

EXETER SUMMER

ACCESS EXETER®

(STUDENTS CURRENTLY IN GRADES 7 AND 8)

2018 COURSE CATALOG

PHILLIPS

EXETER

ACADEMY

Exeter Summer

2018 ACCESS EXETER® COURSE CATALOG

TABLE OF CONTENTS

SAMPLE DAILY SCHEDULE	3
CLUSTER ONE: CREATIVE DESIGN AND PURPOSE FOR A CHANGING WORLD	4
CLUSTER TWO: LAND AND SEA: EXPLORING THE POWER OF THE NATURAL WORLD	5
CLUSTER THREE: PROBLEM-SOLVING: AN ODYSSEY OF THE MIND	6
CLUSTER FOUR: A GLOBAL COMMUNITY	7
CLUSTER FIVE: THE CREATIVE ARTS: LET YOUR SPIRIT SOAR	8
CLUSTER SIX: EXETER C.S.I.: CRIME SCENE INVESTIGATION	9
CLUSTER SEVEN: THE SHAPE OF THINGS	10
CLUSTER EIGHT: CLASSICS: EXPLORING THE ANCIENT WORLD	11
EXTRACURRICULAR COURSE: SSAT PREPARATION	12
ACCESS EXETER PHYSICAL EDUCATION	13
Exeter Crew Club	15
Seacoast United Soccer Club	16
EXTRACURRICULAR ACTIVITIES	17
Performing Arts	
Introduction to Mindfulness	
Bridging Cultures	

ACCESS EXETER

ACCESS EXETER Clusters are made up of three academic courses. As you complete your application, please indicate your first, second, and third choice of academic cluster along with your first and second session sports choices. All ACCESS EXETER students participate in sports four afternoons per week (MTTF) for at least one hour each day between 4:00 p.m. and 6:00 p.m. All students may, for a fee, enroll in private music lessons, the Academic Approach® SSAT Prep course, or replace the two sessions of sports with Exeter Crew Club or Seacoast United Soccer Club. ACCESS EXETER students may also participate in choral or musical groups.

Each ACCESS EXETER student will be enrolled in one of the following academic clusters:

- 1. Creative Design and Purpose for a Changing World**
- 2. Land and Sea: Exploring the Power of the Natural World**
- 3. Problem-Solving: An Odyssey of the Mind**
- 4. A Global Community**
- 5. The Creative Arts: Let Your Spirit Soar**
- 6. Exeter C.S.I.: Crime Scene Investigation**
- 7. The Shape of Things**
- 8. Classics: Exploring the Ancient World**

DAILY SCHEDULE SAMPLE FOR ACCESS EXETER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Brunch 9:00 - 12:30	Breakfast 6:45 - 8:45	Breakfast 6:45 - 8:45	Breakfast 6:45 - 8:45	Breakfast 6:45 - 8:45	Breakfast 6:45 - 8:45	Breakfast 6:45 - 8:45
	A-Format 8:30 - 9:20	A-Format 8:30 - 9:20	A-Format 8:30 - 10:00	A-Format 8:30 - 9:20	A-Format 8:30 - 9:20	B-Format 8:30 - 10:00
	B-Format 9:25 - 10:15	B-Format 9:25 - 10:15		B-Format 9:25 - 10:15	B-Format 9:25 - 10:15	
	Assembly 10:20 - 11:05	Snack Time 10:20 - 11:05	C-Format 10:05 - 11:35	Snack Time 10:20 - 11:05	Assembly 10:20 - 11:05	D-Format 10:05 - 11:35
	C-Format 11:10 - 12:00	C-Format 11:10 - 12:00		C-Format 11:10 - 12:00	C-Format 11:10 - 12:00	
	D-Format 12:05 - 12:55	D-Format 12:05 - 12:55	Lunch	D-Format 12:05 - 12:55	D-Format 12:05 - 12:55	Lunch
	E-Format 1:00 - 2:15	E-Format 1:00 - 2:15		E-Format 1:00 - 2:15	E-Format 1:00 - 2:15	
	F-Format 2:20 - 3:35	F-Format 2:20 - 3:35		F-Format 2:20 - 3:35	F-Format 2:20 - 3:35	
PE 4:00 - 6:00	PE 4:00 - 6:00	PE 4:00 - 6:00		PE 4:00 - 6:00		
Dinner 5:00 - 7:00	Dinner 5:00 - 7:00	Dinner 5:00 - 7:00	Dinner 5:00 - 7:00	Dinner 5:00 - 7:00	Dinner 5:00 - 7:00	Dinner times may vary
Dorm Check-in 8:00	Dorm Check-in 8:00	Dorm Check-in 8:00	Dorm Check-in 8:00	Dorm Check-in 8:00	Dorm Check-in 8:00	Dorm Check-in 11:00

Lunch is served Monday–Friday from 11:30 a.m.- 2:00 p.m.

