



Interscholastic Athletics and Afternoon Program

All students are required to participate in a LC program all 3 seasons each year

9th Graders must minimally fulfill the equivalent of 2 Team and 2 Physical Exertion activities during the year.

10th Graders must participate in at least 1 season of Team and 2 seasons of any other options.

Independent Study Program: ISP are for students who excel in their sport, music or art. There is an application process.



Fall

Team and Physical Exertion

V & JV Football	Country
V,JV,3rds Field Hockey	V,JV Girls Cross Country
V,JV,3rds Boys Soccer	V,JV Boys Water Polo
V,JV,3rds Girls Soccer	Equestrian (\$)
V,JV,3rds Volleyball	Intramural Soccer
V,JV Boys Cross	Intramural Crew (\$)
	Dance Company
	Fall Play

Team

Robotics	Team Manager
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Physical Exertion

Cardio Fitness ^	Agriculture
Performance Training	Ballet Technique
Squash	Athletic ISP
Tennis	

Afternoon Programs

Instrumental Ensemble	Art ISP
Music ISP	Community Service



Winter

Team and Physical Exertion

V,JV,3rds Boys Basketball	V Boys Swimming and Diving
V,JV Girls Basketball	V,JV Wrestling
V,JV Boys Ice Hockey	Equestrian (\$)
V,JV Girls Ice Hockey	V,JV Alpine Skiing (\$)
V Girls Swimming and Diving	Intramural Basketball
	Dance Company
	Musical

Team

Robotics	Math Team
Debate	Team Manager
Science Team	

Physical Exertion

Jazz Dance Technique	Winter Jogging
Cardio Fitness ^	Spin Class (9)
Performance Training	Club Ski (\$)
Hip Hop	Athletic ISP
Yoga	

Afternoon Programs

GRP	Community Service
Music ISP	Design &
Art ISP	Communications



Spring

Team and Physical Exertion

V,JV Baseball	V Softball
Crew \$	V,JV Boys Track and Field
V,JV Boys Golf	V,JV Girls Track and Field
V Girls Golf	V Girls Water Polo
V,JV,3rds Boys Lacrosse	Intramural Ultimate
V,JV,3rds Girls Lacrosse	Frisbee
V,JV Boys Tennis	Dance Company
V,JV Girls Tennis	

Team

Team Manager

Physical Exertion

Cardio Fitness ^	Equestrian (\$)
Performance Training	Outdoor Fitness
Cycling	Yoga
Hiking	Athletic ISP
Badminton	

Afternoon Programs

Art design class	Community Service
Music ISP	Instrumental
Art ISP	Ensemble

^ Not applicable for 9th graders