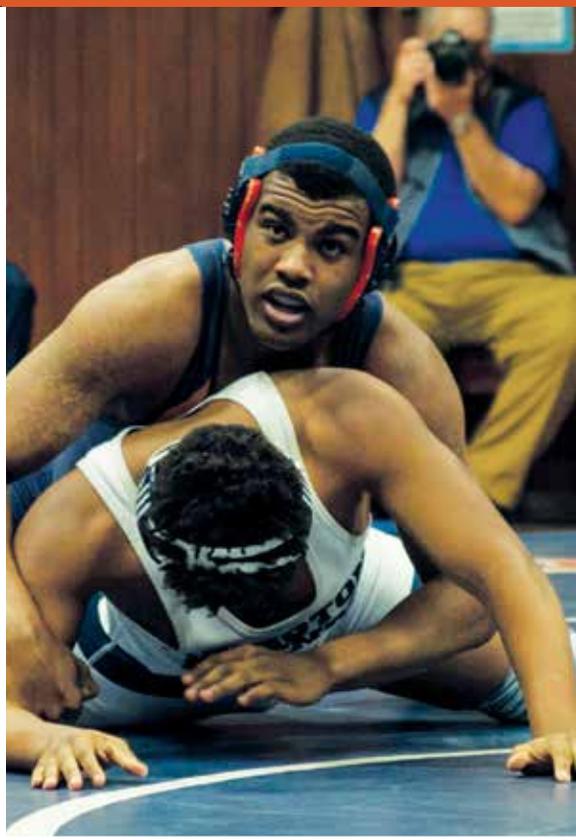


Athletics





GFS ATHLETICS

THE GERMANTOWN FRIENDS SCHOOL

athletic program offers opportunities for all athletes, from those looking to hone their skills and increase their fitness to those seeking a strong commitment to a high-performing team. We value excellence in each sport, and aim to field successful teams that are competitive within the Friends Schools League as well as against other peer schools. GFS athletes frequently go on to compete at collegiate, and even professional, levels.

"GFS athletics taught me how to balance serious competition with fun. It was all about playing for each other, being part of something bigger than ourselves. I felt prepared to play at the collegiate level because I learned how to be a good teammate and team representative." -Lizzie Becker '16, four-year, three-sport varsity athlete at GFS and member of the Dickinson College women's basketball team