Cluster One

Creative Design and Purpose for a Changing World

Energy and Innovation

In this multi-science course, you will investigate biological, physical, and chemical aspects of Earth's working systems and energy alternatives through hands-on discovery. In the field and in the lab, you will use computer probes, microscopes and lab tools to conduct experiments that simulate global processes that include greenhouse effect, ocean acidification, albedo effect, decomposition, and carbon sequestration. Your curiosity and creativity will be electrified as you problem-solve to model and test your own re-designs of existing alternative energy technologies, making them greener and more efficient.

Political Science: Power, Persuasion, and Positive Change

Addressing any problem begins with recognizing it! You understand that the clock is ticking to develop and implement strategies for living in cleaner, safer harmony with our environment, but where do you begin? The future is yours and you have the power to shape it! In this course, you will investigate global issues facing the world today and how people, from individuals to institutions, initiate lasting change in their communities. Furthermore, you will create your own political community at the Harkness table that will inspire you to learn by doing. You will both discuss and put into practice creative and persuasive ways to influence policymakers, corporations, local businesses, and community organizations that will include newspaper articles, public displays and surveying public opinion. The lessons of this course do not end when you leave Exeter; the benefits will follow you home and last a lifetime.

Art: Transform the World

In this studio class we will develop our creative powers. Drawing on natural sciences, a wide range of arts, and mythologies from around the world, we will engage with perspectives of life on Earth, both old and new. These ideas inform our creations. Our materials will be newspapers, recycled cardboard, and other things that are often discarded. Working with our hands, scissors, glue, paste, and paints we will transform scraps and trash into objects revealed. Evening assignments will include personal sculpture and painting studies, with some visits to the library stacks. In this course you will discover your artistic aptitude, learn about form, image and technique and collaborate to create pieces for the final Student Art Exhibit.

Cluster Two

Land and Sea: Exploring the Power of the Natural World

Literature and Film

The literature and film course is designed to open the doors to the world of nature and its unpredictability and power. You will experience both the serene and the turbulent aspects of Mother Nature. Sensory experiences will be reflected through your writing as well as an integral part of discussions. Through novels and film you will journey outside of the classroom where the power of nature over mankind takes you to places and situations unimaginable.

Marine Biology

Our oceans are the lifeblood for planet earth. They drive our weather, supply oxygen and food, and offer hints at how life on earth may have started. And yet they remain vastly unexplored, harboring new discoveries and challenges to existing theories almost daily. In this course we will examine the power and mysteries of the world's oceans and its inhabitants through text, film, and hands on exploration. Interdependence will be an overarching theme in this course as we study the close relationships organisms have with one another and their environment. Taking advantage of the beautiful New Hampshire coast just miles away, you will learn about the specific organisms of the New England rocky shore and familiarize yourself with the ecology of the complex intertidal ecosystem in which they live. Additional marine ecosystems, including coral reefs and deep sea vents, will also be explored. Weekly readings and discussions will challenge you to apply your understanding of marine ecosystems and processes to contemporary issues facing our oceans.

Art: A Force of Nature

Students of all levels explore and create with nature as the guide, the inspiration and even the canvas. Experiment with a variety of media and techniques--drawing, painting, relief carving and outdoor sculpture. Stretch your skills and creativity through readings, group collaboration, skill-building exercises and place-based projects. During the final week students will also have the opportunity to display their artwork in a professional gallery at the Student Art Exhibition. The natural world is constantly changing and growing; maybe it is time for you to unleash your own forces of nature through art.

