



2023-2024



Student Activities

Message from the Director of Student Activities



Dear Students, Parents, and Community Members,

At Saint Patrick Academy, we believe that “education fully alive” means providing our students with a faith-based experience that nourishes the mind, body, and spirit. To that end, I am thrilled to present to you the latest edition of our activities catalog showcasing the

diverse and enriching array of student activities for the 2023-2024 school year.

In these pages, you will discover an exciting list of programs, clubs, and extracurricular opportunities designed to foster personal growth, instill core values, and strengthen the foundations of our faith. Through these opportunities, we aim to create a welcoming and inclusive environment that allows every student to find their niche and feel connected to the community.

I am immensely grateful for the participation and dedication of our students, staff, and volunteers, and I look forward to a great year of activities and enrichment opportunities.

Sincerely,

Ms. Jackie Murphy

Director of Student Activities



Contents

ATHLETICS

✦ Fall	2
✦ Winter	4
✦ Spring	6

CLUBS

8

ENRICHMENT

✦ Lessons	12
✦ Extended Day Programs ...	17

Registration

This guide has a preview of all programs being offered this winter season. Depending on participation and coach availability, **programs are subject to change.**

Additional details, including registration links and contact information, will be posted under the Resources tab on **mySPA.**

Fall Season

✚ Shamrock Soccer, Coed Team - \$85

Looking for an exciting soccer adventure for your little ones? Our Saturday Morning Soccer League is the perfect kickoff! Designed for PreK-3 to 2nd grade students, our league is all about having a blast while discovering the joys of soccer. Led by volunteer coaches, our young players will develop fundamental skills, teamwork, and sportsmanship in a nurturing and supportive environment. Join us on the field every Saturday morning for a goal-scoring good time!

Ages: PreK-3 - 2nd grade

Dates: September - October; Saturday mornings

✚ Lower School Intramurals, Coed Program - \$125/session

Get ready to ignite your passion for sports with our Lower School Intramurals program. Designed for boys and girls in 1st through 3rd grade, this coed program is all about fun, fitness, and friendly competition.

Ages: 1st - 3rd grade

Dates: Two sessions per season (6 weeks/session); three times a week

✚ Elementary Soccer, Coed Team - \$125

Practices start after Labor Day. Participation in competitive league matches is contingent upon participation numbers. Should numbers not meet league requirements, this program will operate as an Intramural sport.

Ages: 4th and 5th grade

Dates: September - October; twice a week



LEARN
SERVE
LEAD

✝ **Middle School Soccer, Boys and Girls Teams - \$150**

Traditionally starts the week before Labor Day with practices aligned to match up with when school is in session. The game season starts the second week of September and extends through the end of October. Between fourteen and sixteen games are normally scheduled (half home and half away). The teams will play against schools in the greater Seacoast area on weekdays.

Ages: 6th - 8th grade

Dates: September - October; four times a week

✝ **Middle School Cross Country, Coed Team - \$150**

Practices start after Labor Day. Meets are held in the greater Seacoast area with students competing in gender specific divisions.

Ages: 6th - 8th grade

Dates: September - October; four times a week

✝ **Middle School Volleyball, Girls Team - \$125**

Join our Volleyball Intramural Team and get ready to serve up some serious fun! With practices scheduled twice a week, you'll have ample opportunities to sharpen your skills, master the art of spiking, and build an unbreakable team spirit. Whether you're a seasoned player or new to the sport, our welcoming environment guarantees a fantastic time for all. Come be a part of our volleyball family, and let's ace this season together!

Ages: 6th - 8th grade

Dates: September - October; twice a week

✝ **Middle School Fall Ball, Coed Team - \$100**

Looking to extend your baseball season into the vibrant colors of fall? Our Fall Baseball Club offers the perfect opportunity for players of all skill levels to come together, connect, and embrace the love of the game. With weekly meetups, our club fosters a supportive and enjoyable environment where players can refine their skills, build lasting friendships, and experience the magic of autumn baseball.

