

Physical Education

Phillips Exeter Academy supports a comprehensive physical education program for all students. The program is designed to promote health and fitness by teaching skills in diverse physical activities and educate students in cooperative effort, fair play, and the ability to handle stress.

Physical education at Exeter includes competitive as well as instructional activities, some of which are coeducational. The program is supervised by the chair of the Physical Education Department and the Director of Athletics. Eleven members of the Physical Education Department and many faculty colleagues teach and coach in the program at a variety of levels.

The athletic complex includes two indoor skating rinks, four basketball/volleyball courts, ten international squash courts, an all-deep championship swimming pool, a four-lane training pool, a dance studio, a weight room, a training room, and visiting team locker rooms. In addition, the Thompson Cage supports the indoor track and wrestling programs. Outdoor areas include 19 all-weather tennis courts, the Plimpton Playing Fields, the Amos Alonzo Stagg baseball diamond, the Ralph Lovshin all-weather track, and the Hilliard lacrosse field. Phelps stadium, home to the football, field hockey, and lacrosse programs, includes an all-weather field turf playing surface and lights. The William G. Saltonstall Boathouse stands at the opposite end of campus and was named in 1990 in honor of our former principal.

Students are required to participate in the physical education program four days per week. Those students participating on an interscholastic team typically have a six day a week commitment with contests on Wednesday and Saturday afternoons. A senior or an Upper may opt out of one of the three terms of Physical Education unless he or she participates in a one-term off campus program during the school year. Ninth grade students have the opportunity to try out for a varsity or junior varsity team. Ninth grade students that do not participate in the interscholastic athletic program are placed in the junior physical education program. All students take a swim test and non-swimmers are given the opportunity for instruction throughout the year.

PEC001: SPORTS OPTION

Students who want to take a one-course reduction in Physical education during their upper or senior years select this course. For Uppers and Seniors.

PEC100: INTRODUCTION TO FITNESS (COEDUCATIONAL)

This fitness program introduces participants to our fitness facility and the fundamental principles of cardiovascular and resistance training. Instruction is given on the basic mechanics of movement, physiology of exercise, the role of stretching, and the use of heart rate/target zones for training and interval work. Heart-rate monitors and basic computer software programs are used to assist students in the development of their own individual fitness portfolio. Daily activities are based on individual student goals emphasizing the development of life-long fitness habits. Note: Students may only enroll in PEC100 one term. *Offered: Fall, Winter and Spring Terms.*

PEC111: JUNIOR PHYSICAL EDUCATION PROGRAM

This special development course is required of all Juniors and is conducted four days a week for three seasons in the morning hours. Juniors who win a place on a varsity or junior varsity team do not participate in the Junior morning program. The goal of this program is to make students fit and aware of all their physical abilities. When selecting courses in April, all entering Juniors must sign up for the Junior Physical Education Program.

The fall term begins with an evaluation of fitness for health. Each student is encouraged to participate in a self-assessment and in learning how to plan a personal fitness program. The term continues with an introduction to fall sports followed by

participation in at least three of the offered activities. The winter term covers an introduction to skills in winter sports, intramural competition, outdoor sports, aerobic exercise, and retesting. The spring term provides competition, Junior team sports, an introduction to spring sports, a summer shape-up, and retesting.

PEC200: INTERMEDIATE FITNESS (COEDUCATIONAL)

The intermediate fitness program is designed for students that have taken PEC100 (Introduction to Fitness). Topics covered in PEC100 will be reinforced, and students will be introduced to more advanced principles of cardiovascular, flexibility, and resistance training. Specific instruction will be given on heart-rate intensity, modes of exercise, flexibility training, resistance training, abdominal training, and nutrition. The Sport Science Lab will be used to assist students in designing a fitness program based on their individual goals. Daily activities include cardiovascular and strength training with continued emphasis on the development of lifelong fitness habits. Prerequisite: PEC100 or the permission of the chair of the department. *Offered: Fall, Winter and Spring Terms.*

PEC300: CHALLENGE FITNESS (COEDUCATIONAL)

Challenge fitness is designed for students looking for an instructor-directed intense fitness experience. As part of the class, students will be introduced to a variety of rigorous cardiovascular, flexibility, and resistance-training methods. The instructor will direct the class through a series of programs that will include plyometrics, agility exercises, interval training, circuit training, and core-strength training. Students should expect to improve their overall fitness level within a highly motivated group setting. *Offered: Fall, Winter and Spring Terms.*

► Fall Interscholastic Programs

PEB110: BOYS V/JV CROSS COUNTRY

PEG110: GIRLS V/JV CROSS COUNTRY

Training runs develop the stamina and speed necessary to race the 5K distance. Beginners are welcome to join the team; the workload is adjusted to suit each runner's ability. Competition against traditional rivals culminates in the New England championship meet. The team may also compete in a wider context, as in the Manchester Invitationals and (as individuals) in the Foot Locker and Junior Olympic regional championships.