Cluster Three

Problem-Solving: An Odyssey of the Mind

Robotics

Physicists observe the workings of the world and then use mathematics and abstract thinking to try to explain what they have observed. In this course, you will have the opportunity to look at the world as the physicist does—to observe, measure, ask questions—to use abstract thinking to solve a variety of problems. Your readings and discussions will carry you into analysis of Newton's laws of motion and give you glimpses into the world of Quantum Theory and Einstein's Special Theory of Relativity. In using LEGO® MINDSTORM™ products, you will learn to apply physics concepts to robotics. The robots you build will interface with computers to analyze motion and generate graphs. Finally, you will design and create individual robots for competition in the grand challenge of Robotic Pizza Delivery.

Problem-Solving and Mathematical Modeling

We use the language of mathematics to help us unlock the secrets of the patterns we observe in the world around us. This course is designed to help students grow as independent thinkers and learners through the exploration of creative strategies for solving involved, non-routine math problems (many of them having to do with important yet deceptive patterns). An emphasis will be placed on collaborative work as students' brainstorm and exchange ideas with their peers, taking advantage of the different perspectives each brings to the table. Students will be challenged to work on and improve their explanation skills through in-class discussions and graded problem-sets. The topics covered will include permutations and combinations, basic probability, recursion, and some introductory number theory.

The Fundamentals of Computer Programming

Computers are very powerful tools. They have changed the world by changing the way that we work and play. Thanks to computers we can travel through space, predict the weather, and design and build better cars. Computers are amazing, but the computer hardware itself is only half of the story. What really makes a computer so useful is its flexibility. The same computer that can be used to design cars can also be used to play games and chat with friends over the Internet. The difference is the software.

In this course, you will learn how to use the programming language Java™ to create simple software programs that will allow you to investigate and solve problems in math, physics, and statistics. You will use the power of the computer to run simulations that model real-life events. Ultimately, you will discover how the computer can be used to help you better understand what is going on in the world around you. **Note: Students are required to bring their own Windows laptop or Mac laptop (Mac computer preferred).**

Cluster Four

A Global Community

Modern Language: Dipping into Five Modern Languages

Konnichiwa! Bonjour! Guten Tag! Marhaba! Privet! In this course, you will have the opportunity to sample five modern languages: Japanese, French, German, Arabic, and Russian. Teachers will provide you with a basic introduction to the various languages and cultures. Through conversation and hands-on activities, you will learn greetings and simple dialogues dealing with everyday situations. You will also learn something about the people who speak the languages: their music, dances, food, etc.

Given the multicultural realities of the United States in the twenty-first century and the current globalization of ideas and economies, language study is indispensable. Today, well-educated people should be able to communicate in more than one language; tomorrow, this need will be imperative. Sampling five of the world's many languages will be both challenging and fun, an experience that may help you make informed decisions about language study.

English: The World's Literature

The World's Literature course works in tandem with your modern language class. For example, in a week when you are learning Russian or French, you may be reading (in English translation, of course!) short stories by Anton Chekhov or Victor Hugo. At the Harkness table, you will discuss literature written originally in Russian, Japanese, French, Arabic, and German. You will work closely with your peers as you learn to participate in a Harkness table discussion. You will also have many opportunities to develop your critical reading and writing skills as you work on a wide variety of expository and creative writing assignments that go along with the nightly readings.

Philosophy: Contemporary Global Issues

The nightmare of September 11th has had ramifications far beyond the initial moments of destruction. Suicidal terrorists transformed commercial airliners into flying missiles of destruction. Thousands of lives were lost; hundreds of thousands of lives were changed forever. The circles of economic and political consequence stretch ever outward. This ethics course will allow you to examine a wide range of global concerns, from terrorist assault to the fragility of the environment, from ethnic cleansing to apartheid, from economic recession to world hunger. In seminar discussions, you will raise questions and share observations with classmates equally engaged in collaborative discourse. In your research and writing, you will examine those issues you find most compelling.

Cluster Five

The Creative Arts: Let Your Spirit Soar

Ceramics: Pottery and Ceramic Sculpture

This course explores mixed surface treatments used in ceramics providing a new medium through which to bring forth your perspective through shape and form. Working with the expressive qualities of hand-formed clay, the lines and textures of the brush, and the experimental opportunities of mixed media glaze applications, we will shape and reshape our visions of the world that surrounds us. During class discussions, we will discuss ways to convey spirit, narrative, and perspective through experimental forms and careful techniques. At term's end, you and your classmates will produce a three-dimensional narrative made from clay, which you will share with one another and with the broader community in the Student Art Exhibit.

