



Lower School Sport Activities

Episcopal's goal for Lower School Physical Education is to nurture, challenge, and enhance a child's physical and social development. Athletics at this age is no different; the Episcopal Athletic Department wants to be a resource for parents in finding age appropriate sports opportunities outside of Episcopal. It is our belief that by giving your child an opportunity to participate in sports at a young age, they can further develop the physical and social foundation that we teach them through Physical Education each day. Whether it's the first successful ball over the net, learning how to deal with the adversity of trying and failing, or just taking a knee with your teammates as the coach ends a practice, each experience contributes to Episcopal's mission of *developing the whole child*. If you have questions regarding lower school age athletic opportunities outside of Episcopal please contact the Athletic Office.

Grades	Fall	Spring
5th Grade	Boys Flag Football	Girls Volleyball

Middle School Athletics

The purpose of our Middle School Athletic Program is to develop skills, sportsmanship, and behaviors that are part of being on a team. Participation is the key emphasis at this level; however these programs do establish the foundation for our varsity athletic program.

Grades	Fall	Winter	Spring
Girls in 6th, 7th and 8th Grades	Cross Country Softball Swimming	Basketball Soccer	Track & Field Volleyball
Boys in 6th, 7th and 8th Grades	Cross Country Football (Flag-6th) Swimming	Basketball Soccer Wrestling	Track & Field

Upper School Athletics

Episcopal has a full interscholastic athletic program. The school is dedicated to excellence in athletics but will not compromise academic standards should they prove to be in conflict with athletics. Athletic opportunities provide more than exercise and competition. Sport, at its best, teaches the virtues of humanity: courage, grace, persistence, discipline, and greatness of spirit. Episcopal supports athletics as intrinsic to the spiritual and physical well-being of young people. Participation in sports is a vehicle in which young people can learn to work together toward a common goal, respect others, build confidence and develop sound values that will remain with them the rest of their lives.

Fall	Winter	Spring
Girls Cross Country Boys Cross Country Boys Football Boys Swimming Girls Swimming Girls Volleyball	Boys Basketball Girls Basketball Boys Indoor Track Girls Indoor Track Girls Powerlifting Boys Powerlifting Boys Soccer Girls Soccer Wrestling	Baseball Boys Golf Girls Golf Boys Gymnastics* Girls Gymnastics* Boys Outdoor Track Girls Outdoor Track Softball Boys Tennis Girls Tennis <i>*Episcopal will sponsor participants</i>

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**Coach contact information by sport can be found on the back page*

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