



# ATHLETIC ACHIEVEMENTS

## Interscholastic Athletics

### Upper School

*Fall:* Boys' Cross Country (V), Girls' Cross Country (V), Boys' Soccer (JV, V), Girls' Field Hockey (JV, V), Girls' Soccer (JV, V), Girls' Tennis (JV, V)

*Winter:* Boys' Basketball (Fresh/Soph, JV, V), Girls' Basketball (JV, V), Girls' Indoor Soccer (V) Coed Squash (V)

*Spring:* Boys' Baseball (V), Girls' Softball (V), Boys' Lacrosse (JV, V), Girls' Lacrosse (JV, V), Boys' Tennis (JV, V), Girls' Track, Co-ed Golf

### Middle School

(1-3 teams per sport depending on interest)

*Fall:* Boys' Cross Country, Girls' Cross Country, Boys' Soccer, Girls' Field Hockey, Girls' Soccer,

*Winter:* Boys' Basketball, Girls' Basketball, Girls' Soccer

*Spring:* Boys' Baseball, Boys' Lacrosse, Girls' Lacrosse, Boys' Tennis, Girls' Tennis

### Lower School

*Grades 4 and 5*

(1 team per sport)

*Fall:* Boys' Soccer, Girls' Field Hockey

*Winter:* Girls' Soccer

*Spring:* Boys' Lacrosse, Girls' Lacrosse

### Participation

- 71% of Upper School students participate in interscholastic athletics.
- 25 teachers serve as athletic coaches.

*"It was a great feeling to get into the championship game senior year at Park because we were considered the underdogs, but we all came together as a team. We knew we could win and we did it together."*

*"The feeling from winning is...a reminder that you can accomplish anything as long as you believe in yourself and your team and you work together."*

— Erica Gelb '05, field hockey and lacrosse

## Team Accomplishments

### 2001 – 2010

*Boys' Basketball:* Varsity Champions C-Conference (2003, 2006), Varsity Conference Semi-Finals (2008, 2010), C-Conference Finals (2005), Freshman/Sophomore Champions B-Conference (2003, 2009), JV Champions C-Conference (2003, 2004, 2005), JV Conference Semi-Finals (2007), JV Finals (2008)

*Boys' Lacrosse:* Varsity B-Conference Finals (2002, 2007), Varsity Champions B-Conference (2005); JV B-Conference Semi-finals (2008)

*Boys' Baseball:* Varsity B-Conference Finals (2006, 2007), Champions (2010)

*Boys' Soccer:* Varsity B-Conference Semi-finals (2002, 2004, 2007)

*Girls' Basketball:* Varsity C-Conference Finals (2008, 2009, 2010), Varsity Semi-finals (2005, 2006); JV Best Record in Conference (2005)

*Girls' Field Hockey:* B-Conference Finals (2004)

*Girls' Indoor Soccer:* Varsity Semi-finals (2005, 2010)

*Girls' Lacrosse:* Varsity Champions B-Conference (2006, 2009), Conference Finals (2008, 2010), Conference Semi-finals (2001, 2002, 2007), Champions (2010)

*Girls' Soccer:* Varsity Champions C-Conference (2002, 2003), B-Conference Finals (2004)

*Girls' Softball:* Varsity Champions C-Conference (2003, 2009), C-Conference Finals (2006, 2010)

*Girls' Tennis:* Varsity Champions B-Conference (2002)

### Individual Accomplishments 2001 – 2010

*Boys:* 90 athletes selected to MIAA All-Conference Teams

*Girls:* 90 athletes selected to IAAM All-Conference Teams  
1 named to 2010 US Lacrosse All-American First Team, 2 named to 2010 US Lacrosse Academic All-American Team

*Athletic Director:* Ridge Diven, MIAA Athletic Director of the Year (2002)



# INTERSCHOLASTIC ATHLETICS AND PHYSICAL EDUCATION

*“Playing baseball and basketball at Park prepared me for college baseball in a variety of ways...putting the success of the team over the success of the individual is paramount to everything and a requirement for a team with championship aspirations. Finally, the Park community is incredibly supportive and it’s great to walk in the footsteps of so many successful alumni.”*

— Ryan Frankel '02, baseball and basketball

## Program Design and Philosophy

Interscholastic Athletics: From Grade 4 in Lower School through Middle School and competitive varsity level teams in the Upper School, Park emphasizes a balanced approach. We teach fundamental athletic skills, conditioning and fitness, game strategy, and the lifelong skills of perseverance, commitment to a common goal, overcoming adversity, and winning with humility and integrity. Led by two full-time athletic directors for male and female sports, our teacher-coaches build personal relationships with their student athletes that mirror the values and habits of mind nurtured in the classroom.

We value both participation and a competitive spirit. In the Lower School and Middle School, all students who wish to come out for a team are included and receive playing time. Beginning in the eighth grade and increasing each year through junior varsity and varsity levels, coaches encourage all players, but skilled and dedicated athletes receive the majority of the playing time. It is our goal to field competitive teams and win our share of games, play-off victories, and championships. Both boys and girls play in highly competitive leagues, the MIAA and IAAM respectively.

Physical Education: Park’s comprehensive physical education program is offered to Lower and Middle School students. In Upper School, students choose between participation in interscholastic athletics and physical education electives, including outdoor education, ultimate frisbee, climbing wall, yoga, and fitness and strength training.

Beginning with the youngest students, Park offers a range of activities designed to develop fitness, stamina, agility, and game skills. Through a wide variety of exercises and activities, children also learn to work cooperatively in team situations.

From fourth grade through Middle School, physical education increasingly focuses on development of skills important to team sports. Individual and recreational sports activities continue to be an important component of physical education classes. Fitness is fundamental at all levels, and the Presidential Fitness Test is administered to all third, fourth, and fifth graders and all Middle School students.

## Athletic Facilities

- 42,000 square foot state-of-the-art athletic center, opened in the fall of 2001
- 3 competition-length basketball courts
- 2,300 square foot fitness center with aerobic and cardio machines, circuit training, and free weights
- Athletic trainer’s room with whirlpool and treatment tables
- Home and visiting team locker rooms with 8-lane swimming pool, 2 competition-length basketball courts in the Blaustein Gymnasiums and training pool for summer camp

## Playing Fields

- 5 fields on campus for field hockey, soccer, and lacrosse
- 4 fields on Sugar Campus in Greenspring Valley (5 minute ride from main campus) for baseball, softball, lacrosse, and soccer