Creative Writing

The verb to write derives from the Old English *writan*, which means to scratch, draw, inscribe. As a student in the *Creative Writing* class, you join a small community of scribblers, classmates who – like you – love the sight of a stack of clean, white sheets of paper. As you scratch down words, creating your own stories and poems and personal essays, you discover the joys of writing as you allow your imagination to roam through new perspectives, forms, and expressions. In seminar workshops, you will read one another's drafts, discuss the rhythms of the prose, consider the connotations of word choices the author has made, and imagine possible directions a second rendering might take. Your reading will include the works of contemporary poets and short story writers. In the end, you will publish your own portfolio of writing, a collection of work, carefully drawn, scratched, inscribed onto sheets of clean, white paper.

Invitation to Theater

In this course you will learn about the basics of theater with an emphasis on acting. As you hone skills of memorization and monologue portrayal, you will adopt new perspectives and challenge yourself to truly enter the mind of the character you are portraying. You will audition for your class performance and learn vocabulary about acting and theater through workshops and games, eventually working toward a final performance at the end of the summer. In learning about blocking, projection, diction, and tone, you will examine new ways to unlock the human spirit-- both your character's and your own-- while productively honing your craft as an actor and theatrical thinker.

Cluster Six

Exeter C.S.I.: Crime Scene Investigation

Detective Fiction

During this five week reading and writing intensive course, students will immerse themselves in the popular genre of Detective Fiction. At the Harkness table, we will come together to discuss and analyze a variety of works by authors such as Edgar Allan Poe, Sir Arthur Conan Doyle, and Raymond Chandler. Whether solving the case alongside the amateur detective or with the private investigator, we will navigate the world of crime and investigation through the eyes of great detectives. By bringing questions and quotations from their daily reading, students will delve deeper into the life of the detective--and even the criminal--as they decide who ultimately can and cannot be trusted.

Forensic Science: Tools of the Craft

Imagine you are a crime scene investigator and have just arrived at the scene of a terrible murder. A young woman has been killed, and though her apartment has been ransacked, the killer has been very careful to hide his identity. Hours of painstaking investigation yield only two small pieces of evidence: a human hair and a drop of blood. Years ago, such minute evidence might have foiled police efforts to find the culprit, but contemporary science offers keys to unlock microscopic evidence that may solve the crime. Today, forensic scientists can examine the hair and blood samples to reveal the killer's DNA. In this course, you will study the techniques used in the forensic laboratory and learn about the scientific principles basic to those research techniques. You will explore the world of DNA structure and function, blood-typing and inheritance, DNA fingerprinting, and forensic anthropology. You will examine case studies of actual crimes and trials and you will meet professionals in various fields of forensic science who will share their "real-life" Crime Scene Investigation experiences with you.

Introduction to Digital Photography

The digital camera, a primary tool of the crime scene photographer, offers a great advantage over the traditional film camera because it allows photographers to review results immediately and make adjustments as they shoot. This introductory photography course stresses the photographic image as a significant visual statement. You will explore the use of a digital or smartphone camera and the essential elements and underlying principles of good photography. You will learn how the camera works, including lens/shutter speed, aperture, and ISO. The terminology of the photographer's craft - composition, sharpness, point-of view, rule-of-thirds, framing, contrast, and depth-of-field - are reinforced through regular "shooting" assignments. Also included in the course, is an opportunity for you to become familiar with the history of photography and notable photographers who defined the medium in their time. To master basic skills in the digital darkroom and further explore and experiment with creative tools to enhance photographs, you will use the image editing program, Adobe Photoshop®, to make effective compositions that are expressive and meaningful through cropping, balancing color, adjusting brightness/contrast, and working in composite layers. An art show at the end of the session will provide each student with an opportunity to choose their two best works for display. **Note: Students are required to bring their own DSLR or smartphone camera.**

Cluster Seven

The Shape of Things

Chemistry: A Hidden Architecture

This course is a tantalizing glimpse into the fascinating hidden world of chemistry, (specifically, Nanotechnology & Organic Chemistry), through hands-on, lab-based exploration. Although atoms and molecules are too small to hold and see, students will gain an understanding of the basic forces that dictate the shapes and structures of molecules by building models. Students will probe the microscopic realm that is organic chemistry, by testing and experimenting macroscopic properties of ‘sophisticated’ materials called polymers, such as: Slime, Gak, and Oobleck.

