CCES Athletic Department

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For a complete listing of athletic staff, including coaches, please click here.
Vision

CCES Athletics is an exemplary program that develops and promotes competitive, well-balanced students, coaches, and teams who faithfully pursue excellence with integrity in sport and their community.

Core Value Statements

1. Commit to excellence
2. Compete with integrity
3. Have fun and enjoy all aspects of the CCES school experience
4. Promote a Growth Mindset and resilience in the pursuit of mastery
5. Enhance a faith-based education
6. Respect academic programs and faculty
7. Support health and wellness
8. Cultivate a family environment and sense of belonging
9. Create a culture of responsibility, accountability, and ownership
10. Everybody matters

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Girls Cross Country

**Levels:** Varsity, Junior Varsity

**Equipment Needed:** Training shoes and racing shoes

**Expectations**

**Varsity:** Any runner regardless of age or experience can participate on the varsity team. The varsity team is composed of the fastest 8 runners competing in a 5 kilometer race. The top 8 runners are not static, but evolve as the season progresses. At the conclusion of the season, the top 8 athletes at that time (7 runners and 1 alternate) will compete at the State Qualifier and State Championship meets. Varsity athletes typically finish a 5k race in less than 23 minutes (sub 7:25 mile pace). There are two requisites for competing at this level: 1) a commitment to pre-season and in-season endurance training and 2) a commitment to leading workouts and cultivating team comradery. At the varsity level, while we spend a solid amount of time improving speed, we also focus on race strategy, pacing, strength-building, running form, mental toughness, and leadership development.

**Junior Varsity:** All athletes who are not one of the top 8 runners will participate on the junior varsity team. These runners may have no experience running, desire to improve their fitness for another sport, or simply love being active. Junior varsity runners may begin the season on the JV team, but improve and compete at the varsity level by season’s end. Junior varsity and varsity runners train together (though most workouts are modified for JV) and compete together at events (though sometimes in different races). At this level, we focus primarily on cultivating a love for running, but we also focus on cardiovascular fitness, basic running form, pacing, proper breathing technique, and building an endurance base.
Boys Cross Country

Levels: Varsity, Junior Varsity
Equipment Needed: Training shoes and racing shoes

Expectations

**Varsity:** Any runner regardless of age or experience can participate on the varsity team. The varsity team is composed of the fastest 8 runners competing in a 5 kilometer race. The top 8 runners are not static, but evolve as the season progresses. At the conclusion of the season, the top 8 athletes at that time (7 runners and 1 alternate) will compete at the State Qualifier and State Championship meets. Varsity athletes typically finish a 5k race in less than 23 minutes (sub 7:25 mile pace). There are two requisites for competing at this level: 1) a commitment to pre-season and in-season endurance training and 2) a commitment to leading workouts and cultivating team comradery. At the varsity level, while we spend a solid amount of time improving speed, we also focus on race strategy, pacing, strength-building, running form, mental toughness, and leadership development.

**Junior Varsity:** All athletes who are not one of the top 8 runners will participate on the junior varsity team. These runners may have no experience running, desire to improve their fitness for another sport, or simply love being active. Junior varsity runners may begin the season on the JV team, but improve and compete at the varsity level by season’s end. Junior varsity and varsity runners train together (though most workouts are modified for JV) and compete together at events (though sometimes in different races). At this level, we focus primarily on cultivating a love for running, but we also focus on cardiovascular fitness, basic running form, pacing, proper breathing technique, and building an endurance base.
Girls Field Hockey

Levels: Varsity, Junior Varsity
Equipment Needed: Field hockey stick, goggles, shin guards, mouthguard, cleats

Expectations

Varsity (9th - 12th grade): Girls Varsity Field Hockey athletes are expected to have prior field hockey experience. All players must be proficient in stick skills, have a strong sense of field awareness, and be in top physical condition. At the varsity level, the team spends a solid amount of time improving stick skills, field sense, speed, plays, and man-to-man defense.

Junior Varsity (7th - 10th grade): Girls Junior Varsity Field Hockey athletes may be brand new to the game or have previous experience. At the JV level, we introduce stick skills, the specific vocabulary of field hockey, team field sense, plays, and passing.
Levels: Varsity, Junior Varsity, D Team

Equipment Needed: Cleats, shorts, socks, t-shirt. We will provide all other equipment needed to play. A physical before they can participate in any phase of the sport.

Expectations

Varsity (9 - 12): Football athletes do not need to have prior experience, but it would be beneficial. They need to be willing to work hard in the weight room, preseason, in season, and out of season when not playing another sport. They need to be in shape prior to the fall season practices. We will teach (coach) each player to tackle correctly, catch, run, block, and the rules of football. Football is time consuming; we practice Monday through Thursday each week and play on Fridays. Athletes must have time management skills to help them with their academic load. We will teach accountability, responsibility, and team building skills.

