



DEERFIELD ACADEMY COCURRICULAR CATALOG



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MISSION STATEMENT

The cocurricular program at Deerfield fosters teamwork, fun, growth, leadership and an understanding of one's role within a larger group with a common goal; it supports the pursuit of excellence—athletic, artistic, and civic—and the growth of varied, new skills; it ensures a shared, collaborative, and inclusive experience beyond the classroom. Like all components of a Deerfield education, the cocurricular program cultivates the habits required to live a healthy, balanced life. Cocurricular activities are required of all Deerfield students in every term of their enrollment. Each involves at least two hours of exercise per week.

ATHLETICS

VARSITY SPORTS

Deerfield Academy has over 30 varsity interscholastic teams. A member of the New England Preparatory School Athletic Council (NEPSAC) and Eight Schools League, which also includes Lawrenceville, Hotchkiss, Choate, St. Paul's, Northfield Mount Hermon, Phillips Andover Academy, and Phillips Exeter Academy, we compete at the Division I or Class A level. Varsity teams at Deerfield are designed for student-athletes interested in playing at a high level and preparing to compete in college. Athletes on these teams can expect to be involved in their activities six days each week.

SUB-VARSITY SPORTS

Sub-varsity athletes enjoy a similar experience to those of their varsity counterparts. They, too, are involved in team activities six days each week, but practices are shorter, and students don't always travel the same distances to away games. All sub-varsity players compete in games. They range from beginners to more experienced athletes.

INTERSCHOLASTIC SPORTS

FALL

Cross Country (Boys)

Cross Country (Girls)

Field Hockey

Football

Soccer (Boys)

Soccer (Girls)

Volleyball

Water Polo (Boys)

WINTER

Alpine Skiing (Boys)

Alpine Skiing (Girls)

Basketball (Boys)

Basketball (Girls)

Hockey (Boys)

Hockey (Girls)

Squash (Boys)

Squash (Girls)

Swimming & Diving (Boys)

Swimming & Diving (Girls)

Wrestling (All genders):

SPRING

Baseball

Cycling (All genders)

Golf (All genders)

Lacrosse (Boys)

Lacrosse (Girls)

Rowing (Boys)

Rowing (Girls)

Softball

Tennis (Boys)

Tennis (Girls)

Track (Boys)

Track (Girls)

Ultimate (All genders)

Water Polo (Girls)



Deerfield has outstanding, dedicated coaches at every level of its interscholastic program. A large majority of them are fully involved in all areas of school life—from teaching to advising to living in the dorms—and they have valuable experience as competitive college athletes. Strong coaching at Deerfield is a big part of why we see such success across the range of sports we offer. Whatever your level, you will be met with enthusiasm, expertise and passion!

The athletic facilities at Deerfield are some of the best in the country. Outside are two turf fields; baseball's Headmaster's Field, considered one of the best in New England; an eight-lane track; and 21 tennis courts. In 2018, a pavilion was installed over six of our tennis courts, enabling a year-round space for indoor tennis. On our "Lower Level", there's space sufficient for twelve or more soccer/lacrosse/ultimate fields as well as grass surfaces for softball and junior varsity baseball. Girls varsity soccer and boys varsity football and lacrosse play their home games in this beautiful, verdant setting. Girls softball competes on the Memorial Street field on the east side of campus.

Our indoor facilities include a full eight-lane natatorium; a state-of-the-art squash center; two gyms for basketball and volleyball, and a wrestling venue renovated in 2018. All students, from our college-bound athletes to those with wellness in mind, are welcome at our 6000 square-foot fitness center, a space that offers a broad range of cardio equipment, Nautilus training, and free weights. Whatever your level of fitness, our certified strength and conditioning coaches are eager to support your goals.

In the fall of 2018, Deerfield unveiled a brand new, league-leading facility replete with a hockey rink, field house, rowing tanks, golf simulator, and yoga and exercise rooms.

Athletic traditions run deep at Deerfield. Our first season culminates in a full spirit week and the excitement of "Choate Day", when teams from the two schools gather to compete across all fall sports. The winter term allows for Friday and Saturday night games, many of which have school-wide themes like 80s night, White Out or Silent Night. Each venue is packed with fellow students eager to support their friends and our teams. When spring arrives, we're back in the glorious New England setting, competing to be the best in our region!