PEG120: GIRLS VARSITY FIELD HOCKEY

PEG125: GIRLS JV FIELD HOCKEY

The varsity and junior varsity teams are committed to a strong competitive program based on strength and conditioning, fundamentals of stick work, appropriate system play, teamwork and responsible student leadership. A full schedule of 12-14 games offers opportunity to excel at a very high level.

PEM130: VARSITY FOOTBALL

PEM135: JV FOOTBALL

The JV, composed of underclassmen with varsity potential, plays six games. The varsity, composed mostly of Uppers and Seniors, play a nine game schedule in the Class A league ending with the traditional Andover game.

PEG140: GIRLS VARSITY VOLLEYBALL

PEG145: GIRLS JV VOLLEYBALL

The team plays a competitive schedule against other private and public schools in New England. Practices are designed to improve team play and individual skills and consist of high-level drills.

PEB160: BOYS VARSITY SOCCER

PEB165: BOYS JV SOCCER

The boys varsity and junior varsity teams play a 12- to 14-game schedule. The practices are designed to improve endurance, sharpen individual skills, and inculcate team tactics.

PEG160: GIRLS VARSITY SOCCER

PEG165: GIRLS JV SOCCER

Girls soccer at Exeter focuses on reaching individual potential within a team concept. The varsity plays a very competitive schedule which combines private and public high schools, and collegiate junior varsity teams. The junior varsity plays a strong schedule in both number and opponents. For both levels, the season culminates with the deeply traditional Andover contest. For the varsity, this is followed by participation in the New England Large School Invitational Championship.

PEB180: BOYS VARSITY WATER POLO

PEB185: BOYS JV WATER POLO

The varsity team has a schedule of approximately 18 games that ends with the New England Championships. The JV team has approximately 10 games. Each squad has 16 members. Prior experience in water polo or competitive swimming is not necessary.

PECMGR: V/JV TEAM MANAGER

► Fall Physical Education Programs

PEC105: BICYCLING

(COEDUCATIONAL — BEGINNING)

Bicycling is open to students who own a 10-speed bicycle or mountain bicycle. This section is open to students that have not participated in the varsity cycling program. Though not a racing activity, it increases ability and stamina. Rides around Exeter vary from 8 to 15 miles, with occasional longer rides. Bike helmets are required.

PEC106: BEGINNING YOGA (COEDUCATIONAL)

This course will focus on the Kripalu style of yoga, which emphasizes internal body awareness as we learn basic stretches and poses (asanas). We will also learn a basic Astanga (power yoga) style of doing the sun salutation, which provides an intense workout. In both types of yoga, joints, muscles, and internal organs benefit from movements that stimulate often-neglected areas of the body. Deep breathing during practice calms the mind as it brings oxygen to all the body's systems. You can expect to improve your overall physical flexibility, strength, and balance, and probably enjoy stress reduction and a greater sense of well-being too. *Offered: Fall, Winter and Spring Terms.*

PEC107: CLUB RUNNING (COEDUCATIONAL)

The club running program is designed for students who want to run for fitness. Beginning runners will receive thorough introduction to distance running. Experienced runners will further develop their speed and stamina. Daily runs of 2 to 5 miles will comprise the bulk of the training, but the alternate modes of training and drills that are essential to strong, injury-free running will also be part of the course.

PEC109: PLAY PRODUCTION SPORTS (COEDUCATIONAL)

See Theater and Dance offerings...

PEC130: CLUB SQUASH (COEDUCATIONAL)

The club squash program is designed to help beginners and others who have not made varsity or JV learn basic strokes and tactics. Required: racket, one ball, and eye-protection glasses.