Junior Varsity (9-10): Football athletes do not need to have prior experience, but it would be beneficial. They need to be willing to work hard in the weight room, preseason, in season, and out of season when not playing another sport. They need to be in shape prior to the fall season practices. We will teach (coach) each player to tackle correctly, catch, run, block, and the rules of football. Football is time consuming; we practice Monday through Wednesday each week and play on Thursdays. Athletes must have time management skills to help them with their academic load. We will teach accountability, responsibility, and team building skills.

D Team (7-8): Football athletes do not need to have prior experience, but it would be beneficial. They need to be willing to work hard in the weight room, preseason, in season, and out of season when not playing another sport. They need to be in shape prior to the fall season practices. We will teach (coach) each player to tackle correctly, catch, run, block, and the rules of football. Football is time consuming; we practice Monday through Wednesday each week and play on Thursdays (a few games may be on Wednesdays). Athletes must have time management skills to help them with their academic load. We will teach accountability, responsibility, and team building skills.
Cheerleading

Levels: Middle School and Upper School
Equipment Needed: T-shirt with sleeves, appropriate length shorts (no spandex), tennis shoes/cheer shoes and socks are to be worn to practices. Uniforms will be worn to games. No jewelry can be worn at practices or at games.

Each cheerleader is expected to purchase cheer shoes (if needed), poms, hairbows (blue, white and pink), black briefs (to be worn under the skirt), travel bag, warm-up jacket, warm-up pants and water-resistant ¼ zip jacket. All of these items will be ordered in June prior to the beginning of the season in August.

Expectations

Tryouts will be held in April/May of the previous school year for the following fall season which begins in August. Each athlete will be judged on the following:

1. Their overall presentation (wearing white shirt, blue/black shorts, and tennis shoes, hair pulled back from the face, no jewelry, clean and neat appearance)
2. Cheer skills as demonstrated by the performance of an individual cheer and a group chant
3. Dance skills as demonstrated by the performance of a group dance
4. Quality of jumps (hurdler and toe-touch)

If they have tumbling skills that they would like to demonstrate, without a spot, then they may do so but it is not a requirement to be on the team.

If the athlete attends the Middle School, then they will be a part of the Middle School squad. If the athlete attends the Upper School, then they will be a part of the Upper School squad.
Girls Golf

Levels: Varsity
Equipment Needed: Golf clubs, golf shoes

Expectations

Varsity: Varsity Golf is open to girls, grades 7-12. Athletes playing Varsity Golf will be expected to have prior experience playing 18 holes. They must have a basic understanding of the rules, be able to carry their bag for 9 holes, shoot a score of 60 or less for 9 holes and be ready to have fun.
Boys & Girls Swim

Levels: Varsity
Equipment Needed: Competition appropriate swimsuit, goggles, swim cap, kickboard, fins, hand paddles, pull buoy

Expectations

Varsity: All participants should be capable of swimming, though no prior swimming experience is required. Regardless of experience or ability, the primary focus of the swim team is to establish and execute excellent technique in each of the four strokes, starts, and turns. In addition to the technical foundation, swimmers are expected to engage in a rigorous training regimen that simultaneously builds aerobic endurance and anaerobic strength, which is designed to maximize performance at our end of season championship meets.
Girls Tennis

Levels: Varsity, Junior Varsity
Equipment Needed: Tennis racket, tennis shoes, water bottle

Expectations

**Varsity:** Girls Varsity Tennis players are expected to have dependable strokes, including directional intent on both forehand and backhand sides on moderate shots. They should have the ability to use lobs, overheads, and volleys with some success. They should be able to serve with consistency.

**Junior Varsity:** Girls Junior Varsity Tennis players may have limited playing experience, with the need for on court match play. They must be able to keep score. They should also be familiar with basic positions for singles and doubles play and be able to sustain a rally with players of the same ability.
Volleyball

Levels: Varsity, Junior Varsity, Middle School

Equipment Needed: knee pads, volleyball or tennis shoes, spandex or athletic shorts, crew socks and/or ankle braces preferred for injury prevention

Expectations

**Varsity:** Girls Varsity Volleyball athletes are expected to have prior volleyball experience. All players must be proficient in the basic skills of passing, setting, hitting, and serving. Players must also be aware of positions, rotations, and the ability to understand and run set plays. Varsity athletes will also be expected to be in top physical condition to perform at the highest level. At the varsity level, while we spend a solid amount of time improving fundamentals, we will also focus on different plays for attackers as well as different defensive options.

