

# SOLEBURY SCHOOL

## Profile of Sports and Activities—School Year 2024-2025

Stacie Anastasio, Director of Athletics

[www.solebury.org](http://www.solebury.org) / 215-862-5261

Sports and activities are an integral part of the school day. Solebury offers a wide range of choices and opportunities for both individual and group experiences, while also fostering the development of lifelong skills and interests. All students are required to participate in a supervised after school activity or interscholastic team sport each trimester; activities meet Mondays, Tuesdays, and Thursdays, while athletic teams meet daily and may have weekend practices and games. Unless otherwise noted, sports and activities are co-ed. Programs may be added or canceled according to student interest and the availability of staff and facilities. Solebury is a member of the Penn-Jersey Athletic League and Pennsylvania Independent Schools Athletic Association (PAISAA).

Please make sure you mark your first, second, and third choices for each trimester as there is no guarantee you will get your first or even second choice. I do my best to accommodate everyone and get you into your first (or second) choice, but activities may have roster limits.

If you select the same choice for your first, second, and third options and there is no space, I will place you in a different activity.

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### PLEASE NOTE THE FOLLOWING:

Activities are held on Monday, Tuesday, and Thursday afternoons from 3:45 - 5:15. Sports teams practice/compete 5 days a week.

Participation in many 3-day activities may be limited by the number of available spots (while others need a minimum number of students to take place and may be canceled due to low enrollment).

Rosters for interscholastic sports may be decided by tryouts, but only if we absolutely need to due to facility space.

Roles for Theater productions and the Musical are determined by the theater director. Participation in Theater Tech and Musical Tech is looking for students with a diverse group of skills; if you are interested in applying to be a part of the after-school theater tech activity, please email [toneil@solebury.org](mailto:toneil@solebury.org) for the application prior to each trimester.

[Proposals for Independent Activities](#) must be submitted through the following Google Form prior to the trimester. A proposal does not automatically guarantee approval.

[https://docs.google.com/forms/d/e/1FAIpQLScwN15We4c61kqAzW9Zd2aEwKJWV5imjTQuH9PfsY90X2TqA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScwN15We4c61kqAzW9Zd2aEwKJWV5imjTQuH9PfsY90X2TqA/viewform?usp=sf_link)

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### Trimester Overview

#### **FALL**

##### **Sports:**

- Cross Country
- Field Hockey
- Soccer, Boys
- Soccer, Girls
- Volleyball

##### **After School Activities:**

- Beekeeping
- Community Service
- Crafts with Rafaela (Beaded Jewelry Making)
- Dance Team
- Dragon Boat
- Fitness 101
- Gardening
- Global Explorers
- Independent Activity
- Newspaper
- Rec Golf
- Theater
- Theater Tech
- Tournament Tennis
- Walking Club
- Yoga

#### **WINTER**

##### **Sports:**

- Basketball, Boys
- Basketball, Girls
- Winter Track

##### **After School Activities:**

- Athletic Boosters
- Community Service
- D&D
- Dance Improvisation and Personal Choreography
- Esports
- Fiber Arts
- Fitness 101
- Gardening
- Independent Activity
- Indoor Rock Climbing
- Model UN
- Movie review
- Powerlifting
- Literary Magazine/SLAM
- Theater
- Theater Tech
- Volleyball Club
- Yoga

#### **SPRING**

##### **Sports:**

- Baseball
- Golf
- Lacrosse
- Softball
- Tennis
- Track and Field

##### **After School Activities:**

- Beekeeping
- Crafts with Rafaela (Pinata making)
- Field Day
- Fitness 101
- Gardening
- Independent Activity
- Newspaper
- Outdoor Rock Climbing
- Outdoor Sustainability
- Powerlifting
- STEM Activity
- Theater
- Theater Tech
- Walking Club

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**Athletic Boosters:** (WINTER ACTIVITY) Solebury home team supporters. The Athletic Boosters will plan, stock, and run the concession stand for the winter trimester. Athletic Boosters will also help to create Solebury Pride, support home games, and be the Spartan's #1 fans!

**Baseball, Boys:** (SPRING SPORT) Varsity team that plays about 15-18 games in a season. The team participates in the Penn-Jersey Athletic League and plays a strong non-conference schedule against area private and public schools.



 **Basketball, Boys:** (WINTER SPORT) Varsity and Junior Varsity teams play a very strong schedule against top private and local public schools in the area as well as teams from New Jersey and New York. The varsity team plays 25-30 games in a season and participates in the Penn-Jersey Athletic League.

**Basketball, Girls:** (WINTER SPORT) Varsity team that plays approximately 20-25 games in a season. This team participates in the Penn-Jersey Athletic League and plays a strong non-conference schedule against area private and public schools.