RECREATIONAL SPORTS

Students participating in recreational sports meet four times each week for a minimum of one hour. These teams do not travel or compete interscholastically. Recreational sports are open to all genders. Various recreational sports require participation in a community service project one day per week.

BASKETBALL

In this league, Deerfield students learn the basic rules and strategies of basketball. They are divided into teams that then play in a series of games against one other, with the top two teams meeting at the end of the term for a championship game. Each squad is coached by a faculty member, and no experience is required to participate. This cocurricular meets four times each week, and there is no away game travel. All competition takes place on campus.

Open to: All students, grades 9-PG

Offered: Winter only

Schedule: Monday, Tuesday, Thursday, and Friday. Practice times vary.

Location: West Gym

Enrollment limit: 20

Prerequisite: None

FALL ROWING

Through a combination of on-the-water technical sessions and on campus weight and cardiovascular training, coaches work with athletes to develop an effective rowing motion while engaging in a training program to increase overall strength and fitness.

Open to: All students, grades 9-PG

Offered: Fall only

Schedule: Weekdays, 3:45–5:45 pm

Location: Athletics Complex

Enrollment limit: 20

Prerequisite: Students must pass a swim test before participating

STRENGTH & CONDITIONING

This activity allows students to pursue individualized athletic performance goals or general wellness with the support of Academy strength and conditioning coaches. Guided, personalized training or an approved program developed by the student-athlete (with coach's approval) are the focus for each term. Students should be prepared to set goals, create a plan for each session and track their progress. No experience necessary.

Open to: Grades 12 and PGs only

Offered: Fall, Winter, and Spring

Schedule: Monday, Tuesday, Thursday, Friday, 4-5 pm

Location: Fitness Center

Enrollment limit: 25 Fall and Spring, 40 Winter

Prerequisite: Motivation

CONDITIONING FOR ATHLETES

This activity incorporates techniques from pilates and yoga to create a conditioning routine to improve performance and reduce severity of injuries. The benefits include increased strength, power, agility and resilience, enhanced cognitive skills and mental strength and aid in delayed fatigue and quicker, fuller recovery.

This class is a total body work out which leads to adaptations and changes to the bodies health and physical fitness. The program focuses on understanding body mechanics, setting up a strong foundation to eliminate muscle imbalances and working on enhancing the bodies physical and mental fitness. The class will ensure that athletes are fit and ready for the next seasons' performance.

Open to: Grades 10 and 11 only

Offered: Fall, Winter, and Spring

Schedule: Monday, Tuesday, Thursday, Friday, 4-5 pm

Location: Studio 2

Enrollment limit: 20

Prerequisite: Motivation

TENNIS

Recreational Tennis allows students to practice and improve their skills in a relaxed and fun atmosphere. Participants may have some experience playing tennis in order to get the most out of their time on the courts, but none is required.

Open to: Grades 11, 12, and PGs only

Offered: Fall and Spring

Location: Tennis Courts

Schedule: Monday–Thursday, 3:45–4:45 pm

Enrollment limit: 20

Prerequisite: None

YOGA

Yoga has many benefits to students—building strength and flexibility, reducing stress, improving concentration, and enhancing the quality of sleep. Each term, we work on dozens of poses, emphasizing proper alignment, body awareness, and the mind-body connection. Students learn various breathing techniques that can aid them in calming down, boosting energy, or stabilizing their own energy. Yoga is also a perfect complement to sports and other athletic activities, and many athletes do yoga as part of their off-season training. Each yoga session is 60 minutes long, and, while we work consistently until the final relaxation, we also approach the practice with a sense of humor and have fun. Students are allowed to participate in yoga as a cocurricular multiple terms, and coming back to yoga serves to deepen their practice and increase the benefits they experience.

Open to: Grades 11, 12, and PG only

Offered: Fall, Winter, and Spring

Schedule: Monday, Tuesday, and Friday, 4–5 pm; Wednesday, 2–3 pm

Location: Studio 1

Enrollment limit: 25

Prerequisite: None

ARTS

PERFORMING ARTS

DANCE

Dance is offered as a cocurricular option throughout the academic year. Students of all experience levels from complete beginners to pre-professional dancers participate in a variety of technique classes including ballet, pointe, modern, contemporary, jazz, and hip-hop. Intermediate and advanced dancers have the opportunity to participate in rehearsals for performances, which take place each term.