2-D and 3-D Geometry

This hands-on class explores the inherent order in 3-dimensional space that determines the nature of all form and structure, including chemical structures, (i.e., molecules). You will learn the basic mathematical principles of geometry by building structures using a variety of media. By studying symmetry, pattern, polyhedra, and space filling, you will learn the vocabulary and rules of space--the same rules that help determine how atoms combine to form molecules. Examples from nature and the work of relevant artists and architects will suggest the rich potential for creative expression that results from a deep understanding of the structure of space, and provide inspiration for students. The knowledge you gain in this course will provide a foundation for the models you create in the *Prototype Design & Fabrication* class.

Prototype Design and Fabrication

Digital tools make it possible to create sophisticated prototypes rapidly and accurately. In this course, you will learn how to use professional modeling software along with a laser cutter and 3D Printer to design prototypes and make them come to life. You will have access to the Maker Lab, where you will be taught use of tools and techniques you need to become skilled in fabrication. This course will be closely coordinated with the *2-D and 3-D Geometry class*, which will provide motivation and direction for the projects you undertake. The Maker Lab is a workshop that serves as a complement and counterpart to the UPPER SCHOOL'S *Process of Creativity Cluster*, and ACCESS EXETER Cluster 7: The Shape of Things. Students will be introduced to the lab through safety trainings, equipment tutorials and engaging assignments aimed at building confidence and understanding. The Maker Lab offers a spacious, supervised setting for students to make and experiment, building a culture of play and a community of creativity. **Note: Students are required to bring a Windows laptop or a Mac laptop that has Windows installed on it using Boot Camp®, Parallels® or Fusion®.**

Cluster Eight

Classics: Exploring the Ancient World

Art and Archaeology

Explore day-to-day life in the ancient world through the art and archaeology of ancient Greece and Rome! Using both abstract and hands-on components, this course will cover more than a thousand years of Greek architecture, Classical coin design and numismatics, Greek art and sculpture, Roman art and sculpture, ceramics, and costume design. Students will learn about the social and political events that happened concurrently with different periods of Classical art, including the extensive building projects of Pericles in the Golden Age of Greece and how different Roman emperors used art as propaganda, the circumstances that led to the remarkable preservation of the sites at Pompeii and Herculaneum, as well as the kinds of challenges facing modern archaeologists today. Students will build their own model of a Greek temple, try their hand at making Greek-style pottery in a ceramics workshop, learn how to fabricate a chiton and drape a toga, design their own Classical coin, and more.

Mythology and Literature

The mythology of ancient Greece and Rome continues to exert a powerful influence on popular culture and fiction, from books and films like the Harry Potter and Percy Jackson series to video game appearances by a whole slew of Classical monsters. But who actually killed Medusa or defeated the Sphinx? What exactly happened during the Trojan War? Just how many gods did the Romans worship? Learn the answers to these questions and more as you explore the roots of mythical figures and stories through the lens of epic poetry and tragic drama. Using primary sources from Ancient Greek and Roman literature, students will study the characters and themes in Classical myth and legend. Authors may include Homer, Vergil, Aeschylus, Sophocles, Euripides, and Ovid. Learn mythology from Achilles to Zeus!

Classical Languages: Introduction to Ancient Greek and Latin

Students will examine the relationship between speech, myth, and culture as they study the languages that united two of the most powerful civilizations in the ancient world. Latin and Ancient Greek continue to exert a profound influence on language today, forming more than 70% of English's total vocabulary and a significantly higher percentage of vocabulary in the sciences. Course readings will include subject matter drawn from Classical mythology and fables, and students will strengthen their understanding of art, culture, the sciences, and language through a study of basic Latin and Ancient Greek syntax and vocabulary. The course will culminate in students writing their own original short stories in Latin.

