



Nobles Spring Afternoon Program Offerings 2022-2023

<u>Activity</u>	<u>Grade levels</u>	<u>Notes</u>
<u>ATHLETICS</u>		
Varsity Lacrosse	I, II, III, IV	* by tryout only
JV Lacrosse	I, II, III, IV	
Middle School Lacrosse	VI, V	
Varsity Tennis	I, II, III, IV	* by tryout only
JV Tennis	I, II, III, IV	
Middle School Tennis	VI, V	
Track and Field	I, II, III, IV	
Varsity Baseball	I, II, III, IV	* by tryout only
JV Baseball	IV, III, II	
Middle School Baseball	V, VI	
Varsity Softball	I, II, III, IV	* by tryout only
JV Softball	VI, V, IV, III, II	* Class VI needs to petition to join.
Varsity Crew	I, II, III, IV	* by tryout only for Class IV
JV Crew	I, II, III, IV	

Middle School Learn to Row	VI, V	
Ultimate Frisbee	I, II	* limited to Class I & II
Varsity Golf	I, II, III, IV	* by tryout only (usually in the fall)
Strength and Conditioning	I, II, III, IV	S&C will include weight training in the weight room. There will also be strength training, metabolic conditioning, plyometrics, and prehab exercises in spaces outside of the weight room that are located in the MAC.
<u>COMMUNITY SERVICE</u>		
Community Service	I, II, III, IV	The Nobles service requirement (80 hours) encourages students to learn about volunteerism and social justice issues on local, national, and global levels. The afternoon program addresses a variety of local issues and the impact that volunteers can have on building community. Students earn between 40-60 hours upon completion of a season of service.
<u>PERFORMING ARTS</u>		
Technical Theatre Program	VI, V, VI, III, II, I	Join the technical crew as we create the sets, lights, costumes, props, and sound for the spring mainstage production! No experience needed, all you need to join us is a willingness to learn. Make friends, be part of the excitement backstage, and gain skills that can last a lifetime. *Class VI needs to petition to join.
Spring Mainstage Production Cast	I, II, III, IV	All are welcome to audition (and we're here to help!) for our spring theatre production. Rehearse

		and perform a play with your peers under the guidance of a faculty director. *By audition only
Spring Dance Middle and Upper School	VI, V, VI, III, II, I	Open to all levels of dance experience. Come explore a variety of dance styles (jazz, hip hop, contemporary - just to name a few) and develop choreography for the live fall dance concert in Vinik Theatre. *Class VI needs to petition to join.
<u>ADDITIONAL OFFERINGS</u>		
Independent Project	I, II, III, V	By application only - For Class V, see Mr. Geneus. For Classes III, II, I see Ms. Libby.
Class I Exempt	I	
Class II Exempt	II	

Have a question? Click [here](#) for a list of important contacts.