



# 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 offering our students faith-based experiences that nurture the mind, body and spirit. With that in mind, I am excited to present the latest edition of our Activities Catalog, highlighting the diverse array of student activities for the 2024-2025 school year.



Within these pages you will find an exciting list of programs, clubs and extracurricular activities designed to foster personal growth, instill core values, and strengthen our faith foundations. These opportunities aim to create a welcoming environment, allowing students to find their niche and feel connected to the community.

I am thankful for the participation and dedication of our students, staff, and volunteers, and I look forward to a wonderful year filled with activities and enrichment opportunities.

With Gratitude,

**Pam Mandsager**Director of Student Activities



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# Registration

This guide has a preview of all programs being offered this year. 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**.

# TeamSnap

All students that register for after school clubs, athletics, or the school musical, will be rostered through TeamSnap. TeamSnap offers a mobile instant online application where parents can see the club rosters, the schedule and more. It also offers parents and leaders/coaches methods of communication via email, text messages, instant messaging, etc. Once the student is registered, an email invitation will be sent out.

Simply download the TeamSnap app on your phone and then accept the emailed team invitation(s). If schedule changes are made, you will be instantly notified.

### Athletics

## **Fall Season**

#### **⇔** Shamrock Soccer, Coed Team | \$90

Shamrock Soccer is a 4 week clinic, held Saturday mornings, designed to expose elementary school aged athletes to age appropriate sports, skills and rules, while keeping it fun! We hope to see your young athlete on the field!

September 13th - October 4th at the SPA Field.

**Session 1 | PreK 3 & 4, Kindergarten | 8:30-9:30** AM **Session 2 | 1st, 2nd, 3rd & 4th Grades | 9:30-10:30** AM

In order to be able to offer Shamrock Soccer, coaches are needed! If you are interested, please contact Mrs. Sarah Baker at sbaker@saintpatrickacademy.org.

#### **†** Intramural Sports | \$250

SPA's Intramurals Program is designed to introduce student athletes to a variety of sports throughout the year.

Coached by Mrs. Baker and offered only to LS students in 1st - 4th grades, the program will run from 2:40 (Lower School Dismissal) and end at 3:30 on Mondays and Tuesdays for 1st -2nd grade, Wednesdays and Thursdays for 3rd - 4th grade. Mrs. Baker will highlight a variety of intramural sports within this session, including soccer, volleyball, etc.

#### 1st & 2nd Grade

Mondays and Tuesdays September 8th - November 18th

#### 3rd & 4th Grade

Wednesdays and Thursdays September 10th - November 20th



Students may be exempt from art, music, or physical education requirement. Look for the symbol next to description to see if and activity qualifies for exemption.

#### Club Sports

Club sports are available for students who want to learn a particular sport without competing against other teams. These clubs focus on skill development and a deeper understanding of the sport.

#### MS Floor Hockey Club (coed 5-8) | \$125

Fridays after school, 3:30 - 4:30 PM September 12th - October 24th Club is held in SSH and coached by Mr. Miller.

#### LS Rock Climbing Club (coed, 3rd - 4th) | \$270

Fridays after school 3:00 - 4:30 October 3 - November 14 Club is held at Salt Pump, 199 Constitution Ave, Portsmouth, NH 0380.

#### LS Fall Tennis Club (coed, 1st - 4th) | \$100

Fridays after school 2:40 - 3:30 PM September 5th - October 3rd Club is held in SSH and coached by Coach Roberson and Coach Mangano.

#### 🕆 Interscholastic Sports 🅞



Interscholastic sports teams, available to our middle school students, compete against other schools. Coaches decide whether a player will be on the JV or Varsity teams, when applicable, but every athlete will have the opportunity to play and learn the value of competing both at home and at away games. Interscholastics are designed to run Monday through Thursdays throughout the season.

#### Monday - Thursday; September 2nd - October 30th

#### MS Coed Cross Country | \$160

MS Cross Country will run Monday-Thursday after school. The team is coed and is offered to 5th - 8th graders. The XC team will typically have one meet a week in the Greater Seacoast area. Students will compete in gender specific divisions.

