

## **Athletics**

Anacapa athletics looks forward to another amazing year for team sports. Our upper school student athletes have the privilege of competing in the CIF Southern Section Condor League with schools from Santa Barbara and Ventura county, including Besant Hill, Providence, Oak Grove and Midland school. This exciting 5 team league provides the opportunity for our students to engage in competition, developing healthy habits, pursuing team-building and self confidence.

Lower school students can participate in the same elective offerings as the upper school students and may participate in competition with schools such as Crane, SB Middle School, Riviera Ridge, Laguna Blanca, Ojai Valley School and Oak Grove School.

Regardless of player experience, Anacapa School expects that all students to participate in at least one sport per year. Win or lose, we are focused on the process of achievement through teamwork, effort and meeting challenges head on.



### **Anacapa School Athletic Teams available each year for upper and lower school.**

#### **Fall:**

*Boys Cross Country  
Girls Cross Country  
Girls Volleyball*

#### **Winter:**

*Boys Basketball  
Girls Basketball*

#### **Spring:**

*Boys Volleyball  
Girls Beach Volleyball  
Mixed Soccer*

***\*NOTE:** practices occur 2-3 days per week during school hours in the elective blocks. Games and matches occur on Wednesdays and Saturdays during the season. Most events start at 2p or 3p. Anacapa coaches drive students to and from games in school vans.*

### **Mission:**

Anacapa athletics promotes long-lasting life skills through hard work, effort, commitment, and a team-first attitude.

### **Athletic Department Goals:**

Develop the best overall athletic program possible for our student-athletes and become a model for other independent small schools. Teach fundamentals and techniques of each sport in a progressive, planned sequence. Encourage and develop healthy habits for lifelong wellness. Offer a comprehensive athletic program including strength and conditioning activities regardless of sport, for all students. Emphasize full participation, encouraging athletes to play multiple sports and not to specialize in one particular sport. Provide the best environment for students to thrive and build confidence.

### **Facilities:**

Due to the unique nature of Anacapa's downtown central campus, we utilize several local facilities for our sports programs including:

- Carrillo Rec Center Gym for basketball and volleyball practices (2 min walk from campus)
- Page Center for home volleyball and basketball games (10 minute drive from campus)
- East Beach for Beach Volleyball (5 minute drive from campus)