Ages: 6th - 8th grade

Dates: September - October; once a week

Winter Season

✚ Shamrock Basketball, Coed Team - \$85

Get ready to shoot some hoops and score big in our Saturday Morning Basketball League! Created exclusively for PreK-3 to 2nd graders, this league is a slam dunk for fun and skill-building. Our volunteer coaches focus on developing fundamental basketball techniques while ensuring a playful and enjoyable atmosphere. Whether your little ones are new to the game or budding athletes, our league promises a fantastic time filled with teamwork and learning. Join us on the court every Saturday morning for an action-packed and hoop-tastic adventure!

Ages: PreK-3 - 1st grade

Dates: January-April; Saturday mornings

✚ Lower School Intramurals, Coed Program - \$125

Get ready to ignite your passion for sports with our Lower School Intramurals program. Designed for boys and girls in 1st through 3rd grade, this coed program is all about fun, fitness, and friendly competition.

Ages: 1st - 3rd grade

Dates: Two sessions per season (6 weeks/session); three times a week

✚ Elementary Basketball, Coed Team - \$100

This action-packed program is all about learning and playing basketball while having fun. Open to all 2nd and 3rd graders, this intramural program offers an environment to explore the exciting world of basketball. Whether you're a seasoned player or just starting, our program caters to all skill levels, focusing on fostering a love for the game and building self-confidence on and off the court.

Ages: 2nd and 3rd grade

Dates: January - March; once a week

✚ Elementary Basketball, Boys and Girls Teams - \$125

There is no coed option for this program, so participation in league play is contingent on student participation. Practices will be held on Tuesdays and Thursdays, and all games are played on Saturday morning. If league play is not possible due to participation, this program will continue as an intramural sport.

Ages: 4th and 5th grade

Dates: November-January; twice a week with games on Saturday

✚ 6th Grade Basketball, Boys and Girls Teams - \$150

This league option is available to SPA depending on the interest level of 6th grade students. Determination for participation in this league is dependent on the Middle School Basketball try-out process. The commitment is similar to the Middle School team and serves as a preparatory program for competitive Middle School play. All games are played on Saturdays in Portsmouth. If league play is not possible due to participation, this program will continue as an intramural sport.

Ages: 6th grade

Dates: November-February; three times a week with games on Saturday

✚ Middle School Basketball, Boys and Girls Teams - \$150

SPA has maintained a legacy of competitive play in our local league, finishing as league champions for several years!

Ages: 7th - 8th grade

Dates: November-February; four times a week



Spring Season

✚ Shamrock T-Ball, Coed Team - \$85

Get ready to hit it out of the park in our Saturday Morning T-Ball League! Tailored for PreK-3 to 2nd graders, our league offers a fantastic introduction to the world of T-ball. Young players will have a blast swinging the bat, running the bases, and fielding like all-star athletes. Led by our volunteer coaches, this league focuses on fostering a love for the game while instilling teamwork and sportsmanship. Join us on the field every Saturday morning for a fun-filled and unforgettable T-ball experience!

Ages: PreK-3 - 2nd grade

Dates: May-June; Saturday mornings

✚ Lower School Tennis, Coed Team - \$80

Join our exciting after-school Tennis Program designed for 1st to 4th graders. Experience the thrill of the game as you swing, serve, and rally on the courts with our expert coaches. In this dynamic program, beginners will learn the fundamentals of tennis, while more experienced players can refine their skills and strategies. Our nurturing environment encourages sportsmanship, teamwork, and a love for the game.

Ages: 1st - 4th grade

Dates: May - June

✚ Lower School Track and Field, Coed Team - \$125

Students will compete in seacoast track meets with practices and meets held weekly. The team will compete, regardless of participation, in individual competitions.

Ages: 4th and 5th grade

Dates: April - June; twice a week

✚ Lower School Intramurals, Coed Program - \$125/session

Get ready to ignite your passion for sports with our Lower School Intramurals program. Designed for boys and girls in 1st through 3rd grade, this coed program is all about fun, fitness, and friendly competition.

Ages: 1st - 3rd grade

Dates: Two sessions per season (6 weeks/session); three times a week

✚ Middle School Track and Field, Coed Team - \$150

Students will compete in the Seacoast track league with practices and meets held each week. All 6th grade students will have an opportunity to compete in 6th grade only meets periodically throughout the season.