#### MS Boys and Girls Soccer | \$160

MS Soccer will run Monday-Thursday after school. Registration is open to all 5th - 8th grades. The season is designed to have both MS Boys and MS Girls teams to play half of their games at home and half of their games away against opponents in the Greater Seacoast area.

#### MS Girls Volleyball | \$160

This is our first season for a MS Girls Volleyball team! Registration is open to all girls in 5th - 8th grades. The team will practice and play Monday-Thursday after school. The season is designed to have one game per week against opponents in the Greater Seacoast area.

To be able to offer these athletic programs, coaches are needed. If you are interested, please contact JP Sanborn, jpsanborn@saintpatrickacademy.org.

## Athletics

### Winter Season

#### **⇔** Shamrock Basketball, Coed Teams | \$90

Shamrock Basketball is a 4 week clinic, held Saturday mornings, designed to expose elementary school aged athletes to age appropriate sports, skills and rules, while keeping it fun! We hope to see your young athlete on the court!

In order to be able to offer Shamrock Basketball, coaches are needed! If you are interested, please contact JP Sanborn at jpsanborn@saintpatrickacademy.org.

January 10th - January 31st held in SSH

**Session 1 | PreK 3 & 4, Kindergarten | 8:30-9:30 AM Session 2 | 1st, 2nd, 3rd & 4th Grades | 9:30-10:30 AM** 

#### **†** Intramural Sports | \$250

SPA's Intramurals Program is designed to introduce student athletes to a variety of sports throughout the year. Coached by Mrs. Baker and offered only to LS students in 1st - 4th grades, the program will run from 2:40 (Lower School Dismissal) and end at 3:30 on Mondays and Tuesdays for 1st -2nd grade, Wednesdays and Thursdays for 3rd - 4th grade. Mrs. Baker will highlight a variety of intramural sports within this session.

#### 1st & 2nd Grade

Mondays and Tuesdays December 1st - March 10th

#### 3rd & 4th Grade

Wednesdays and Thursdays December 3rd - March 12th



#### ⊕ Club Sports

Club sports are available for students who want to learn a particular sport without competing against other teams. These clubs focus on skill development and a deeper understanding of the sport.

#### MS Climbing Club (coed 5-8) | \$270



Fridays after school 3:30 - 5:00 January 9th - 30th and February 13th & 20th Club is held at Salt Pump, 199 Constitution Ave. Portsmouth, NH 0380.

#### 3-4 Cheer Club (coed 3-4) | \$100

Fridays after school 2:45-3:30 December 5th, 12th, Jan 9th - 30th Club is held in SSH

#### Ski Club (coed, 1st - 4th and 5th-8th)



Both the Lower School Ski and the Middle School Ski Program will be held on Thursdays. There are a few days that the program will be held on Tuesdays to accommodate the school's or mountain's schedules. There are also a few days that the skiers will leave SPA at noon to have extended time on the slopes.

It is important to note that ski club is weather dependent. However, the Gunstock ski pass is valid for the entire season, allowing students to ski throughout the winter season.

#### Half Season - Session 1 | \$425-\$525

Starting the week of Dec 11, 2024 and ending the week of Jan. 15, 2025.

\*March 5th will be a make up day if needed

#### Half Season - Session 2 | \$425-\$525

Starting Jan. 29, 2025 and ending February 12, 2025.

\*March 5th will be a make up day if needed

#### Full Season | \$525-\$625

Dec 11 - February 12

\*March 5th will be a make up day if needed

#### **Pricing Notes**

The school will provide transportation to Gunstock and adult supervision each week. Included in the program is a season pass to Gunstock. This year you can choose to register for a mid-week (required for the club dates) or a prime season pass (allows you to go on your own for prime dates).

Club Only is \$100 per session (\$200 for Full Season) where students already have a Gunstock ski pass.

In order to be able to offer these clubs, chaperones and coordinators are needed! If you are interested, please contact Pam Mandsager at studentactivities@saintpatrickacademy.org.

## **Athletics**

## Winter Season continued

#### **†** Interscholastic Sports



Interscholastic sports teams, available to our middle school students, compete against other schools. Coaches decide whether a player will be on the JV or Varsity teams, but every athlete will have the opportunity to play and learn the value of competing both at home and away games.

