



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 (listed below). 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. Deerfield's varsity teams 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.

FALL

Cross Country (Boys)
Cross Country (Girls)
Field Hockey (Girls)
Football (Boys)
Soccer (Boys)
Soccer (Girls)
Volleyball (Girls)
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 (Boys)
Golf (All genders)
Lacrosse (Boys)
Lacrosse (Girls)
Rowing (Boys)
Rowing (Girls)
Softball (Girls)
Tennis (Boys)
Tennis (Girls)
Track (Boys)
Track (Girls)
Ultimate (All genders)
Water Polo (Girls)

COACHES AND FACILITIES

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 and coaches. 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 three outdoor turf fields; baseball’s Headmaster’s Field, considered one of the best in New England; an eight-lane track; and 18 tennis courts, including a pavilion for year-round indoor tennis. On our “Lower Level,” there’s space sufficient for twelve or more soccer/lacrosse/ultimate fields. Girls and boys 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, ten-court squash center; three gyms for basketball and volleyball, and a wrestling venue. 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 fall 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, Wednesday, and Thursday

Location: Hale or Multipurpose Gym

Enrollment limit: 20

Prerequisite: None

CONDITIONING FOR ATHLETES

This activity incorporates techniques from pilates, yoga and the Franklin Method®. The Franklin Method will have a profound influence on improving your athletic potential. You will learn how your body is designed to move, reducing injuries, increasing mobility, stability and mental strength. You will learn applications to embody proper function and improve all aspects of your athletic ability. Additional benefits include increased strength, power, agility and resilience, enhanced cognitive skills and empowerment.

The program focuses on understanding body mechanics, setting up a strong foundation to eliminate muscle imbalances and working on enhancing the body's physical and mental fitness. The class will ensure that athletes are fit and ready for the next season's performance.

Open to: Grades 10 and 11 only

Offered: Fall, Winter, and Spring

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

Location: Athletics Complex

Enrollment limit: 20

Prerequisite: Motivation

CYCLING

Recreational cycling provides the opportunity for students to enjoy the sport of cycling while increasing overall strength and fitness and exploring the local sites. It is helpful to have some cycling experience but not necessary.

Open to: All

Offered: Spring only

Schedule: Monday, Tuesday, Wednesday, and Thursday

Location: Spin Room and Outside

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. Suitable for beginner and introductory rowers.

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.

ICE HOCKEY

Recreational ice hockey is a fun way to learn and practice skating and ice-hockey technical skills. Students with limited and no experience in ice hockey are welcome to join; it will be helpful to own some ice hockey

equipment at the time of registration. Practice times will vary and be three or four times per week depending on rink availability.

Open to: All grades

Offered: Winter only

Schedule: Monday, Tuesday, Wednesday, and Thursday

Location: Outdoor Rink, Indoor Rink

Enrollment limit: 20

Prerequisite: None

SQUASH

Recreational squash allows students to learn, practice, and improve their skills in a casual and fun atmosphere. It is helpful to have some squash experience but not necessary.

Open to: Grades 11, 12, and PGs only

Offered: Spring only

Schedule: Monday, Tuesday, Wednesday, and Thursday; practice times vary

Location: Squash Courts

Enrollment limit: 20

Prerequisite: None

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. **Community service required one day per week.**

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

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. **Community service required one day per week.**

Open to: Grades 11, 12, and PGs only

Offered: Fall

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 10, 11, 12, and PG only

Offered: Fall, Winter, and Spring

Schedule: Monday, Tuesday, Thursday, and Friday, 3:45–4:45 pm

Location: Yoga Room

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 novice to pre-professional dancers participate in a variety of technique classes including ballet, contemporary, hip-hop, jazz, modern, musical theatre dance, pointe and tap. 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 CONCENTRATION

Music Concentration is open to any student who is enrolled in a music class or a member of a large music ensemble (Deerfield Chorus or Deerfield Orchestra). The co-curricular affords dedicated music students vital personal practice time as well as time to schedule their weekly private lessons and receive tutoring on musical topics they may be interested in such as music theory, history, production and composition. The Other Doors (the School Meeting house band) also rehearses during the Music Concentration Co-Curricular. Each term, all participants in this co-curricular perform at an off-campus community venue (eg. Deerfield Elementary School or The Arbors assisted living facility in Greenfield).

