

Blue Dog Sports and Activities - Fun, Skills and Fitness

Session 2: 10/19-11/20

Art and Fall Play Stage Crew

Forms IV-VII

A Fall Theater production that would include acting, set design, and backstage work. All students would participate in each aspect of the production. The play will be announced in mid-October. Space will be limited to 15 students. *No additional equipment needed*

Girls Ice Hockey and Street Hockey

Forms IV-VII (Grades 6-9)

Previous ice hockey experience required. No beginners or learn to skate players. Limited space on the team. 2-3 ice practices per week. Possible Saturday morning practices. Off ice training and street hockey on other days. *Additional required equipment: Full Hockey Gear*

Boys Ice Hockey and Street Hockey

Forms IV-VII (Grades 6-9)

Previous ice hockey experience required. No beginners or learn to skate players. Limited space on the team. 2-3 ice practices per week. Possible Saturday morning practices. Off ice training and street hockey on other days. *Additional required equipment: Full Hockey Gear*

Girls Basketball

Forms IV-VII (Grades 6-9)

Previous basketball experience required. Limited space available. *Additional required equipment: Basketball sneakers*

Boys Basketball

Forms V-VII (Grades 7-9)

Previous basketball experience required. Limited space on the team (12 players). *Additional required equipment: Basketball sneakers*

Girls Soccer

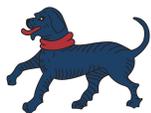
Forms IV-VII (Grades 6-9)

Beginner and advanced level players are welcome. Teams may be created based on overall group size and ability. *Additional required equipment: Shin guards, cleats*

Boys Soccer

Forms IV-VII (Grades 6-9)

Beginner and advanced players welcome. Teams will be created based on ability, age, and experience. *Additional required equipment: Shin guards, cleats or sneakers*



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Introduction to Girls Lacrosse

Forms IV-VII (Grades 6-9)

Introduction to basic girls lacrosse skills and drills. No lacrosse experience necessary. *Additional required equipment: Girls' Lacrosse Stick, Goggles, Mouthguard, cleats or sneakers*

Tennis and Pickleball (Coed)

Forms IV-VII (Grades 6-9)

Previous tennis experience required. Spaces are limited (12) due to court availability. Students will only be allowed to participate in one tennis session to provide the opportunity for more students to participate. *Additional required equipment: Tennis racket, Tennis sneakers*

Yoga + Dance (Coed)

Forms IV-VII (Grades 6-9)

A combination of yoga and other strength and fitness training. No yoga experience necessary. *Additional required equipment: yoga mat*

Indoor Rowing + Fitness (Coed)

Forms V-VII (Grades 7-9)

A learn to row program focused on using the Ryan Indoor Rowing facility. Tanks and Erg work will be the primary training tools. No previous rowing experience required. *Additional required equipment: Tightly fitting shorts or spandex*

Rumsey Outdoor Adventure (Coed)

Forms IV-VII (Grades 6-9)

Hiking, canoeing, kayaking, ropes course, climbing wall, and camping skills, are just some of the possible options each afternoon. *Additional required equipment: Sneakers or hiking shoes*