In order to be able to offer JV and Varsity Boys and Girls teams, coaches are needed! If you are interested, please contact JP Sanborn at jpsanborn@saintpatrickacademy.org.

#### Monday - Thursday; November 3rd - January 31st

\*Varsity seasons may be extended if they qualify for playoff and championship games.

#### JV Boys and JV Girls Basketball | \$160

JV Basketball will run Monday-Thursday. Practice times will vary as all teams will be sharing the courts in SSH. All 5th -7th graders will register as JV players, however team placement will be determined by coaches after the start of the season. Teams will play half of their games at home and half of their games away against opponents in the Greater Seacoast area.

#### Varsity Boys and Varsity Girls Basketball | \$160

Varsity Basketball will run Monday-Thursday. Practice times will vary as all teams will be sharing the courts in SSH. All 8th graders will register as Varsity players, however team placement will be determined by coaches after the start of the season. Teams will play half of their games at home and half of their games away against opponents in the Greater Seacoast area. Both Varsity teams will have the opportunity to qualify to compete in the Seacoast Private School League Championship.

In order to be able to offer JV and Varsity Boys and Girls teams, coaches are needed! If you are interested, please contact JP Sanborn at jpsanborn@saintpatrickacademy.org.

# **Spring Season**

#### **♦ Shamrock Sports Smorgasbord** | \$90

Sports Smorgasbord is a 4 week clinic designed to expose young athletes to age appropriate sports, skills, and rules, while keeping it fun! Clinics will include: T-ball, relay races and challenges, lacrosse, and golf. We hope to see your athlete on the field!

May 9th - June 6th at the SPA Field (No Shamrock Sports on Saturday, May 23rd)

9:00 - 10:15 AM | All Shamrock Athletes (PreK 3 - 4th grade)

In order to be able to offer Shamrock Sports Smorgasbord, coaches are needed! If you are interested, please contact JP Sanborn at jpsanborn@saintpatrickacademy.org.

#### **†** Intramural Sports | \$250

SPA's Intramurals Program is designed to introduce student athletes to a variety of sports throughout the year. Run by Mrs. Baker and offered only to LS students, the program will run from 2:30 (Lower School Dismissal) and end at 3:30 on **Tuesdays, Wednesdays and Thursdays** for **all athletes in 1st - 4th grade**. Mrs. Baker will highlight a variety of intramural sports during this session.

**1st - 4th grade | Tuesdays, Wednesdays and Thursdays** March 17th - May 28th



# **Athletics**

# **Spring Season continued**

#### Club Sports

Club sports are available for students who want to learn a particular sport without competing against other teams. These clubs focus on skill development and a deeper understanding of the sport.

#### MS Field Hockey Club (girls 5-8) | \$125



Fridays after school, 3:30 - 4:30 April 17th - May 22nd Club is held on SPA Field

# Golf Club (coed 3-8) | \$180



Wednesdays after school, 3:00 - 4:30 April 15th - May 20th Club is held at Pease Golf course. Transportation provided to Pease by SPA bus.

#### LS Tennis Club (coed 1-4) | \$100

Fridays after school, 2:40 - 3:30 April 17th - May 22nd Club is held in SSH



# 🕆 Interscholastic Sports 🎅

Interscholastic sports teams, available to our middle school students, compete against other schools. Coaches decide whether a player will be on the JV or Varsity teams, but every athlete will have the opportunity to play and learn the value of competing both at home and away games.

#### Monday - Thursday; April 7th - May 29th

#### MS Coed Track & Field | \$160

MS Track & Field will run Monday-Thursday, after school at SPA. The team is coed and is offered to 5th - 8th graders. The track team will typically have one meet a week in the Greater Seacoast area. Students will compete in gender specific divisions, and if qualified, will compete in the Track Championship meet at the end of the season.

#### MS Baseball (coed) | \$180

MS Baseball will run Monday-Thursday, after school. As SPA does not have a home field, the teams will play their games against opponents in the Greater Seacoast area. Team hat included!

To be able to offer interscholastic sports teams, coaches are needed! If you are interested, please contact JP Sanborn at ipsanborn@saintpatrickacademy.org.