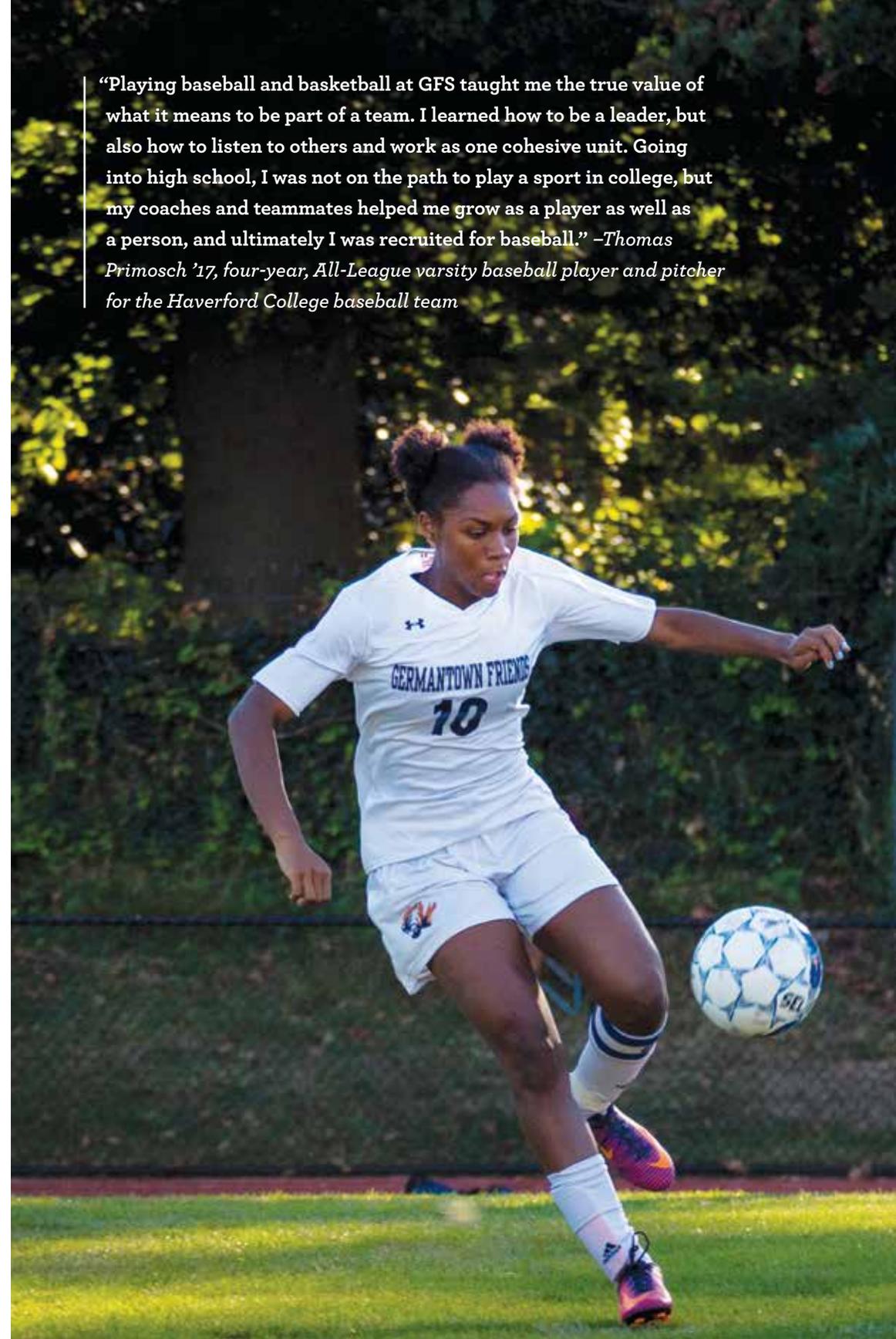
OUR WINNING PHILOSOPHY

AT GFS, WE FOCUS ON PROCESS AND PRACTICE MORE THAN

outcome, and know that constant improvement yields positive results. Victory is all the sweeter when it comes from working as an integral part of a cohesive team, learning from mistakes, and being the kind of supportive, hard-working player your teammates can count on. We recognize that success takes on many forms, from earning the respect of your peers to setting a personal record to putting in the effort to win a league championship. We prioritize our student-athletes' wellness and mental agility, and believe good sportsmanship promotes healthy competition.

Participation in our athletic program has value well beyond the playing field. Our focus on team unity, the realization of potential, the development of a strong work ethic, and the sense of pride that comes with accomplishment are key components of the GFS experience.

“Playing baseball and basketball at GFS taught me the true value of what it means to be part of a team. I learned how to be a leader, but also how to listen to others and work as one cohesive unit. Going into high school, I was not on the path to play a sport in college, but my coaches and teammates helped me grow as a player as well as a person, and ultimately I was recruited for baseball.” —*Thomas Primosch '17, four-year, All-League varsity baseball player and pitcher for the Haverford College baseball team*





“The GFS mission is to nurture each student’s mind, body, and spirit, and our program focuses on supporting this objective. Reaching inside oneself, learning one’s own strengths and weaknesses, setting goals, and being able to recover from disappointment are life skills that each of our athletes develop according to their own gifts.”

—Katie Bergstrom Mark, Director of Athletics



TIGER PRIDE

GFS STUDENT-ATHLETES ARE COMMITTED TO themselves, their teams, their coaches, and the GFS community. They learn how to set individual and team goals, manage their time balancing sports with other areas of their lives, and master the physical and technical skills demanded by their sport. As our students progress through our athletic program, they gain a stronger sense of themselves as individuals and as part of the greater community. They wear their Tiger stripes with pride.