**Junior Varsity:** Girls Junior Varsity Volleyball athletes may be new to the sport, but previous knowledge and prior playing experience will lead to the most success. At this level, we focus primarily on skill development and fundamentals while also delving into team concepts such as set plays, rotation adjustments, and positional work.

**Middle School:** Middle School Volleyball athletes may be new to the sport or have prior experience. At this level, we focus primarily on performing fundamental skills correctly and athletes understanding the rotations and positions in volleyball to develop the best sense of the game for future levels of play.
Boys Basketball

Levels: Varsity, Junior Varsity, Middle School

Equipment Needed: Basketball shoes

Expectations

**Varsity:** All players should have a deep love for the game and a willingness to put in the work needed to become proficient in the many skills of basketball. Varsity level athletes should be capable of dribbling, passing, and finishing at the basket with both hands. Although players will be taught offensive and defensive concepts during the season, they should have prior knowledge of basic principles. Players will be responsible for getting stronger and improving their aerobic conditioning. Opportunities in the off season for strength and conditioning will be available. Varsity players will also be required to attend summer training and team camps.

**Junior Varsity:** All players should have a deep love for the game and a willingness to put in the work needed to become proficient in the many skills of basketball. The focus of JV is to get the players familiar with the program’s main offensive and defensive schemes. Learning the major concepts to a man-to-man defense is a must. Skill development is critical at this stage and players must show signs of improvement during the season. Opportunities for further development during the off season will be available.

**Middle School:** All players should have a deep love for the game and a willingness to put in the work needed to become proficient in the many skills of basketball. The main focus of the middle school program is teaching players the key fundamentals of both offense and defense. Opportunities for further development during the off season will be available.
CCES Athletics
Winter Sports

Levels:
- Varsity, Junior Varsity, Middle School

Equipment Needed:

**Expectations**

**Varsity:** All players should have a deep love for the game and a willingness to put in the work needed to become proficient in the many skills of basketball. Varsity level athletes should be capable of dribbling, passing, and finishing at the basket with both hands. Although players will be taught offensive and defensive concepts during the season, they should have prior knowledge of basic principles. Players will be responsible for getting stronger, improving their aerobic conditioning, and required to attend all holiday tournaments. Opportunities in the off season for strength and conditioning will be available. Varsity players are strongly encouraged to attend summer training and team camps.

**Junior Varsity:** Junior Varsity athletes should expect to have fun while learning the fundamentals of basketball. All players should have a deep love for the game and a willingness to put in the work needed to become proficient in the many skills of basketball. The focus of JV is to get the players familiar with the program’s main offensive and defensive schemes as well as learning to enjoy the game. Skill development is critical at this stage and players must show signs of improvement during the season. Opportunities for further development during the off season will be available.

**Middle School:** All players should have a deep love for the game and a willingness to put in the work needed to become proficient in the many skills of basketball. The main focus of the middle school program is to provide a fun environment for players to learn the key fundamentals of both offense and defense. Opportunities for further development during the off season will be available.

Girls Basketball
Wrestling

Levels: Varsity, Junior Varsity, Middle School

Equipment Needed: Wrestling Shoes, Headgear. Uniform will be ordered with the team.

Expectations

**Varsity:** No prior wrestling experience is required. Athletes must be dedicated to practicing Monday through Friday each week, with most competitions or tournaments falling on Saturdays. Wrestling demands high levels of conditioning, physicality and requires a lot of hard work, but there is plenty of upside. It is a GREAT SPORT to cross train football/lacrosse/track & field athletes in areas of conditioning, core strength, coordination, and mental toughness.

“Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty... I have never in my life envied a human being who led an easy life. I have envied a great many people who led difficult lives and led them well.”

— Theodore Roosevelt
CCES Athletics
Spring Sports

Baseball

Levels: Varsity, Junior Varsity
Equipment Needed: Glove

Expectations

**Varsity:** All players should have the desire to develop meaningful relationships and to learn life lessons through a sport. Varsity level athletes should demonstrate above average skill in receiving ground and fly balls, contacting pitches, and basic running technique. Players should also have a good understanding of general game principles, dynamics, and strategy.

**Junior Varsity:** All players should have the desire to develop meaningful relationships and to learn life lessons through a sport. JV level athletes should demonstrate an interest in the game and a willingness to work at improving their skills.
Boys Golf

Levels: Varsity, Junior Varsity

Equipment Needed: Golf clubs and golf shoes

Expectations

**Varsity:** Varsity Golf is open to grades 7-12. Athletes playing Varsity Golf will be expected to have prior 18-hole tournament experience and a strong understanding of the rules of golf. Athletes should be able to shoot 50 or better from approximately 3200 yards for 9 holes and will be expected to carry their bags for 18 holes.