Ages: 6th - 8th grade

Dates: April - June

✚ Middle School Lacrosse, Girls Team - \$150

Saint Patrick Academy has been building a lacrosse program over the last few years. Assuming we meet minimum requirements for participation, we will compete in the local league for Middle School lacrosse. If participation does not meet the league requirements, this program will continue as an intramural sport.

Ages: 6th - 8th grade

Dates: April - June

✚ Middle School Baseball, Coed Team - \$150

Saint Patrick Academy is starting a baseball league up again this year! Assuming we meet minimum requirements for participation, we will compete in the local league for Middle School baseball. If participation does not meet the league requirements, this program will continue as an intramural sport.

Ages: 6th - 8th grade

Dates: April - June

✚ Middle Tennis, Coed Team - \$80

Get ready to ace your game with our thrilling after-school Intramural Tennis Program. Designed for middle school students, this program offers an excellent opportunity to develop tennis skills while having a blast on the court. Grab your racquet and serve up some excitement in our Middle School Intramural Tennis Program!

Ages: 6th - 8th grade

Dates: May - June

Clubs

✚ **Lego Club** - \$100/session

Calling all budding engineers and young inventors! Join our thrilling Lego Robotics Club designed for 1st and 2nd graders. Get ready to embark on a captivating journey into the world of robotics, where imagination knows no bounds! The future of engineering and imagination awaits!

Ages: 1st and 2nd grade

Dates: Various sessions throughout the school year

✚ **Creative Movement Class** - \$100/session

Join our enchanting Creative Movement Dance Class, a journey of rhythm and expression that will unfold throughout the year. This after-school dance program, held once a week, is tailor-made for students who love to move, groove, and explore the magic of dance.

Ages: PreK - 2nd grade

Dates: Various sessions throughout the school year

✚ **Nature Detectives with the Seacoast Science Center** - \$125/session

We are thrilled to partner with the Seacoast Science Center to provide an incredible after-school opportunity for our students! In the Nature Detectives After School Program, young explorers will delve into the marvels of the natural world under the guidance of passionate educators. From the rocky shore to the salt marsh, sandy shore to freshwater pond habitats, our young Nature Detectives will encounter diverse ecosystems and learn about the incredible biodiversity that surrounds them. The program's dynamic curriculum varies weekly, ensuring an ever-changing experience that nurtures curiosity and a deep appreciation for nature.

Ages: Kindergarten - 4th grade

Dates: Various sessions throughout the school year



These clubs have been offered in the past. We hope to offer these same clubs during the 2023-2024 school year, but please recognize that clubs depend upon student and staff participation in order to run, so we may adjust our offerings throughout the year.

✦ Snapology Club - \$125/session

The Snapology After-School Club is perfect for budding engineers, inventors, and young problem solvers eager to embrace the boundless possibilities of creativity. Unleash the power of imagination and join us in this enriching adventure of learning, brick by brick, with Snapology!

Ages: Kindergarten - 4th grade

Dates: Various sessions throughout the school year

✦ Ski Club - \$TBD

Join us on the mountain this winter! Travel with Saint Patrick Academy to Gunstock Mountain in Gilford, NH once a week. When you register with the Saint Patrick Academy Ski Club, you will receive a season pass to Gunstock Mountain. More information will be posted on mySPA. Skiers who join the program are expected to be independent skiers willing to ski with a buddy.

Ages: 1st - 8th grade

Dates: January-March

✦ History Club - \$100

Attention all history enthusiasts in 6th to 8th grade! Join our captivating History Club with Mr. Miller, where the stories of the past come to life. Embark on an exciting journey of exploration and discovery as we delve into the past.

Ages: 6th - 8th grade

Dates: September-November



✝ **Jump Rope Club - \$100**

Jump Rope Club is a great opportunity to stay active and healthy! Students will learn all sorts of new tricks both in single rope and double dutch ropes. They will put together small routines to show off at the end of the session. Jump Rope Club is a great way to meet and spend time with peers and work together to create a fun jump rope environment!

Ages: 5th - 8th grade

Dates: March-May

✝ **Rosary Craft Club - \$100**

October is the month of the rosary! Come to the rosary craft club to learn more about Mary and create crafts based on the different mysteries of the rosary (joyful, luminous, sorrowful, & glorious).