Extracurricular Course for ACCESS EXETER

The Academic Approach[®] SSAT Test Preparation Course

At Academic Approach, we see SSAT preparation as an opportunity to engage students in real learning. We, as teachers, are warm, supportive professionals who know how to make a classroom experience effective in raising scores, academically enriching, and, just as importantly, enjoyable for the students. Academic Approach classroom courses are uniquely effective and efficient because of the high level of customized teaching we provide. As expert tutors, we know that one size does not fit all, so we differentiate each class, customizing each study plan to the class's specific strengths and weaknesses. **Please note that this supplementary course requires an additional fee.**

SSAT Preparation

Academic Approach's five-week course is designed to prepare ACCESS EXETER students who are thinking about applying to Boarding or Independent Day Schools for the SSAT. The course begins with a diagnostic test. We then tailor the instruction of each class according to its specific needs. Students will learn to master the content assessed on the test as well as to apply test-taking strategies that will hone their accuracy and efficiency. Students will then take a second diagnostic test to gauge their progress. The results of the diagnostic become the basis for an individual analysis of the student's strengths and weaknesses. Families are welcome to contact Academic Approach at www.academicapproach.com or 212.348.4172 before and after the course for a complimentary consultation.

Please note: we recommend that each student bring a calculator for the math portion of the instruction and for the diagnostic tests. Any four-function, scientific, or graphing calculator is acceptable for the SAT.

Extracurricular course fee: \$995*

*Fees are NOT refundable once the Exeter Summer program has started.

Academic  Approach

Chicago • Boston • New York City

www.academicapproach.com

ACCESS EXETER Physical Education Classes

Physical Education, an important component of Exeter Summer, promotes fitness, cooperation, sportsmanship, and the learning of new skills. The offerings are designed to introduce fundamental rules and skills, provide some competition and recreation, and stimulate long term participation in athletics.

All ACCESS EXETER students participate in this program four afternoons per week, (Monday, Tuesday, Thursday, and Friday) for at least one hour each day between 4:00 p.m. and 6:00 p.m. Sports are split into two, 2-½ week sessions with students taking one sport per session; and students will select the sports of their choice during the application process. First session runs from July 2 through July 17 and the second session runs from July 19 through August 1. It may not be possible for all students to get their first choice for both sessions; however, we will make every attempt to enroll students in a preferred activity in one of the sessions.

Equipment will be supplied for some activities, but students should bring their own athletic equipment. **Refer to the individual class descriptions for special equipment and/or attire requirements.**

The Director of Athletics supervises the program and classes are taught by professional Physical Education instructors. We strongly encourage students to explore new sports activities during Exeter Summer.

Non-Traditional Games

This class is an experiential learning experience where the students will get to know each other and build trust through problem-solving activities that are presented throughout the course. Students will learn to respectfully formulate a solution and execute the plan of action in an organized, cooperative manner. This class is a combination of exercising your body and your mind.

Basketball

This class will provide experiences intended to improve students' skills and understanding of the game of basketball. They will participate in drills and exercises that will lead to competitive play.

Cross Country Running

Students will improve their cardiovascular fitness and their physical strength through daily runs on the fields, in the woods and throughout the campus and town of Exeter. Students will learn a series of stretching movements for warm-ups and cool-downs. The class is structured for both the novice runner as well as the serious, competitive runner. **Proper footwear is required.**

Introduction to Dance

In this fun introduction to dance class, students will have the opportunity to learn different dance techniques including modern jazz, hip-hop, musical theater, video dance and more! No prior dance experience is necessary! **This class is only offered during the first 2-½ week session of PE Classes. Limit: 18 students.**

Lacrosse

The fundamentals of the game of lacrosse are taught through drills, exercises and small team recreational play. The class is intended for students with little or no previous experience as well as those who desire to improve their fundamental skills. The class is non-contact, coeducational, and lacrosse sticks will be provided.

Soccer

This class is for students of all abilities and experiences in the game of soccer who desire to improve their skills and understanding of the game. They will play cooperatively with others in a structured, competitive environment.