TIGER STATS

70+

sports teams fielded at the Varsity, Junior Varsity, and Middle School levels

100+

graduates in the last decade who have gone on to play sports in college



COACHING WITH COMPASSION, LEADING WITH INTENTION

JUST AS EXCEPTIONAL TEACHERS GUIDE AND MOTIVATE STUDENTS in the classroom, our skilled and dedicated coaches inspire and lead our student-athletes on the field, court, and track. And the fact that many of our teachers are also experienced coaches enables them to better understand and reinforce the importance of balancing the roles of student and athlete, with an eye toward promoting physical and emotional well-being. The GFS coaching philosophy is deeply rooted in the Quaker values of integrity, community, and equality.

Our faculty coaches are joined in their efforts by a professional coaching staff. The program is also supported by our Athletic Team for Organic Mentoring & Support (ATOMS), which is comprised of two athletic trainers, a sports psychologist, a school counselor, and a strength and conditioning coach.

GFS FACILITIES



14

ACRES OF PLAYING FIELDS

These natural grass practice and competition fields are less than a mile down the road from campus.

BY-THE-NUMBERS



3

CAMPUS GYMS

The Field House, a state-of-the-art practice facility; Scattergood, home to varsity basketball, a climbing wall, and an athletic training room; and Smith, a historic venue for wrestling and indoor track.

1

ALL-WEATHER, SIX-LANE TRACK

With pole vault, high jump, discus, and javelin areas.

6

TENNIS COURTS

Newly resurfaced, located at our playing fields, where tennis athletes train and compete in the fall and spring.



2

SQUASH LOCATIONS

Our squash teams train at the Germantown Cricket Club and Squash Smarts.



1

FITNESS CENTER

A fully equipped training facility, where coaches and students receive guidance from our full-time strength & conditioning coach. Open for training before, during, and after school.



1

BOATHOUSE

Our crew program launches from the Vesper Boat Club on the Schuylkill.





ATHLETIC REQUIREMENTS

MIDDLE SCHOOL

6th	Student participation optional
* 7th	Two seasons of sports
* 8th	

UPPER SCHOOL

9th	Two seasons of sports
10th	One season of sports
** 11th	No sports requirement (but many student-athletes choose to play one or more Varsity or JV sports).
** 12th	

* Theater Movement Arts, which is offered in the winter, can be substituted for one sports season.

**Participation in athletics in eleventh and twelfth grades can also fulfill Physical Education requirements.



“At GFS, athletics were a wonderful complement to the rigor of the classroom. We were able to practice communication and teamwork with our peers, as well as build confidence through healthy competition. My coaches were positive role models who taught me how to lead, motivate, and mentor—and influenced my decision to pursue coaching as a career.” —*Katherine Bixby '06, four-year, three-sport athlete at GFS, four-year starter on the Ithaca College women's basketball team, and head coach of women's basketball at Johns Hopkins University*



MIDDLE SCHOOL PROGRAM

Middle School is a time to try new things, and the focus of our Middle School athletic program is to provide students with the opportunity to learn about a variety of sports; to explore the lessons of teamwork and sportsmanship; and to develop fundamental skills and game understanding. For the more experienced athlete, we provide individualized training and teach advanced skills and game strategy, focusing on leadership and laying the groundwork for competitive play.

We value the sense of community, camaraderie, and physical and mental well-being that come from participating in our program. Students are placed on teams that reflect their ability and/or grade level, providing them with an enjoyable and engaging environment in which to grow and develop as student-athletes in preparation for the challenges of Upper School sports.



TIGER STATS

141

Friends Schools
League Championships

17

PAISAA
State Championships

70

percentage of seniors who
play at least one sport



MIDDLE SCHOOL

BOYS SPORTS

Fall

Cross Country
Soccer

Winter

Basketball
Squash
Winter Track & Field
Wrestling

Spring

Baseball
Tennis
Track & Field

GIRLS SPORTS

Fall

Cross Country
Field Hockey
Soccer
Tennis

Winter

Basketball
Squash
Winter Track & Field

Spring

Lacrosse
Softball
Track & Field



UPPER SCHOOL

BOYS SPORTS

Fall

Crew
Cross Country
Soccer

Winter

Basketball
Squash
Winter Track & Field
Wrestling

Spring

Baseball
Crew
Tennis
Track & Field

GIRLS SPORTS

Fall

Crew
Cross Country
Field Hockey
Soccer
Tennis

Winter

Basketball
Squash
Winter Track & Field

Spring

Crew
Lacrosse
Softball
Track & Field