



### Nobles Winter Afternoon Program Offerings - 2020-2021

<u>Activity</u>	<u>Grade levels</u>	<u>Notes</u>
<b><u>ATHLETICS</u></b>		
<b>GV Basketball</b>	Upper school	* by tryout only for Class IV
<b>GJV Basketball</b>	Upper school	
<b>MS Girls Basketball</b>	VI, V	
<b>BV Basketball</b>	Upper school	* by tryout only for Class IV
<b>BJV Basketball</b>	Upper school	
<b>MS Boys Basketball</b>	VI, V	
<b>GV Hockey</b>	Upper school	* by tryout only for Class IV
<b>GJV Hockey</b>	Upper school	
<b>BV Hockey</b>	Upper school	* by tryout only for Class IV
<b>BJV Hockey</b>	Upper school	
<b>MS Coed Hockey</b>	VI, V	
<b>Wrestling and Strength Conditioning</b>	Upper school	Wrestling Strength and Conditioning will provide a fun, engaging challenge to anyone, through the use of sandbags, bulgarian bags, kettlebells, jump ropes, pull-up bars, exercise bands, throwing dummies, a push sled and more! The coaches will put you through exercises that will work out every muscle in your body, leaving you physically and mentally stronger. Prepare to have fun, work hard, stay safe, and get better - at working out and life!
<b>MS Coed Wrestling</b>	VI, V	See above description
<b>BV Squash</b>	Upper school	* by tryout only for Class IV
<b>BJV Squash</b>	Upper school	
<b>GV Squash</b>	Upper school	* by tryout only for Class IV
<b>GJV Squash</b>	Upper school	
<b>MS Coed Squash</b>	VI, V	

<b>Winter Track</b>	I, II, III	We will train students in all levels of running, from novices to experienced runners, from sprints to distance. The team will practice outdoors, both on campus and at a nearby track. We will also utilize indoor spaces for strength training, conditioning, and stretching.
<b>Skiing</b>	Upper school	
<b>Strength and Conditioning - virtual</b>	Upper school	Virtual S&C will include bodyweight strength training, metabolic conditioning, plyometrics, and prehab exercises. Participants will only need a small amount of space at their location. Participants must have their cameras on throughout the workout so coaches can provide feedback and ensure proper technique to avoid injury.
<b>Strength and Conditioning - live</b>	Upper school	Live S&C will occur on campus and include weight training in the weight room. There will also be strength training, metabolic conditioning, plyometrics, and prehab exercises in spaces outside of the weight room that are located in the MAC.
<b>Strength and Conditioning - crew</b>	Upper school	We will combine on campus workouts with off campus activities and guided strength/body weight circuits to develop a strong aerobic fitness base and improved strength. The program will combine virtual and in-person workouts to ensure progress as a team and to have fun.
<b><u>COMMUNITY SERVICE</u></b>		
<b>Middle School/IV Community Service</b>	VI, V, IV	MS/IV community service will be on campus with the option of virtual
<b>Upper School Community Service</b>	Upper school	Upper school community service will be all virtual (at least to begin)
<b><u>PERFORMING ARTS</u></b> <i>(click <a href="#">here</a> for new program descriptions)</i>		<b>All performing arts can be done virtually if a student is not on campus at all.</b>
<b>Technical Theatre</b>	All grades	Students will learn basic woodworking and furniture building and build scenery for the spring musical.
<b>Nobles Theater Collective</b>	Upper school only	Students will gain experience as actors and learn about plays, playwriting, and collaboration. Exact programming / play(s) / project tbd but if you like working on plays, this program is for you!
<b>Dance</b>	All grades	Students will explore a variety of dance styles including musical theatre, jazz, ballet barre, hip hop, contemporary, and choreography making.
<b>Nobles Music Collective</b>	All grades	Strings, piano, percussion, and guitar musicians will explore all genres including, pop, classical European, rock and open improvisation. As the music will be rehearsed and performed in small groups and much of our time will hopefully be together in-person.

<b><u>VISUAL ARTS</u></b> <i>(click <a href="#">here</a> for new program descriptions)</i>		<b>All visual arts can be done virtually if a student is not on campus at all.</b>
<b>Lights, camera, fashion!</b>	I, II, III	Explore creating sneaker ads, fashion magazine spreads, album covers, and everything in between. Learn studio photography with the goal of creating a Zine, Lookbook or Blog showcasing each individual's curated styles of choice. No experience required.
<b>The Handmade Photograph</b>	VI, V, IV	Learn how to turn photographs on your phone into beautiful handmade prints! We will print digital negatives from your photographs to make cyanotypes, also known as sun prints or blue prints. These handmade photographs make great gifts, postcards and objects to share your memories. No experience required.
<b><u>ADDITIONAL OFFERINGS</u></b>		
<b>MS/IV Model UN</b>	VI, V, IV	This program is designed to introduce/reinforce students' knowledge of Model UN. In addition to learning about the United Nations, which inspires Model UN, students will learn and practice how to effectively step into the shoes of world leaders to discuss and solve global problems. They will learn tips on how to research their topic/country, how to debate the perspective of their country, engage in negotiation, write resolutions and take action.
<b>Yearbook</b>	Upper school	
<b>Independent Project</b>	I, II, III, V	<b>By application only</b> - For Class V, see Mr. Geneus. For Classes III, II, I see Mr. Resor
<b>Class I Exempt</b>	I	
<b>Class II Exempt</b>	II	

To see more detailed descriptions of offerings for the winter 2020-21 afternoon program, click [here](#).

Have a question? Click [here](#) for a list of important contacts.