Squash

The squash class is structured to teach beginners, as well as those with some previous experience, the basic strokes and tactics of the game. Students will progress to the point where they will be able to play a competitive match. Racquets, balls and eye-protection will be supplied but ***non-marking, non-black soled shoes are required.***

Learn to Swim

This class is designed for students who are non-swimmers and who want to learn to swim. They will be taught basic lessons in floating and fundamental swimming strokes to increase their comfort level in the water. ***Proper swimwear is required.***

Competitive Swimming

This class is for students who want to increase their knowledge and experience as competitive swimmers in a structured environment. Students will refine strokes and be challenged to increase their fitness. ***Proper swimwear is required.***

Beginner Tennis

This class is designed for students who have either very limited or no knowledge or previous experience in the game of tennis. Students will learn and practice the basic racquet skills and strokes. Students will also learn the basic rules so they can progress to playing both singles and doubles matches. ***Proper footwear and clothing to exercise and play tennis is required.***

Intermediate Tennis

This class is designed for students who have already learned the basic skills and rules of tennis. Students will be evaluated at the onset and placed in smaller groups based on ability and experience. After evaluation and limited instruction, students will progress to singles and doubles competitive matches. ***Proper footwear and clothing to exercise and play tennis is required.***

Competitive Tennis

This class is for students who have experience playing tennis and who wish to play competitive matches each day. Students must have the skill, knowledge and experience to play competitively against players of a similar ability. ***Proper footwear and clothing to exercise and play tennis is required.***

Ultimate Frisbee

In this class students will compete daily in a team structured situation where they will be required to be physically active, play cooperatively and compete in a non-traditional team game. Students will be active in a recreational environment that challenges them physically and mentally.

Volleyball

This class is structured to provide experiences for beginning, intermediate, and experienced players who are looking to improve their skills in the game of volleyball. Drills and exercises daily in the fundamentals and proper techniques will lead to competitive play as the class progresses. ***Students may sign up for only one 2½ week session.***

Yoga

This class is structured to provide a gentle series of exercises and stretching that will involve warm-ups, strengthening of abdominal muscles, back and core, standing postures and relaxation and recovery. The maneuvers will be set to popular music as well as classic yoga relaxing music and will emphasize “breath to movement” theme.

Note: ACCESS EXETER students may elect, for a fee, to enroll in Exeter Crew Club or Seacoast United Soccer Club as their sports option for the entire five weeks of Exeter Summer. If you want to participate in Exeter Crew or Seacoast United Soccer, make sure to select your option from the sports dropdown.

Exeter Crew Club

Crew at Phillips Exeter Academy enjoys a long and prestigious history. Exonians have rowed for national championships, high school and collegiate teams and have represented the United States in the Olympics and in other international competitions.

Exeter Summer offers Crew as a special intensive program that students can choose in place of the regular sports program. The Crew students meet four times a week on Mondays, Tuesdays, Thursdays and Fridays from 4:00 to 6:00 pm for the entire 5 weeks of the summer program. ACCESS EXETER students will train with experienced coaching staff in Saltonstall Boathouse and on the tidal Squamscott River.

We offer two levels:

Beginner/Novice – This option will allow students who have never rowed before to participate in crew. The five-week program will be dedicated to teaching the finer aspects of the rowing stroke as well as general fitness.

Experienced Skills Program – This option offers a more intensive program for experienced rowers. Students will be given highly detailed technical coaching as well as a more rigorous training plan to prepare student rowers to return to their home teams a better oarsperson. In addition, there will be racing opportunities for the top rowers within the program.

Crew is open to a limited number of students (60) who must pass a swim test.

Extracurricular course fee: \$995 which includes an Exeter Crew top and baseball cap. This special program takes the place of the regular Physical Education classes. If you want to participate in Exeter Crew Club, select *Exeter Crew Club* in the sports dropdown.

Seacoast United Soccer Club

For Seacoast United Soccer Club (SUSC), the passion among its coaches, players and fans has turned this small NH soccer club into one of the most successful athletic organizations in New England. Developing players of all abilities has seen the sport grow tremendously in the region and led to alumni, on both the boys' and girls', playing at top Division 1, 2, and 3 colleges as well as representing various US National teams. Founded in 1992, Seacoast United now boasts over 6,000 members and several world class facilities in New Hampshire, Maine and Massachusetts.

The impact of SUSC can be felt both on and off the field and increasingly around the world. That is one reason why Nike named SUSC as one of its Premier Soccer Clubs. In addition, the Club was among the first to be selected in US Soccer's Development Academy Program. SUSC is also a member of America's minor league soccer division on both the men's and women's side, and has a partnership with English Professional Club Brighton and Hove Albion who compete in the English Championship.