**Beekeeping:** (FALL, SPRING ACTIVITY) Join beekeeping to experience firsthand how honey is made and learn about the culture of bees. Together, we will delve into the science and art of this rewarding hobby by taking care of our hives on campus, learning about their role in the environment, building equipment, and harvesting our very own honey.

**Crafts with Rafaela:** (FALL, SPRING ACTIVITY) Rafaela, one of our talented teachers, is also very talented at making Beaded Jewelry and Piñatas. In the Fall the focus will be on beaded jewelry and in the spring the focus will be on piñatas.



**Cross Country:** (FALL SPORT) Co-ed varsity team that competes in 8-10 meets and invitationals in a season. The team participates in the Penn-Jersey Athletic League and also runs against area private and public schools.

**Community Service:** (FALL, WINTER ACTIVITY) In this activity, you would volunteer at local organizations in Lambertville and New Hope 3 days a week, for about an hour a day. You will get to have fun, do good, and contribute to the local community.

**D&D:** (WINTER ACTIVITY) Dungeons & Dragons is a fantasy tabletop role-playing game where you have the ability to create your own character while embarking on an adventure. Over time the students may have the opportunity to run their own campaigns.

**Dance Improvisation and Personal Choreography:** (WINTER ACTIVITY) Love to dance? Or think you can't? Creative self-expression through dance is something everyone can do! Guided by a former professional dancer, you will discover your unique way of moving, learn to fearlessly dance without a plan and turn those dance moves into your own signature choreography. Judgment-free zone.

**Dance Team:** (FALL ACTIVITY) This activity is for students who love to dance or want to learn.

**Dragon Boat:** (FALL ACTIVITY) In partnership with the Relentless Dragon Boat Association, Solebury students will be introduced to dragon boat paddling on a dragon boat and will spend a lot of time on the Delaware River.



**ESports Team:** (WINTER ACTIVITY)

Are you ready to take your game to a competitive level? Come join the Overwatch 2 or CSGO 2 competitive team. We will learn mechanical skills to improve your gameplay, strategies for each map, and communication skills to really put the team together. Aside from practicing we will put together a schedule that will compete against other E-Sports teams and end the trimester with a tournament! I hope to see you there!

**Fiber Arts:** (WINTER ACTIVITY) Studies show that you cannot be stressed while learning a fiber art. Studies also show that people love handmade gifts and that handmade hats are the warmest hats. Join this activity if you knit, crochet, or embroider, or want to learn how!

**Field Day:** (SPRING ACTIVITY) Are you into traditional field games like ultimate frisbee, badminton, kickball, dodgeball, and handball? Then the Field Day activity is for you! This will be driven by student interest in what games the group will be playing over the course of the trimester.

**Field Hockey, Girls:** (FALL SPORT) Varsity team that plays about 10-12 games in a season. Competition is against area private and public schools. The team does not participate in the Penn-Jersey Athletic League.

**Fitness 101:** (FALL, WINTER, SPRING ACTIVITY) Fitness 101 is a Group Fitness class where you will be introduced to working out in the gym and to help feel more comfortable in the space. You can only take Fitness 101 once as it is designed for beginners.



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**Gardening:** (FALL, WINTER, SPRING ACTIVITY) In this activity, students will work in the greenhouse to learn the maintenance and regulation of the greenhouse structure. Additionally, students will grow plants from seeds and cuttings to support work in the classroom, maintain the green wall, and do some outdoor gardening.

**Global Explorers:** (FALL ACTIVITY) If you're curious about other cultures and communities, this may be an activity for you! Together, we're going to explore the world through activities focusing on crafts, music, film, and food among other things. Along the way you may learn some words in another language, have a new favorite show on Netflix with subtitles, or find something that you love about a community on the other side of the world.

**Golf:** (SPRING SPORT) Co-ed varsity team that plays 6-8 matches in a season and competes against area private and public schools. The team participates in the Penn-Jersey Athletic League.

**Independent Activity:** (FALL, WINTER, SPRING ACTIVITY) Proposals for Independent Activity must be submitted via [Google Form](#). Submitting a proposal does not automatically guarantee approval.

**Lacrosse, Girls:** (SPRING SPORT) Varsity team that plays about 10-12 games in a season and competes against area private and public schools. The team participates in the Penn-Jersey Athletic League.



**Literary Magazine/SLAM:** (WINTER ACTIVITY) The Solebury Literary Arts Magazine (*SLAM*) is produced by student editors working with faculty advisors. The magazine contains poetry, short fiction, and art submitted by students and faculty; there will be two editions this year.