PEC132: STUDIO FITNESS (COEDUCATIONAL)

Designed for those new to fitness and those who have established fitness as part of their daily activities, Studio Fitness combines tools from a broad base of disciplines. Eastern and western practices influence the curriculum which will build strength, balance, flexibility, stamina and, especially, core power. Exercises and philosophies borrowed from pilates, yoga, aerobics, resistance training, imagery and relaxation are all used in various combinations. In addition, every component will allow the participant to gain a stronger awareness and control over their own body's movements or coordination.

Based in, but not limited to, a studio structure, participants will finish the class with a storehouse of global exercises to carry from term to term. We want every participant to feel a healthy difference as they move throughout their daily life.

PEC133: PILATES (COEDUCATIONAL)

Pilates, originally developed by Joseph Pilates over 80 years ago, is an anatomically based method of body conditioning consisting of strengthening and stretching exercises emphasizing core strength and stability. This course will be based on

mat exercises that will not only improve total body and core strength, but also postural alignment, flexibility, balance, coordination, and endurance. Weight bearing exercises and a cardiovascular component will be included, in addition to the mat work, to produce a complete fitness workout. This course can be used as an excellent fitness workout in itself or as a supplement to other fitness/athletic endeavors. Modifications to all exercises will be taught in order to accommodate all fitness levels and to facilitate individual improvement.

PEC140: CLUB VOLLEYBALL

This course is for beginning and intermediate players looking to improve their skills in volleyball. This section is open to students that have not participated in the varsity or junior varsity program(s). Class will consist of drills and games.

PEC150: OUTDOOR CHALLENGE (COEDUCATIONAL)

Outdoor Challenge (ODC) is a group-oriented program for those who want to learn about and experience outdoor recreation possibilities on and off of the PEA campus. Students will participate in outdoor-skills training, cycling, rock climbing, canoeing, orienteering, and hiking. In addition to the regular club-sport schedule, there will be two required overnight trips to the White Mountains. Students must have their own bicycle and helmet. Camping gear (backpacks, tents, sleeping bags and pads) will be provided by the school. PEC150 may be taken only once.

PEC160: CLUB SOCCER (COEDUCATIONAL)

Club soccer offers a combination of instruction and intramural games with an emphasis on competitive play, and works towards skill development and team strategies.

PEC171: CLUB TENNIS

Club tennis is designed for both beginning players and those who have already learned the basics of tennis. Players are evaluated at the beginning of the term and sectioned into smaller groups based on ability and experience. This section is open to students that have not participated in the varsity or junior varsity program(s). Players compete in singles and doubles through round-robin and/or team play. Club coaches also conduct team practices in singles and doubles and/or club team matches. Free hit days are also scheduled into the section. Spring club tennis sections may also play matches against the prep program competitive tennis section toward the middle to the end of the term. Tennis racket and tennis balls required.

PEC175: COMPETITIVE TENNIS LADDER

Competitive tennis ladder is for those tennis players who desire more one-on-one competitive match play in both singles and doubles. This section is open to students that have not participated in the varsity or junior varsity program(s). Players in this section should have a solid background in scoring and be advanced beginners and above. The class is structured around singles and doubles ladders/round-robins and free class hitting. This class is designed for the intermediate and above level tennis player. The spring competitive tennis ladder may also conduct matches against the prep program competitive tennis section during the middle or the end of the spring term. Tennis racket and tennis balls required.

PEC330: GIRLS CREW (ADVANCED)

PEC331: BOYS CREW (ADVANCED)

Experienced rowers and coxswains place emphasis on improving individual technique and aerobic conditioning at low cadences in fours and eights. All look forward to occasional intramural 3-mile races and our annual 500-meter Class Day Regatta. Practices occur, on average, four days/week, including some Wednesdays.

PEC330: GIRLS CREW (NOVICE)

PEC331: BOYS CREW (NOVICE)

Beginners are introduced to rowing and coxing in eight-oared shells after a review of boatmanship and water safety. By mid-season, all are ready to participate in intramural races. Novices who progress rapidly can become varsity candidates for the varsity crews in the spring. Practices occur, on average, four days/week, including some Wednesdays. A swim test is required.

DANCE (COEDUCATIONAL)

See Theater and Dance offerings...

► Winter Interscholastic Programs

PEB210: BOYS VARSITY BASKETBALL

PEB215: BOYS JV BASKETBALL

PEG210: GIRLS VARSITY BASKETBALL

PEG215: GIRLS JV BASKETBALL

The varsity teams play once or twice weekly against college JV teams, prep schools, and high schools. The JV teams play separate schedules, competing with high schools and other prep schools. Practices on both levels stress the strengthening and polishing of basic skills, learning offenses and defenses, and sharpening reactions to tactical situations.