Open to: All students, grades 9-PG

Offered: Fall, Winter and Spring

Schedule: Monday-Friday, times dependent on ability level

Location: Dance Studios, Hess Center

Enrollment limit: None

Prerequisite: None

MUSIC

This activity gives musicians the opportunity to practice instrumental or vocal music under the guidance of a Deerfield music teacher. Students are invited to perform music as a service to the community as well. As with all cocurriculars, there is an exercise component that develops aerobic fitness, flexibility, and strength. Students must submit an application and be accepted by the faculty supervisor. Progress is assessed at the middle and the end of each trimester.

Open to: All students, grades 9-PG

Offered: Fall, Winter, and Spring

Schedule: Monday, Tuesday, Thursday and Friday, 3:45-5:15 pm

Location: Music Offices, Hess Center

Enrollment limit: 15

Prerequisite: None

THEATER

Each term the theater program presents a production in either the Black Box Theater or on the Main Stage. Shows range from classics, such as *Antigone*, to musicals and comedies, such as *Little Shop of Horrors*. Cast sizes vary from seven to 37, and no experience is necessary. There are also many opportunities to become involved in other aspects of technical theater. Students can construct sets, make costumes and props or design lighting and sound.

Open to: All students, grades 9-PG

Offered: Fall, Winter, and Spring

Schedule: Monday, Tuesday, Thursday and Friday, 3:30–5:30 pm;
Wednesdays 1:30–3:30 pm

Location: Acting Lab and Black Box, Hess Center

Enrollment limit: May vary

Prerequisite: None

VISUAL ARTS

DRAWING & PAINTING

Post-Intro, Advanced Placement (AP), Post-AP level work, as well as college portfolio needs are addressed during this afternoon studio time. All participants should have previous experience in the studio and be prepared to finalize a portfolio, keep pace with the AP syllabus, or try painting as an added feature.

Open to: Grades 10, 11, 12, and PG

Offered: Fall, Winter, and Spring

Schedule: Tuesday–Thursday, 3:30–5:15 pm, one other weekday
(Monday or Saturday)

Location: Art Studio, 2nd Floor, Hess Center

Enrollment limit: 12

Prerequisite: Determined by instructor

PHOTOGRAPHY/VIDEOGRAPHY

This opportunity is provided to allow for the creation of ambitious work in the areas of photography and/or videography. Participants work with the advisor to design and pursue the project and prepare for its public exhibition at the end of the term. Peer review is provided through weekly meetings with other program members. Within this framework, students have crafted a documentary about Holocaust survivors; a feature-length film based on an original screenplay; and a thematic exhibition of photographs.

Open to: Grades 11, 12, and PG

Offered: Fall, Winter, and Spring

Schedule: Monday–Saturday, times will vary

Location: Photo Lab, Hess Center

Enrollment limit: Set by instructor

Prerequisite: Students are expected to exhaust the curriculum in photography or videography before applying for a tutorial in these subjects. Completion of the Introductory course is mandatory.

CENTER FOR SERVICE & GLOBAL CITIZENSHIP

COMMUNITY SERVICE

Students may volunteer to do community service as their afternoon cocurricular commitment, serving on-site at a service project four days per week. Below are the service sites available to students.

School-Based Programs

Students work with both preschool staff and elementary school teachers at local after-school programs to assist in many activities, from organized games to one-on-one reading to homework help. But mostly, they play with kids, helping them to stay happy and occupied after a long day of school. Whether they are mentoring children through a craft project or acting as “it” in a game of tag on the playground, their energy and attention is a valuable resource to the program and to the children.

Farm Team

Farm Team is a Fall Term program that brings students to three local farms to participate in sustainable practices. Our farming partners integrate students into every aspect of the work, teaching practical skills, lifelong dispositions, and a broad appreciation for the work done and the people who do it in order to put food on the table.

Growing Green

Based in Deerfield's on-campus greenhouse facility, students cultivate mushrooms, salad greens, herbs, and other edible plants. Students also harvest honey and beeswax from honeybees located on the science center roof, learn approaches to support a healthy apiary, including monitoring for mites and pests, and ponder some of life's meaningful and important questions, using science, art and culture.



