



Winter Saber Sports

BASKETBALL

Girls Varsity

- Will play a competitive, varsity-level schedule. 2-3 games plus 2-3 practices per week. Practices will be off campus with the bus returning to TNCS at 6pm, or on campus where students will attend study hall 3:30 – 4:30 then practice 4:30 – 6:00. November 11 – February 13.

Girls MS

- Open to grades 5 – 8. Will play in a middle school league 1 night/week. November 11 – February 11.

Boys Varsity

- Most competitive level. 2-3 games plus 2-3 practices per week. Practices will be off campus with the bus returning to TNCS at 6pm, or on campus where students will attend study hall 3:30 – 4:30 then practice 4:30 – 6:00. 5 days/week. Tryouts begin November 4.

Boys JV

- Open to grades 9 – 11 who do not play on the varsity team. Will play sub-varsity competition. 4 days/week.

Boys MS

- Open to 7th and 8th grades. Plays our most competitive MS schedule. Typically, 2 games plus 2 practices per week. 4 days/week. Tryouts begin November 7.

Boys MS Black & Gold

- Open to 5th – 8th grade boys who do not play on the team described above. Will play in a MS league 1 night/week.

SWIMMING

Coed Varsity

- Open to experienced swimmers grades 8-12 to swim competitively in independent school meets.
 - Participants may be responsible for practicing with their own club throughout the winter rather than the TNCS team.
 - Participants may be able to compete in swim meets while also on another TNCS winter team.

WRESTLING

Coed Varsity

- Open to club wrestlers grades 7-12 looking to wrestle in independent school meets.
 - Participants will be responsible for practicing with their own club rather than an on-campus, after school practice at TNCS.

INDOOR SOCCER

Boys Varsity

- Participants in grades 8-12 have already met with Coach Foulger. Team will play games 1 weeknight plus 1 weekend day each week.
 - Participants may be able to compete in weekend games while also on another TNCS winter team

ROCK CLIMBING

Coed Club

- 5th – 12th grades. Open to all levels of experience. Will be instructed by Triangle Rock Club staff at their facility 2 days/week.
 - Participants will be responsible for an approximately \$300 membership, instruction, and facility fee paid to Triangle Rock Club.

Spring Saber Sports

GIRLS SOCCER

- Open to grades 5 – 12. Will play other small school girls teams.

COED BASEBALL

- Open to grades 5 – 12. Will play MS, JV, or varsity level competition depending on sign ups.

COED TRACK & FIELD

- Open to grades 5 – 12. Will compete in middle and upper school track meets.

VARSITY COED GOLF

- Open to grades 8 – 12. Will compete in varsity level matches.