



Nobles Fall Afternoon Program Offerings 2022-2023

<u>Activity</u>	<u>Grade levels</u>	<u>Notes</u>
<b>ATHLETICS</b>		
Varsity Football	I, II, III, IV	* by tryout only
Junior Football	VI, V, IV	
Varsity Soccer	I, II, III, IV	* by tryout only
JV Soccer	II, III, IV	
3rd Soccer (boys)	IV, III	When numbers allow
Middle School Soccer	VI, V	
Varsity Volleyball	I, II, III, IV	* by tryout only
JV Volleyball	I, II, III, IV, V, VI	*Class VI needs to petition to join.
Varsity Field Hockey	I, II, III, IV	* by tryout only
JV Field Hockey	II, III, IV	
Middle School Field Hockey	VI, V	
Varsity Cross Country	I, II, III, IV	
Middle School Cross Country	VI, V	
Middle School Outdoor Adventure	VI, V	Each afternoon in MSOA we take on a new adventure in the beautiful outdoors. From kayaking, rock climbing, and hiking to fire building and s'mores eating (yes, s'mores eating is an outdoor adventure), MSOA is nonstop fun. We work to expand students' knowledge of outdoor skills through team challenges, adventures, and games.
Strength & Conditioning	I, II, III, IV	Strength and conditioning includes weight training in the weight room. strength training,

		metabolic conditioning, plyometrics, and prehab exercises in spaces outside of the weight room that is located in the MAC.
<b><u>COMMUNITY SERVICE</u></b>		
		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.
<b>Community Service</b>	I, II, III, IV	
<b><u>PERFORMING ARTS</u></b>		
		Join the technical theatre crew as we create the sets, lights, costumes, props, and sound for the fall theatre and dance productions! 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.
<b>Technical Theatre</b>	I, II, III, IV, V, VI	*Class VI needs to petition to join.
		All are welcome to audition (and we're here to help!) for our fall theatre production. Rehearse and perform a play as we bring live theatre back to the Vinik Theatre.
<b>Fall Mainstage Production (Cast)</b>	I, II, III, IV	*By audition only.
		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.
<b>Fall Dance Upper and Middle School</b>	I, II, III, IV, V, VI	*Class VI needs to petition to join.
<b><u>ADDITIONAL OFFERINGS</u></b>		
		The school yearbook is published annually to commemorate both the senior class and the school year. The book serves as a record of the events, organizations, and teams that underlie our school community. The yearbook staff is responsible for both designing the book and marketing it to the student body.
<b>Yearbook</b>	I, II, III, IV	

<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 Ms. Libby
<b>Class I Exempt</b>	I	
<b>Class II Exempt</b>	II	
<b>PickleBall</b>	I, II, III, V	Join your classmates in an activity that combines outdoor walks, rock-climbing, and pickleball! This is a new activity open to all Upper School students that will take place on campus (3 days/week) and off-campus at nearby Rock Spot (2 days/week).

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