## **Enrichment Clubs**

# **Fall Offerings**

#### **Lower School Clubs**

#### **☆** Kinder-2nd Fall 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.

Day of Week: Thursdays, after school

Grades: Kinder - 2nd

Dates: September 8th - October 23rd

#### **☆** Kinder-4th 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).

Day of Week: Mondays, after school

Grades: Kinder - 4th

Dates: September 15th - October 27th

#### **☆** Kinder-4th 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.

Day of Week: Mondays, after school

Grades: Kinder - 4th

Dates: November 3rd - December 15th



We hope to offer these clubs during the 2025-2026 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.

#### Middle School Clubs

#### 

The main goals and objectives of the Newspaper club are to promote student writing, to feature school events, to celebrate student achievements, and to encourage a free and respectful exchange of intellectual ideas through publication of a school newspaper. The Newspaper club will put out 2 editions throughout the school year.

Day of Week: Fridays, after school

Grades: 5th-8th

Session 1: September 12th - November 14th

#### 



Seacoast Academy of Music (SAM) will provide a brass teacher for one hour, weekly ensemble rehearsals on Fridays after school. Students of all levels are encouraged to participate in the brass band, but they must also take weekly private brass lessons, either through SAM or elsewhere.

Students that do not take private lessons through SAM must email <a href="mailto:katie@seacoastacademyofmusic.org">katie@seacoastacademyofmusic.org</a> to provide their teacher's information. Private lessons will be coordinated through SAM to be taken in-person at SAM, remotely via Zoom, or in-person at Saint Patrick Academy. Students will be responsible for renting/supplying their own instruments. SAM will provide information for rentals from local music stores.

Day of Week: Fridays, after school

Grades: 5-8

Session 1: First Timester; September 5th - November 21st



# **Enrichment Clubs**

# Winter Offerings

#### **Lower School Clubs**

#### PreK 3 & 4 Art Club | \$100

Open to students in PreK 3 & 4 that have an interest in art. Art Club is for everyone who loves to make art! There is no need for artistic "talent" or "skill". The purpose of art club is to come together, share conversations about art, look at new art, and make art that the students want to explore. We will discuss what projects students will engage with at the first meeting. Students will have the opportunity to work individually and in groups, use paint, markers, pencils, collage and clay to explore their creative interest.

Day of Week: Wednesdays, after school

Grades: PreK 3 & 4

Dates: January 14th - February 11th

#### **☆** K-2 Seacoast Science Center | \$100

Open to students in Kindergarten to 2nd grade who are curious about the seacoast. Students will be bussed to the SSC, where they will engage in all sorts of games and fun activities to learn all about NH's seacoast. Parent pick up is from SSC.

Day of Week: Wednesdays, after school

Grades: K-2

Dates: January 7th - February 11th

#### 

Ms G is excited to lead this club with a focus on teaching students the art of baking! Open to students in 3rd & 4th grade.

Day of Week: Mondays, after school

**Grades:** 3 & 4

Dates: January 5th - February 16th

#### **☆** K - 4 Lent Club | \$100

Ms. G has designed a wonderful club for K-4th grade to learn and actively participate in the Lenten season!

In Lent Club students will participate in activities around the lenten themes of prayer, fasting, and almsgiving! For prayer, students will learn how to pray with Sacred Scripture using Lectio Divina and Ignatian Contemplation. Students will complete special projects as they imagine themselves in the scenes of the Gospels. For fasting, students will create lenten calendars to help them track their sacrifices and acts of self-denial throughout the lenten season. They will also learn how to bake soft pretzels; a traditional form of fasting that originated from a group of monks. For almsgiving, students will serve Jesus by serving others in the community through a special service project.

Day of Week: Mondays, after school

**Grades:** K-4th

Dates: March 2nd - March 30th

#### Middle School Clubs

#### 

Attention all history enthusiasts in 5th 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.

Day of Week: Fridays, after school

**Grades:** 5th-8th

Dates: December 5th - January 30th

#### 



Seacoast Academy of Music (SAM) will provide a brass teacher for one hour, weekly ensemble rehearsals on Fridays after school. Students of all levels are encouraged to participate in the brass band, but they must also take weekly private brass lessons, either through SAM or elsewhere.