Intergenerational Programs

Students visit a local Assisted Living facility to interact with the residents in a number of ways - from playing card and board games, to reading aloud to those for whom failing eyesight makes reading difficult, to just providing a listening ear and an appreciation for the life experience that these seniors have to share. Each student's participation will be driven by their unique interests and talents, as well as by the interests of the seniors with whom they are visiting.

Open to: All students, grades 9-PG

Offered: Fall, Winter, and Spring

Schedule: Varies depending on project

Location: Varies depending on project

Enrollment limit: Varies depending on project

Prerequisite: None

OTHER

INSTRUCTIONAL SWIM

Students can learn to swim under the guidance of varsity swimmers and water polo players. One-on-one swim instruction meets four times each week. Lessons focus on the freestyle stroke, flutter kick, and drown-proofing skills. Most students pass Deerfield's swim test by the end of the term. An additional community service component is required.

Open to: All students, grades 9-PG

Offered: Spring only

Schedule: Monday, Tuesday, Thursday, and Friday, 3:30–4 pm

Location: Koch Pool

Enrollment limit: 8 students

Prerequisite: Students must **not** know how to swim

ROBOTICS

Students work in small teams to create robots and then compete in either the local Deerfield Academy Robotics Competitions or in the FIRST FTC Robotics Competition. Participants learn to use the Tetrax robotics kits to both engineer and program their robots.

Open to: Grades 11, 12, and PG

Offered: Fall, Winter, and Spring

Schedule: Monday, Tuesday, Thursday, and Friday, 3:45–5:15 pm;
occasional weekend competitions

Location: Koch Center, 2nd Floor

Enrollment limit: 12 students

Prerequisite: None

TEAM MANAGERS

Team managers are an integral part of athletic teams. Utilized as game timers, scorekeepers and game-day support, they ensure that coaches and players are ready to compete. Many managers warm up goalies, assist with uniforms and even run drills during practices. Each sport has a unique need for a team manager, but they are a valued component at every level of the game. Students interested in managing a team should contact the Athletics Office for available positions.

Open to: All students, grades 9-PG

Offered: Fall, Winter, and Spring

Schedule: Monday through Saturday. Times vary by sport.

Location: Varies by sport

Enrollment Limit: 1-3 managers per team

Prerequisite: None

YEARBOOK

Participants oversee photography, graphic design and layout, editing, and communication with students and families. This activity meets on weekdays with occasional weekend commitments to photograph community or athletic events. Students may participate for a maximum of two terms each year, with the exception of editors-in-chief, who may opt for Yearbook as a cocurricular activity all three terms.

Open to: All students, grades 9-PG

Offered: Fall, Winter, and Spring

Schedule: Monday, Thursday, and Friday, 3:45–5:45 pm;
Wednesday, 1:15–3:30 pm

Location: Yearbook Room, Basement of Kendall Building

Enrollment limit: None

Prerequisite: None

PROGRAMS REQUIRING AN APPLICATION AND COMMITTEE APPROVAL

ATHLETIC CONCENTRATION

With approval from the Athletics Concentration Committee, the Athletic Concentration allows a small number of juniors and seniors to devote one term each year to the pursuit of a specialized athletic interest if—and only if—the following parameters are met:

- Participation in two varsity/high level JV sports the remaining terms of the year;
- Each student must meet with the fitness center staff to establish a program for the term;
- Each student must meet with a member of the Athletics Office. biweekly;
- Each student must submit a 500-word reflection by the end of the term;
- Participation in a community service project one day per week.

Please contact athletics@deerfield.edu for an application or stop by the Athletics Office. All applications are subject to approval by the athletics concentration committee. Note: Athletics concentrations are offered during the fall and winter terms. Two varsity-sport juniors may petition the athletic director for enrollment in strength & conditioning during the spring term. Limited spots available.

COCURRICULAR ALTERNATIVE

The Cocurricular Alternatives Program is designed to support the pursuit of excellence in an area not otherwise offered at the Academy. Subject to approval by the Cocurricular Alternatives Committee, and under the guidance of an on-campus supervisor, students dedicate their cocurricular time to this special project. A term-end culminating presentation is required for all Alternatives.

PLAN YOUR COCURRICULAR EXPERIENCE

NINTH GRADE YEAR

Fall:
Winter:
Spring:

SOPHOMORE YEAR

Fall:
Winter:
Spring:

JUNIOR YEAR

Fall:
Winter:
Spring:

SENIOR YEAR

Fall:
Winter:
Spring:

