

Hillside Athletics Seasonal Offerings and Descriptions

Fall Term

(I) Indicates Interscholastic Sport

(I) **Cross Country**-All grades and abilities are welcome. The boys run a competitive schedule but strive more for personal growth and improvement. They compete against similar schools. **Equipment:** Running shoes

Eco-Team-An extension of the Hillside farm program, Eco-Team combines outdoor recreation with agriculture and ecology. As well, the team will be the primary caregivers of the farm animals and the gardens. Note: Eco-Team is strongly recommended for one or maybe two terms only. A student may not participate in Eco-Team for three seasons. **Equipment:** Work/Hiking Boots, gloves, outdoor attire

Golf (I)- Is an instructional activity for all grade and ability levels. The size of the team is limited to insure proper supervision. The team will practice regularly at the range and on the local courses. **Equipment:** Appropriate Clubs – fee included.

iLab - Hillside is pleased to announce the introduction of the iLab Team as an extension of the iLab Program offered during the academic day. Boys will spend 2 hours each day in the iLab, working on individual projects and learning 21st century skills including coding, programming and designing prototypes. Note: iLab space is limited and a fee does apply.

Intramurals-The intramural team will actively participate in a wide variety of traditional and non-traditional games and activities. Our focus is to allow students to experience these sports and activities in a safe and fun manner. Daily fitness is a key component of this option. **Equipment:** Sneakers and outdoor play attire.

Sailing-Sailors travel four days a week to Lake Quinsigamond and learn the basics of sailing in two men White 14's. Students must be able to pass swim test. This option is limited to approx. 14 students. **Equipment:** Collared shirt, shorts, sneakers; a raincoat is recommended – fee included.

(I) **Soccer**- Hillside offers soccer teams' equivalent with a boy's age and ability. Our varsity program competes at a high level against similar schools. The JV and Thirds program is based in fun, skill and knowledge development. Interscholastic games are played against similar teams. **Equipment:** cleats, shin guards

Winter Term

Band-The band will be selected by instrument needs and potential for musical growth. All participants will be required to rent/own an instrument and take on campus lessons each week with the Band Director. There is opportunity for participants to take additional lessons from outside musicians for an extra fee.

(I) **Basketball**-Hillside offers basketball teams' equivalent with a boy's age and ability. Our varsity program competes at a high level against similar schools. The JV program is based on fun, skill and knowledge development. Interscholastic games are played against similar teams. Additionally, the varsity will participate in two or three Saturday tournaments. **Equipment:** Appropriate sneakers

Eco-Team-An extension of the Hillside farm program, Eco-Team combines outdoor recreation with agriculture and ecology. As well, the team will be the primary caregivers of the farm animals and the gardens. Note: Eco-Team is strongly recommended for one or maybe two terms only. A student may not participate in Eco-Team for three seasons.
Equipment: Work/Hiking Boots, gloves, outdoor attire

(I)Ice Hockey-All grade and ability levels are welcome, although the team competes at a high level against similar schools. Players must have skating ability, as the roster is limited. The JV program is based on fun, skill and knowledge development. Interscholastic games are played against similar teams. The varsity team will participate in approximately three weekend tournaments.

Equipment: Hockey Equipment

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Skiing/Snowboarding- Open to all grade and ability levels. Hillside ski's at Ward Hill in Shrewsbury. They will also travel to Mount Wachusett on Friday's during January and February. There will be a fitness component on campus when the ski area is closed. An additional charge applies for the season pass, lessons, transportation, and rental equipment if needed. (Approx \$800) **Equipment:** All necessary ski gear, or the availability to rent. Helmets are required!!

(I)Wrestling-All grades and abilities are welcome. The boys wrestle a competitive interscholastic schedule but wrestle in their weight and experience bracket. We will compete in the Fay (younger boys) & Fessenden (Best 12) wrestling tournaments.

Equipment: Shoes, headgear and team sweats

Spring Term

Adventure – Hillside rides on campus trails and they will take a number of off campus trips. Boys must provide their own mountain bike and helmet. Additionally, there will be an adventure component, including hiking, rock climbing, ropes course, etc.

Equipment: Mountain bike recommended but not mandatory.

(I)Baseball- Hillside offers Baseball teams' equivalent with a boy's age and ability. Our varsity program competes at a high level against similar schools. The JV program is based in fun, skill and knowledge development. Interscholastic games are played against similar teams. **Equipment:** Molded Cleats, Glove. Due to regulation changes this spring and summer, most bats used this year will no longer be allowed. For this reason, please do not purchase any bats until the fall when the new certifications are released.

Eco-Team-An extension of the Hillside farm program, Eco-Team combines outdoor recreation with agriculture and ecology. As well, the team will be the primary caregivers of the farm animals and the gardens. Note: Eco-Team is strongly recommended for one

or maybe two terms only. A student may not participate in Eco-Team for three seasons.
Equipment: Work/Hiking Boots, gloves, outdoor attire

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(I)Lacrosse- Hillside offers Lacrosse teams' equivalent with a boy's age and ability. Our varsity program competes at a high level against similar schools. The JV program is based in fun, skill and knowledge development. Interscholastic games are played against similar teams. A Saturday tournament is required for Varsity players. **Equipment:** Helmets will be provided, but all other equipment including sticks and cleats will be needed.

Drama/Musical-Each Spring the Drama Team provides the school with a wonderful musical performance. They spend the entire spring season learning what it takes to prepare and execute a musical performance. A willingness to try your best is all that is required for this popular spring activity.

(I)Tennis- All grade and ability levels are welcome, although the team competes at a high level against similar schools. They will play an appropriate interscholastic schedule. Space is limited. Skill development, etiquette, singles and doubles game management will be stressed. This option is limited to numbers due to court availability.
Equipment: Racquet and appropriate clay court tennis shoes. (Low tread)

(I)Track & Field-All grade and ability levels are welcome. Hillside will run on the Krasnow Track, a soft surface track. We compete in running events as well as the long jump and shot put. Personal bests are celebrated and the team concept is stressed. A spring Jamboree is hosted and required for team members.
Equipment: Appropriate running shoes.