equipment, or helping in the athletic office.

A **SDFSFA** (Student Designed, Faculty Sponsored Activity) is available to students starting winter term of their third-form year by application. A SDFSFA must incorporate two of the three pillars of the afternoon program. The spirit of this option is to provide students with the flexibility of pursuing one's interests, not offered through the School's afternoon program.

**Dragon Club** is a wellness-based intramural program which combines fitness, fun, and friendly competition.

**Strength and Conditioning** (S&C) is a sport specific strength program geared toward varsity athletes who are preparing for an upcoming season. Participation in Strength and Conditioning is not a prerequisite for playing on a varsity team. Students can take S&C once per year.

## Interscholastic Sports (B=Boys, G=Girls)

Fall	Winter	Spring
Cross-Country (B,G)	Basketball (B,G)	Baseball (B)      Softball (G)
Field Hockey (G)	Ice Hockey (B,G)	Golf (Co-ed)      Tennis (B,G)
Football (B)	Squash (B,G)	Lacrosse (B,G)      Track (B,G)
Sailing (Co-ed)	Swimming (B,G)	Sailing (Co-ed)
Soccer (B,G)		

## The following are league requirements:

- St. George's is a proud member of the New England Preparatory School Athletic Council (NEPSAC), and the Independent School League (ISL). Membership requires that students can earn only one credit in a particular sport per year as well as mandatory participation in the School's afternoon program.