Ages: 2nd - 4th grade

Dates: October

✝ **Advent Club - \$100**

Join us in the weeks leading up to Advent to learn about the Nativity of the Lord and the meaning of each Advent candle. Students will make their own felt Advent calendars that they can take home and use during the Advent season.

Ages: 2nd - 4th grade

Dates: December

✝ **Board Game Club - \$100**

Students will play board games with their friends and classmates.

Ages: Kindergarten - 4th grade

Dates: September - November

✝ Choir Club - \$100

Choir Club is for any students who enjoy singing. Students will learn how to read music and sing a variety of songs. This choir will lead the singing at school Masses with the possibility of additional performance opportunities.

Ages: 5th - 8th grade

Dates: September - November

✝ Nature Club - \$100

Students will explore God's creation by learning to respect their environment, starting a nature collection, tracking and observing plants and animals, and challenging themselves to get outside through nature adventures.

Ages: Kindergarten - 2nd grade

Dates: September - November



Piano with Mrs. Lori Gundlah

Discover the enchanting world of music with our Piano Lessons. Students from PreK-3 to 8th grade can participate during or after school hours. Our skilled and passionate piano instructor, Mrs. Lori Gundlah, will guide students on a journey through the magical realm of keys and melodies.

Whether you're a budding musician or a curious beginner, our lessons are thoughtfully crafted to suit your individual needs and level of experience. From learning the fundamentals of playing the piano to mastering beautiful compositions, Mrs. Gundlah nurtures students' musical talents and fosters a deep appreciation for the art of sound.

Embrace the joy of music, awaken your creativity, and experience the thrill of producing harmonious tunes at the keys. Join our Piano Lessons today, and let the symphony of your musical dreams come to life!

For more information please visit her website at lorigundlah.com

LS/MS Students - \$175/month

Preschool Students - \$100/month



Band with Mr. Dave

Join our dynamic Band Lessons and embark on a musical adventure like no other. Whether during or after school, our program offers flexible options to suit your student's schedule. Choose an engaging group session, fostering collaboration and camaraderie, or opt for one-on-one individual instruction tailored to your student's unique musical aspirations.

Our instrument selection includes ukulele, guitar, bass, drums, violin, and more—just let us know your preference, and we'll do our best to make it happen! Our skilled band teacher, Mr. Dave, is passionate about sharing his expertise, helping students master the intricacies of their chosen instrument and create beautiful harmonies.

So, if you're ready to dive into the world of music, unleash your creativity, and find your rhythm, join our Band Lessons today! Let the melodies begin, and the joy of making music together will resonate forever.

Group Lessons - \$140/month

Private Lessons - \$165/month



*“Oh come, let us sing to the Lord;
let us make a joyful noise
to the rock of
our salvation!”*

- Psalm 95:1

Volunteer at Saint Patrick Academy!

We are always looking for parent and community volunteers to lead and support our different programs! If you are interested in coaching, running a club, or volunteering with student activities efforts in some capacity, please contact Ms. Jackie Murphy, Director of Student Activities, to indicate your interest.

Additionally, if you are looking to bring a new club or activity to the School, contact Ms. Murphy to discuss possibilities. We could not do what we do without parental and community support, so thank you!







Aftercare Program

Our After Care Program offers a warm and inviting space for students to unwind and thrive after a productive day at school. Led by Ms. Cassie Orlando and supported by compassionate high school-aged staff from Saint Thomas Aquinas High School, the program guarantees a safe, supportive, and fun environment.

Rest assured that your child's well-being and enjoyment are at the heart of our After Care Program. Join us for an enriching after-school experience that ensures your child's safety, nurtures friendships, and leaves them with cherished memories each day.

Beforecare Program

Rise and shine with our Before Care Program, the perfect way to kickstart your mornings! Offering a safe, supportive, and enjoyable environment, our before care initiative ensures a smooth and cheerful beginning to each school day.

Running from 7:00am to 7:40am every day, our program is tailored to accommodate early risers and busy families. Students will have ample time to engage in activities, interact with friends, and prepare for a fantastic day ahead. Supervised by our caring staff, the Before Care Program provides a welcoming space where students can thrive and feel at home before classes begin.



For your convenience, all information, including registration details, pricing, and official handbook, will be accessible via the Aftercare tile on the Resources tab of mySPA.



Saint Patrick Academy

Education Fully Alive

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