PEB250: BOYS VARSITY HOCKEY

PEB255: BOYS JV HOCKEY

The boys varsity ice hockey program offers experienced players a competitive schedule against college JV teams and other independent schools.

PEG250: GIRLS VARSITY HOCKEY

PEG255: GIRLS JV HOCKEY

The girls varsity ice hockey program offers experienced players a competitive schedule against other independent schools. Both JV teams play competitive schedules against other independent schools.

PEB260: BOYS V/JV SQUASH

PEG260: GIRLS V/JV SQUASH

Squash is a sport that emphasizes racket control, speed, and strategy. Varsity squash players typically begin squash at the Academy and spend a year on the JV learning the game. There are regular challenge matches, which allow players to move up the ladder, and a full schedule of interscholastic matches.

PEB270: BOYS VARSITY SWIMMING**PEB275: BOYS JV SWIMMING****PEB272: BOYS V/JV DIVING**

The boys varsity and JV teams have eight dual meets each during the winter. The varsity ends its season with the New England Prep Championships. Stroke-technique work and weight-training are emphasized. Divers with or without competitive experience are encouraged to try out.

PEG270: GIRLS VARSITY SWIMMING**PEG275: GIRLS JV SWIMMING****PEG272: GIRLS V/JV DIVING**

The girls varsity usually schedules between 8 to 10 dual meets throughout the course of the season culminating with the New England Prep Championships. A variety of competitions is scheduled including collegiate JV teams. Emphasis is placed on helping each swimmer or diver realize her potential as an individual performer through the team concept, stroke technique, and weight training. Divers with or without competitive experience are encouraged to try out.

PEB280: BOYS V/JVR TRACK**PEG280: GIRLS V/JV TRACK**

More than a tenth of the school traditionally participates on the track team. Athletes find themselves at various levels of development so the training and competition schedule is adapted to fit the individual. The most accomplished athletes find themselves participating in such prestigious meets as the Dartmouth Relays, the Eastern States Championship and the National Scholastic Championship. Others get their competition from meets with public high schools. All athletes find individual attention from experienced and enthusiastic coaches.

PEM290: V/JV WRESTLING

The varsity wrestling team consists of the top wrestler's in each of the 13 weight classes, from 103 pounds to heavyweight. Team members challenge up the ladder. The varsity schedule consists of dual meets, the Class A Tournament, the All New England Tournament, and for those who qualify, the National Prep School Tournament.

JV wrestling is an extension of the varsity. Wrestler's move up and down the ladder in their individual weight classes, and four times a season challenge for the varsity. The team practices with the varsity but has its own schedule of meets, including contests with some other schools' varsities and the New England JV Tournament.

PECMGR: V/JV TEAM MANAGER**► Winter Physical Education Programs****PEC100: INTRODUCTION TO FITNESS (COEDUCATIONAL)**

See fall program description...

PEC106: BEGINNING YOGA (COEDUCATIONAL)

See fall program description...

PEC109: PLAY PRODUCTION SPORTS (COEDUCATIONAL)

See Theater and Dance offerings...

PEC200: INTERMEDIATE FITNESS (COEDUCATIONAL)

See fall program description...

PEC203: AEROBICS/STEP AEROBICS (COEDUCATIONAL)

Aerobics is high-level, physical activity emphasizing total body toning as well as cardiovascular conditioning done to music.

PEC204: CLUB SOCIAL DANCE (COEDUCATIONAL)

Across America the last 15 years have witnessed an ever-growing interest in social partner dancing with teenage dancers in the movement's vanguard. Social dancing is for everyone, and every occasion. Once you know the basics of these dances, you can have fun anywhere. Students in this course will learn the basics of four to five social dances within the ballroom and Latin dance canons: Waltz, Foxtrot, Quickstep, East Coast Swing, Cha Cha, Salsa and Merengue. Time, interest and ability permitting, students may also learn some Lindy Hop, Tango and vintage social dances from the 1850s-1920s. For each of the dances attention will be paid to learning to lead, follow, and maintain the proper posture. Students should expect a thorough cardiovascular and strength workout in this course. No previous experience necessary.

PEC206: AQUATICS (COEDUCATIONAL)

Aquatics is a means to achieve cardiovascular fitness through stroke development and participation in a variety of swimming workout methods.

PEC210: CLUB BASKETBALL (COEDUCATIONAL)

Club basketball offers a combination of instruction and intramural games with an emphasis on competitive play and works toward skill development and team strategies.

PEC242: FITNESS-OUTDOOR (COEDUCATIONAL)

Outdoor fitness offers non-competitive, cross-country skiing as often as possible through the Academy woods, around the fields, and on the river. Non-skiing days are spent hiking, mountain biking, or in other outdoor activities. Skis are required.

PEC250: BOYS CLUB HOCKEY**PEC255: GIRLS CLUB HOCKEY**

Club hockey enrolls players at any level of experience. Each player is assigned to a team that practices and plays a regular schedule in the intramural league each week.

PEC260: CLUB SQUASH (COEDUCATIONAL)

The club squash program is designed to help beginners and others who have not made the varsity or JV learn basic strokes and tactics. Required: racket, one ball, eye-protection glasses.

PEC300: CHALLENGE FITNESS (COEDUCATIONAL)

See fall program description...

DANCE (COEDUCATIONAL)

See Theater and Dance offerings...

► Spring Interscholastic Programs

PEB280: BOYS TRACK

PEG280: GIRLS TRACK

Track and Field at Exeter provides over 100 athletes a place to develop. There is an opportunity in our program for motivated athletes of every ability. Each athlete has a training plan that is a result of analysis of individual needs and goals. Our most experienced athletes will lead the way through rigorous training and a great competitive schedule that culminates its regular season with the New England Championship and a traditional contest with Andover. Exceptional athletes may continue on to the National High School Championship. No other school in New England can boast of the facility that Exeter has. The Ralph Lovshin Track (renovated in 2001) is a perfect place for jumpers, with a grandstand along the final straight, hardwired automatic timing (every athlete has immediate feedback) and a shaded team area for up to 10 teams in prime access space.

PEB310: BOYS VARSITY BASEBALL

PEB315: BOYS JV BASEBALL

Varsity baseball is for the experienced player who wishes to improve his skills in an 18- to 20-game schedule against college JV teams and teams in the Northern New England Prep School Baseball League. A league championship series follows for the top four finisher's. Practices stress individual improvement and team play. JV baseball concentrates on the fundamentals of catching, throwing, hitting, and base running. The squad is composed mostly of underclassmen. The schedule of 12- to 14-games helps develop players for the varsity.

PEG310: GIRLS VARSITY SOFTBALL

Varsity softball plays a schedule of games against other New England prep school teams. Practices stress individual improvement and team play.

PEB330: BOYS V/JV/NOVICE CREW

PEG330: GIRLS V/JV/NOVICE CREW

The varsity crews are the first and second eights of each squad. A full schedule of 1,500-meter races with other independent and public schools concludes with the New England Interscholastic Regatta and, by invitation, the U.S. Junior National Championship Regatta. The JV crews are the third and fourth eights of each squad. These crews compete at most of the same races and regattas as the varsity. Each spring, some rowers and coxswains new to the sport earn seats on the JV crews. The third eights also compete at the New England Interscholastic Regatta and, if victorious, each member earns a varsity letter. The novice crews are the fifth and sixth eights in each squad. These crews have a schedule of 1,000 and 1,500-meter races with neighboring private and public schools. Students immediately begin to learn the technique of rowing and coxing in eight-oared shells after a required review of boatmanship and water safety. Novices who progress rapidly can become varsity or JV candidates in their first season. All crews practice five days a week and race on Wednesday or Saturday.

PEM340: VARSITY CYCLING

Members of the cycling team compete against other New England secondary schools in a series of time trials, criteriums, and road races. The New England Prep School Championships are the culmination of the season. Students should have their own racing bicycles, but those who do not may arrange loans of equipment.

PEM350: VARSITY GOLF

In the golf program, approximately 15 students play four days a week at the Amesbury Country Club. Students provide their own clubs and pay modest greens fees. The varsity includes the best seven players, who compete against other public and independent schools. A ladder provides opportunity for advancement.

PEB360: BOYS VARSITY LACROSSE

PEB365: BOYS JV LACROSSE

The boys varsity, in its 20-game schedule and 15- to 17-game schedule for JV, competes in Division I of the Northern New England Secondary School Association and plays other teams in Massachusetts and New Hampshire. Individual and team skills and strategies are geared for successful transition to collegiate play. The boys JV team of underclassmen concentrates in practice on fundamentals and plays a 12- to 14-game schedule.