Students that do not take private lessons through SAM must email <a href="mailto:katie@seacoastacademyofmusic.org">katie@seacoastacademyofmusic.org</a> to provide their teacher's information. Private lessons will be coordinated through SAM to be taken in-person at SAM, remotely via Zoom, or in-person at Saint Patrick Academy. Students will be responsible for renting/supplying their own instruments. SAM will provide information for rentals from local music stores.

**Day of Week:** Fridays, after school

Grades: 5-8

Session 2: Second Timester; December 1st - March 13th

# **Enrichment Clubs**

# **Spring Offerings**

#### **Lower School Clubs**

#### **3-4 Service Club | \$100**

Open to students in 3rd - 4th that have an interest in serving others. Through a variety of service projects, students will learn the value of loving their neighbors, and honoring God through service to others.

Day of Week: Mondays, after school

**Grades:** 3 - 4

Dates: April 13th - May 18th

#### **P** Spring 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.

Day of Week: Mondays

Grades: K - 2

Dates: April 13th - May 18th

#### Middle School Clubs

#### **☆** MS Newspaper Club | \$125

The main goals and objectives of the Newspaper club are to promote student writing, to feature school events, to celebrate student achievements, and to encourage a free and respectful exchange of intellectual ideas through publication of a school newspaper. The Newspaper club will put out 2 editions throughout the school year.

Day of Week: Fridays, after school

Grades: 5th-8th

Session 2: March 6th - May 22nd



#### 



Seacoast Academy of Music (SAM) will provide a brass teacher for one hour, weekly ensemble rehearsals on Fridays after school. Students of all levels are encouraged to participate in the brass band, but they must also take weekly private brass lessons, either through SAM or elsewhere.

Students that do not take private lessons through SAM must email <a href="mailto:katie@seacoastacademyofmusic.org">katie@seacoastacademyofmusic.org</a> to provide their teacher's information. Private lessons will be coordinated through SAM to be taken in-person at SAM, remotely via Zoom, or in-person at Saint Patrick Academy. Students will be responsible for renting/supplying their own instruments. SAM will provide information for rentals from local music stores.

Day of Week: Fridays, after school

Grades: 5-8

Session 3: Third Timester; March 16th - June 2nd

# School Musical

# **P** Musical | \$250



The School Spring Musical is an opportunity for students to showcase their talents!

From cast to set design and backstage crew, there is a part for everyone! Open to 5th-8th grade students, the musical is an amazing way to participate in our community. The interest meeting will be held after school in December, auditions will be held the first few weeks of January, and practices will be held after school from January through March.

The musical will host 3 performances April 10th and 11th.

We are excited to invite you to join the upcoming school musical!

Any questions pertaining to the school musical, please contact the play director, Ms. Rachel Hubby, at <a href="mailto:rhubby@saintpatrickacademy.org">rhubby@saintpatrickacademy.org</a>.



All information, including registration details, and pricing will be accessible via the After School Enrichment: Student Activities tile on the Resources tabs of mySPA.

#### 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

#### Introduction to Piano (K-8) | \$100

1 month of lessons to gage interest

#### Private Lessons: (K-8)

- Session 1: September December; December recital | \$700
- Session 2: January May; May recital | \$875
- Full Year: September May; December & May recital | \$1,575

#### Early Childhood Piano Lessons: (PreK 3&4)

- Session 1: September December; December recital \$400
- Session 2: January May; May recital | \$500
- Full Year: September May; December & May recital | \$900

<sup>\*</sup>Register on mySPA.

<sup>\*</sup>All lessons will be held during the school day.



All information, including registration details, will be accessible via the After School Enrichment: Student Activities tile on the Resources Tab on <a href="mySPA"><u>mySPA</u></a>.

# Extended Day Programs

## Aftercare Program | \$30/day

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 | \$5/day

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.



All information, including registration details, pricing, and handbook will be accessible via the Aftercare and the Before School Care tiles on the Resources tabs of **mySPA**.

# 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 Mrs. Mandsager, Director of Student Activities, to indicate your interest.

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







Education Fully Alive

# Saint Patrick Academy

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