The SUSC summer program works with players who have a passion for the game, have played at a competitive level, and who want to continue a high level of training in the summer. SUSC's professional coaching staff will concentrate on improving the individual player's first touch and skill level as well as a better understanding of the game and tactics through small and full sided games. Everything

will be geared to supporting the players so they are better equipped as they return to their school and club teams.

The SUSC Program meets four times a week on Mondays, Tuesdays, Thursdays and Fridays from 4:00 to 6:00 pm for the entire 5 weeks of the summer program. Some friendly games may take place on Saturdays as well. The soccer program will also include: a mini indoor soccer tournament at SUSC's four-field facility, as well as access to the swimming pool on occasion. At the end of the program, all players will receive a written evaluation based on their performance, strengths and weaknesses, areas to work on, etc. Participants will also receive some donated soccer equipment and apparel to utilize in their community when they return home.

A pair of cleats – no metal bottoms, are required. Turf shoes are optional.

Extracurricular course fee: \$995 which includes a Premier Nike soccer ball, one Nike/SUSC jersey and t-shirt, a pair of Nike shorts and two pairs of socks. This special program takes the place of the regular Physical Education classes. If you want to participate in the SUSC program, select *Seacoast United Soccer* in the sports dropdown.

Extracurricular Activities

Performing Arts

Theater and music are popular activities in which many students participate each summer. They are vital and noteworthy elements of Exeter Summer life. Exeter Summer presents dramatic productions and a dance concert of original choreographed pieces during the five-week session.

Extracurricular music activities are organized for students who wish to employ their talents and pursue their interests outside of the formal musical performance classes. We encourage students to bring their musical instruments and to join one or more of the vocal or instrumental groups.

If you want to participate in one of the extracurricular programs, please make sure to check the appropriate box on the application.

Jazz Jam - Open to the entire Summer community who have previous experience playing jazz. This group provides an opportunity to sharpen improvisation skills with other musicians who have similar interests in the blues and other standard tunes. Novices are welcome to attend to listen, support the players, and participate when they feel comfortable. Participants are welcome to “sit in” on a final session and concert the last week of classes.

Meets on Wednesday evenings from 6:30 to 7:30 pm

Evening Ensembles - All interested students are encouraged to participate. This group provides coaching and accompaniment of solos. Auditions for forming chamber groups will be held during the first week of the session.

Meets on Monday and Wednesday evenings from 6:30 to 7:30 pm

Glee Club - Open to the entire Summer community, this group sings and performs music from a wide range of traditional and contemporary music.

Meets on Tuesday and Thursday evenings from 6:30 to 7:30 pm

Private Music Lessons

The Academy offers lessons in voice and on a variety of instruments. Students planning on taking lessons should fill out the appropriate information on the application. Those seeking private lessons must apply by April 15, 2018. **Private music lessons are for an additional extracurricular course fee:**

\$375 for five 50-minute lessons

\$225 for five 25-minute lessons

Please note, we do not offer financial aid for private music lessons.

Introduction to Mindfulness

Based on the KORU Mindfulness Program, out of Duke University, this 4-week class will introduce you to the practice of mindfulness while also learning several very useful skills, including meditation, that can help with stress management and living a more open and full life. Research has shown that practicing mindfulness can help over time with improved sleep, enhanced learning, resiliency and maximizing one’s potential. This hour-long class is highly structured and requires a commitment to attend all four weeks. It will also involve keeping a daily log and committing to a mindful practice of your choice for 10 minutes a day. Fun, interactive and very useful to our busy lives, this class will be a wonderful way to strengthen your ability to focus and to gain perspective on the stresses of everyday life. Feel free to sign up whether you are new to mindfulness or are an experienced practitioner!

Meets on Monday evenings from 5:30 to 6:30 pm

Bridging Cultures

In this class, we will learn and practice techniques to increase our cultural intelligence—that is, our ability to move between different cultural contexts with ease. Each week, we will add a strategy to our repertoire for communicating effectively and respectfully with people whose assumptions or upbringings might be different from our own. At the end of the summer, you will have a stronger understanding of your own identity, and a toolbox for talking to other people about their backgrounds and identities. Everyone is welcome.

Meets on Tuesday evenings from 5:30 to 6:30 pm

EXETER SUMMER

exeter.edu/summer

ACCESS EXETER® is a registered trademark of Phillips Exeter Academy.