PEG360: GIRLS VARSITY LACROSSE

PEG365: GIRLS JV LACROSSE

The girls varsity and JV teams play a challenging 15- to 17-game schedule. The program is designed to develop players with strong abilities in speed, endurance, stickwork, and a heightened sense of the game and team responsibility. Opportunities exist for players to participate on the state, regional and national level, and in post-season tournaments.

PEB370: BOYS VARSITY A/B TENNIS

PEB375: BOYS JV TENNIS

In boys varsity tennis, there are two teams of at least six players each. Both teams compete interscholastically. Team matches include singles and doubles play. The top players on varsity A compete at the end of the season in the New England Prep School Tournament. The eight Juniors and Loweres on the boys JV squad develop stroking techniques and match strategies. A schedule of outside matches helps develop future varsity players.

PEG370: GIRLS VARSITY A/B TENNIS

PEG375: GIRLS JV TENNIS

In girls varsity A and B tennis, two six-member teams compete interscholastically in both singles and doubles. The girls varsity usually competes in two seasonal tournaments in the late spring. The girls JV team carries at least six players who practice and compete in a schedule comparable to the varsity's.

PEG380: GIRLS VARSITY WATER POLO

PEG385: GIRLS JV WATER POLO

The varsity program will emphasize the building of sound fundamental skills and team system play. The schedule will include games and scrimmages against other secondary schools as well as some colleges. Prior experience in water polo or competitive swimming is not necessary.

PECMGR: V/JV TEAM MANAGER

► Spring Physical Education Programs

PEC100: INTRODUCTION TO FITNESS (COEDUCATIONAL)

See fall program description...

PEC105: BICYCLING (COEDUCATIONAL)

See fall program description...

PEC106: BEGINNING YOGA (COEDUCATIONAL)

See fall program description...

PEC108: CLUB FENCING (COEDUCATIONAL)

This course includes an introduction to the major fencing disciplines of Foil, Epee, and Sabre. Instruction will cover the basics of fencing movement, tactical gaming, and an introduction to blade work in each of the three disciplines. Drills and tactical games using the foil, epee, and sabre will concentrate on attack techniques and the defensive techniques of distance parry, parry, beat, and counterattack. Exposure to the rules of open fencing and bouting will allow students to begin fencing in pool bouts, 15-touch bouts, and team-tournament formats.

PEC109: PLAY PRODUCTION SPORTS (COEDUCATIONAL)

See Theater and Dance offerings...

PEC131: ULTIMATE FRISBEE (COEDUCATIONAL)

This ultimate frisbee program is designed to develop basic skills through practices and intramural team play. It provides an enjoyable game for students of any level of experience.

PEC132: STUDIO FITNESS (COEDUCATIONAL)

See fall program description...

PEC140: CLUB VOLLEYBALL

See fall program description...

PEC171: CLUB TENNIS

Spring club tennis is for advanced beginners and over who have learned the basics of tennis. Players compete in singles and doubles through individual round-robin tournaments and/or team play. Free hit days are also scheduled into the sessions. The spring club tennis sections will also play matches against the prep program's competitive tennis section toward the middle to the end of the term. Tennis racket and tennis balls required.

PEC175: COMPETITIVE TENNIS LADDER

This section is for tennis players who desire more one-on-one competitive match play. The class is structured around round-robin play and free class hitting. Players in this section should be advanced beginners and above. The spring competitive tennis ladder will also play matches against the prep program competitive tennis section toward the middle to the end of the term. Tennis racket and tennis balls required.

PEC200: INTERMEDIATE FITNESS (COEDUCATIONAL)

See fall program description...

PEC300: CHALLENGE FITNESS (COEDUCATIONAL)

See fall program description...

PEC305: CLUB TARGET ARCHERY (COEDUCATIONAL)

Club Target Archery is designed to introduce students to the sport of Olympic style target archery using modern recurve bows and standard target distances. Students will learn the correct form, steps and proper safety techniques for shooting along with the rules for competitive target archery. Students will be able to work towards the various achievement levels provided by the Junior Olympic Archery Development program sponsored by the National Archery Association. Those interested will also have an opportunity to take a two-day training session to become registered Level I Archery Instructors through the National Archery Association. Equipment will be provided.

PEC350: CLUB GOLF

DANCE (COEDUCATIONAL)

See Theater and Dance offerings...