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: Approval from music faculty

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 Women*.

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 1:30-5:30 pm

Location: Acting Lab and Black Box, Hess Center

Enrollment limit: May vary

Prerequisite: None

VISUAL ARTS

DRAWING & PAINTING

Drawing and Painting co-curricular is open to any student enrolled in a visual arts class or interested in pursuing an independent, student-initiated project. It allows students to refine their drawing and painting skills, build an art portfolio suitable for college applications and engage in demanding artistic pursuits. Participants in this co-curricular will participate in a Community Service project and have the opportunity to submit their work for the Spring Student Art Exhibition in the Spring.

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: Approval from art faculty

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 10, 11, 12, and PG

Offered: 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. Approval from faculty is required.

CENTER FOR GLOBAL & CIVIC ENGAGEMENT

COMMUNITY ENGAGEMENT: A SHARED COMMITMENT

Animating the school's mission and developing our commitment to collective impact, the Center offers community engagement opportunities throughout every aspect of the co-curricular experience as a shared commitment to service. In addition to making a local impact and sustaining community partnerships, our community engagement programs offer leadership development, team building, and personal growth. It is our hope that every student will meaningfully contribute to this program during their time at Deerfield Academy.

Students can participate in service through the co-curricular program in the following ways:

- Teams participate in a service project once per season. These projects are usually one-time events such as community clean-ups, marathons, and sports clinics.
- Concentration programs and various recreational teams participate in service on a weekly basis. These opportunities include youth tutoring and mentoring, visiting elder care facilities, supporting community meals, and more.
- Our signature program is the service co-curricular offering, where students contribute on-site at a community project four days per week. This immersive experience in one of the offerings below, provides students the opportunity to form relationships with community members, make a positive impact, gain skills in their resumes and log over 80 service hours.

YOUTH MENTORING

Take action for early learning. If you liked recess in elementary school, this co-curricular offering is a great option for you! Join local afterschool and extended learning programs to offer your expertise as a kickball star, master crafter, or reading buddy. Your energy and one-on-one attention go a long way in the lives of younger students, especially at the end of a long day. You'll serve as a role model, mentor, and big buddy to make each student feel needed and known at a critical time in their lives.

COMMUNITY AGRICULTURE (FALL ONLY)

Be a part of a vibrant community in the Pioneer Valley working to sustain local agriculture and healthy food systems for all. Known on campus as the Farm Team, this group will join the crew at several nearby farms to lend a helping hand at crucial times of the farming season. 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. Weekly visits could include a 4th generation apple orchard, a horse-powered farm, a women-run organic farm, and a farm that helped pioneer the community agriculture movement.

FOOD SECURITY

A warm smile, hearty meal, and good company can go a long way in the lives of our neighbors who don't have consistent access to food. In this co-curricular offering, students lend a hand in every aspect of our local food system from working on a food bank farm to organizing food distribution to preparing and serving meals. Most rewarding, students get to know community members who depend on local nonprofits working to alleviate hunger and food insecurity in our own backyard.

GROWING GREEN

Based in Deerfield's on-campus greenhouse, students use their green thumbs to germinate, cultivate, propagate, and collaborate- all in the name of service! Projects vary by student interest but could include growing flowers to donate to nursing homes, harvesting produce to deliver to food banks, donating houseplants to the local library, and testing seeds to advance seed diversity. The Growing Green program also collaborates with local farms and food banks, as a partner in local food security efforts. Students will see their seed-powered service projects make a difference on and off campus.

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. **Community service required one day per week.**

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: All students, grades 9-PG

Offered: Fall and Winter

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 (grade 9 in winter and spring only)

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 and need coach approval

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.

Open to: All students, grades 9-PG

Offered: Spring only

Schedule: Monday, Thursday, and Friday, 3:45–5:45 pm;
Wednesday, 1:15–3:15 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. **Community service required one day per week.**

PLAN YOUR COCURRICULAR EXPERIENCE

NINTH GRADE YEAR

Fall:
Winter:
Spring:

TENTH GRADE YEAR

Fall:
Winter:
Spring:

JUNIOR YEAR

Fall:
Winter:
Spring:

SENIOR YEAR

Fall:
Winter:
Spring:



*DEERFIELD DAYS
ARE DAYS OF GLORY,
MEMORY LIVES IN
EVERY ONE.*

- The Deerfield Evensong

