



**Nobles Spring Afternoon Program Offerings - 2020-2021**

<u>Activity</u>	<u>Grade levels</u>	<u>Notes</u>
<b><u>ATHLETICS</u></b>		
<b>BV Lacrosse</b>	Upper school	* by tryout only for Class IV
<b>BJV Lacrosse</b>	Upper school	
<b>MS Boys Lacrosse</b>	VI, V	
<b>GV Lacrosse</b>	Upper school	* by tryout only for Class IV
<b>GJV Lacrosse</b>	Upper school	
<b>MS Girls Lacrosse</b>	VI, V	
<b>GV Tennis</b>	Upper school	* by tryout only for Class IV
<b>GJV Tennis</b>	Upper school	
<b>BV Tennis</b>	Upper school	* by tryout only for Class IV
<b>BJV Tennis</b>	Upper school	
<b>MS Coed Tennis</b>	VI, V	
<b>Track and field</b>	Upper school	
<b>BV Baseball</b>	Upper school	* by tryout only for Class IV
<b>Boys Junior Baseball</b>	VI, V, IV	
<b>GV Softball</b>	Upper school	* by tryout only for Class IV
<b>Girls Junior Softball</b>	VI, V, IV	
<b>GV Crew</b>	Upper school	* by tryout only for Class IV
<b>GJV Crew</b>	Upper school	

<b>BV Crew</b>	Upper school	* by tryout only for Class IV
<b>BJV Crew</b>	Upper school	
<b>Middle School Learn to Row</b>	VI, V	
<b>Ultimate Frisbee</b>	I, II, III	
<b>Varsity Golf</b>	Upper school	* by tryout only
<b>Strength and Conditioning—virtual</b>	Upper school	Virtual S&C will include bodyweight strength training, metabolic conditioning, plyometrics, and prehab exercises. Participants will only need a small amount of space at their location. Participants must have their cameras on throughout the workout so coaches can provide feedback and ensure proper technique to avoid injury.
<b>Strength and Conditioning—live</b>	Upper school	Live S&C will occur on campus and 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.
<b><u>COMMUNITY SERVICE</u></b>		
<b>Upper School Community Service</b>	Upper school	Upper school community service will be all virtual (at least to begin)
<b><u>PERFORMING ARTS</u></b>		<b>All performing arts can be done virtually if a student is not on campus at all.</b>
<b>Technical Theatre Program</b>	All grades	Students will learn basic woodworking and furniture building and build scenery for the spring musical.
<b>Musical Theatre Revue</b>	Upper school	*by audition only
<b>Student-Directed Play</b>	Upper school	
<b>Pit Band Program</b>	Upper school	*by audition only
<b>Middle School Production</b>	VI, V	

<b><u>ADDITIONAL OFFERINGS</u></b>		
<b>Independent Project</b>	I, II, III, V	<b>By application only</b> - For Class V, see Mr. Geneus. For Classes III, II, I see Mr. Resor
<b>Class I Exempt</b>	I	
<b>Class II Exempt</b>	II	

To see more detailed descriptions of offerings for the spring 2020-21 afternoon program, click [here](#).

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