**Model UN:** (WINTER ACTIVITY) This activity is for students who want to work cooperatively to solve the problems of the world: international conflicts, disasters, and incidents. During our meetings, we will conduct research, do mock simulations, and practice our speaking skills, all in preparation for a four-day national conference in February.

**Movie Review:** (WINTER ACTIVITY) Students will watch, discuss, and write reviews for films from various genres. Discover new movies you've never seen and dive deeper into the ones that you have.

**Newspaper:** (FALL, SPRING ACTIVITY) *The Scribe* is the Solebury School newspaper written by students for students. In this activity, students will work on multiple issues per trimester.

**Outdoor/Sustainability Club:** (SPRING ACTIVITY) Getting out in nature is a healthy and effective way to reduce stress and anxiety. In this spring activity, explore local trails, parks, preserves and lesser-traveled roads and learn more about the natural world in the process. In addition to walking and hiking, we will be learning about the natural world (such as how to identify plants, trees, birds, animals and insects) and cataloging or photographing what we find. All levels of outdoor experience are encouraged to participate.



**Powerlifting:** (WINTER, SPRING ACTIVITY) Open to lifters of all experience levels, Solebury Powerlifting focuses on the foundational powerlifting movements of the squat, bench press, and deadlift. With an emphasis on form, safety, and lifting standards for each exercise, students will follow strict programming to build a solid base of strength across the three powerlifting movements.

**Recreational Golf:** (FALL ACTIVITY) This activity introduces students to, or refines their skills in the sport of golf.

**Rock Climbing:** ( WINTER, SPRING ACTIVITY) Students of all abilities are welcome to participate in this activity; no previous climbing experience is required. During the winter trimester, students climb at The Adventure Center/Rock Gym in Doylestown, PA. During the spring trimester, students climb at Ralph Stover State Park High Rocks, Schwangunks and other areas.

**Soccer, Boys:** (FALL SPORT) Varsity team that plays about 12-15 games in a season. The team participates in the Penn-Jersey Athletic League and plays a strong non-conference schedule against area private and public schools.



**Soccer, Girls:** (FALL SPORT) Varsity team that plays about 12-15 games in a season. The team participates in the Penn-Jersey Athletic Conference and plays a strong non-conference schedule against area private and public schools.

**Softball, Girls:** (SPRING SPORT) Varsity team that plays about 12-15 games in a season. The team participates in the Penn-Jersey Athletic League and plays a strong non-conference schedule against area private and public schools.

**STEM Activity:** (SPRING ACTIVITY) Working in the IDEA Lab, students will get to work on STEM-based projects over the course of the trimester.

**Tennis:** (SPRING SPORT) Varsity team that plays 10-12 matches in a season. The team participates in the Penn-Jersey Athletic League and plays a strong non-conference schedule against area private and public schools.



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**Tournament Tennis:** (FALL ACTIVITY) This is an activity in which participants practice their skills through warm-ups, some drills, and most of all, by playing matches against each other.

**Theater/Theater Tech:** (FALL, WINTER, SPRING) This activity may include either performing a role in or working on the technical stage crew for one of the school plays. There are three full productions each year, ranging from drama to comedy, classical to contemporary theatre. The winter production is a musical. The technical stage crew involvement includes working with lighting, sound, set construction, set painting, and stage management; no experience is necessary. The main requirement is a sincere desire to build and create while working as a member of a team. This program meets three to five days a week, depending on individual involvement. Time requirements depend on the production but may entail some Saturday and Sunday rehearsals.



**Track and Field:** (SPRING SPORT) Co-ed varsity team that competes in 6-8 meets in a season. The team participates in the Penn-Jersey Athletic League and also competes against area private and public schools.

**Volleyball, Girls:** (FALL SPORT) Varsity team that competes in 6-10 games during the fall season. The team does not participate in the Penn-Jersey Athletic League.



**Volleyball Club:** (WINTER ACTIVITY) Club Volleyball is winter volleyball training to focus on player development. This activity happens at night and not in the normal after school activity time block.

**Walking Club:** (FALL, SPRING ACTIVITY) In this activity, students walk along the PA or NJ towpath at their own pace and try to cover anywhere from 2 to 4 ½ miles per day. Sturdy sneakers (or hiking boots) and rain gear are recommended. Students can listen to music or socialize with the other members of the club while getting in their exercise.

**Winter Track:** (WINTER SPORT) Co-ed varsity team that competes in 4-6 meets and invitationals during the winter season. The team does not participate in the Penn-Jersey Athletic League.

**Yoga:** (FALL, WINTER ACTIVITY) Both experienced and inexperienced practitioners will enjoy the mental and physical benefits of regular yoga practice. This activity is led by a certified yoga instructor.

