



Nobles Winter Afternoon Program Offerings 2022-2023

<u>Activity</u>	<u>Grade levels</u>	<u>Notes</u>
<b><u>ATHLETICS</u></b>		
Varsity Basketball	I, II, III, IV	* by tryout only
JV Basketball	I, II, III, IV	
3rds Basketball (boys)	IV, III	When numbers allow
Middle School Basketball	VI, V	
Varsity Hockey	I, II, III, IV	* by tryout only
JV Hockey	I, II, III, IV	
Middle School Hockey	VI, V	
<b>Wrestling</b>	I, II, III, IV	
		Wrestling is a sport anyone can pick up. Every year students who started wrestling at Nobles place at the ISL Championships, so you need not have any experience to join. Also, wrestling is for all body types. There are so many different moves and styles; individuals can use the moves that work best for them. In middle school competitions, students are paired up against kids of approximately the same size and skill/experience level, so everyone has a chance for success. Finally, female wrestling is one of the fastest growing sports in the US. Wrestling is for all genders. Our goal is to create a fun, hard-working environment where everyone learns and grows as people.
<b>Middle School Wrestling</b>	VI, V	
Varsity Squash	I, II, III, IV	* by tryout only
JV Squash	I, II, III, IV	
Middle School Squash	VI, V	
<b>Alpine Skiing</b>	I, II, III, IV	* by tryout only

<b>Strength &amp; Conditioning</b>	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.
<b>Crew Strength &amp; Conditioning</b>	I, II, III, IV	We will combine on campus workouts with off campus activities and guided strength/body weight circuits to develop a strong aerobic fitness base and improved strength.
<b>Introduction to Body, Movement, and Strength Training</b>	V, VI	Whether this will be your first time or not, the Introduction to Body, Movement, and Weight Training program is a middle school winter season athletic offering where students can learn how to properly and appropriately train their body and physical movements by engaging in a variety of activities and exercises (e.g. running, agility, plyometrics, yoga, spin bikes, stretching, weight room). The students are introduced to the basics of a weight room, the purpose of each piece of equipment, and fundamental skills and techniques. Our goal is for every student to learn, grow confidence, build connections working with others, and develop skills that they can use for life.
<b><u>COMMUNITY SERVICE</u></b>		
<b>Community Service</b>	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.
<b><u>PERFORMING ARTS</u></b>		
<b>Technical Theatre</b>	I, II, III, IV	Join the technical theatre crew as we create the sets, lights, costumes, props, and sound for the middle school production and the largest show of the year at Nobles, the musical! ! No experience required, 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.

		Act, sing, and dance in the largest production of the year at Nobles! Improve your skills, make friends, grow creatively, and be part of the fun.
<b>The Musical (Cast)</b>	I, II, III, IV	*by audition only (we're here to help!)
<b>Pit band</b>	I, II, III, IV	Instrumentalists! Rehearse and perform alongside professional musicians as a member of the band for the NTC's musical theatre production!  *by audition only
<b>The Middle School Production</b>	VI, V	Rehearse and perform as a member of the cast of the middle school theatre production! All middle schoolers are welcome to join, with no experience and no cuts.
<b><u>ADDITIONAL OFFERINGS</u></b>		
<b>Yearbook</b>	I, II, III, IV	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>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	

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