**Junior Varsity:** Junior Varsity Golf is open to grades 7-10. Athletes playing JV Golf will be expected to have previous golf experience, both playing and walking 9 holes. They should have some general knowledge of the rules of golf, be able to shoot 55 or better from 2800 yards for 9 holes, and will be expected to carry their bags for 9 holes.
Girls Lacrosse

Levels: Varsity, Junior Varsity
Equipment Needed: Lacrosse stick, goggles, mouthguard, cleats

Expectations

**Varsity (9th - 12th grade):** Girls Varsity Lacrosse athletes are expected to have prior lacrosse knowledge. All players must be proficient in passing and catching with both hands and be in top physical condition. At the varsity level, while we spend a solid amount of time improving fundamentals, we also focus on plays, sets, rides, clears, zone defense and man-to-man defense.

**Junior Varsity (7th - 10th grade):** Girls Junior Varsity Lacrosse athletes may be brand new to the game or have previous playing experience. At this level, we focus primarily on skill development and begin to delve into team concepts such as plays, sets, transitional sets, and man-to-man defense.
Boys Lacrosse

Levels: Varsity, Junior Varsity

Equipment Needed: Helmet, gloves, shoulder pads, elbow pads, mouth guard, athletic cup

Expectations

Varsity: Boys Varsity Lacrosse athletes are expected to have some prior lacrosse experience, although it is not required. All players must work to become effective in throwing and catching with a lacrosse stick. Varsity athletes are encouraged to work to be in top physical condition through off-season workouts in the winter and spring if they are not participating in an “in-season” sport. At the varsity level, our goal is to work to get better every day and master the fundamentals while competing to be our best.

Junior Varsity (7th - 10th grade): Boys Junior Varsity Lacrosse athletes may be brand new to the game or have previous playing experience. At this level, we focus primarily on skill development and begin introducing team concepts that will be seen at the varsity level and beyond.
Girls Soccer

Levels: Varsity, Junior Varsity
Equipment Needed: Shin guards, cleats

Expectations

**Varsity:** Girls Varsity Soccer is open to students in grades 9-12. Players preferably have prior soccer experience, but more importantly have determination, athleticism, the drive to succeed, and a willingness to work hard. At the varsity level, we spend more time improving the tactical side of the game rather than technical skills, so players should be experienced, proficient, and prepared to work on individual skills both in and out of practice.

**Junior Varsity:** At the Junior Varsity level, emphasis is placed on having fun while learning to compete as a team and develop individual skills. Students may try out in the 7th grade, and no prior experience is necessary. Coaches will work with players to improve using both feet, awareness of the game, basics of defending, passing, attacking, and working to get in necessary physical shape.
Boys Soccer

Levels: Varsity, Junior Varsity

Equipment Needed: Shin guards, cleats

Expectations

**Varsity (9th - 12th grade):** Boys Varsity Soccer athletes are expected to have prior soccer experience. All players must be proficient in trapping, dribbling, passing, and shooting with both feet as well as be in top physical condition. At the varsity level, while we spend some amount of time on improving technical fundamentals, we focus on the tactical aspect of the game.

**Junior Varsity (7th - 10th grades):** Boys Junior Varsity Soccer athletes may be brand new to the game or have previous experience. At this level, we focus primarily on skill development and begin to set a base for the tactical aspect of the game.
Boys Tennis

Levels: Varsity, Junior Varsity
Equipment Needed: Tennis Racket, Tennis Shoes, Water Bottle, Good Attitude

Expectations

**Varsity:** Boys Varsity Tennis players are expected to have dependable strokes, including directional intent on both forehand and backhand sides on moderate shots. They should have the ability to use lobs, overheads, and volleys with some success. They should be able to serve with consistency.

**Junior Varsity:** Boys Junior Varsity Tennis players may have limited playing experience, with the need for on court match play. They must be able to keep score. They should also be familiar with basic positions for singles and doubles play, and be able to sustain a rally with players of the same ability.
Track & Field

Levels: Varsity
Equipment Needed: Training shoes & racing shoes

Expectations

Varsity: Athletes of any age and level may participate. Because athletes peak at different times during the season, events that an athlete competes in may change. Coaches can only enter four athletes per event for the bigger, invitational meets but will strive to give each athlete an opportunity to compete in the more local meets. There are 16 total events (six field and ten running) with times or measurements determining who will be entered into specific events.
Christ Church Episcopal School ("CCES") admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at CCES. CCES does not discriminate on the basis of sex, race, color, national or ethnic origin, creed, religion, or sexual orientation in the administration of its educational policies, admission policies, scholarship and loan programs, financial aid or other programs, or athletic or other school-administered programs and activities.