

Athletics

Building Strength, Pride and Integrity



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Physical development and competitive athletics are a central part of the Bay School program—building physical health and awareness, while promoting the important personal skills of effort and self-discipline, leadership, sportsmanship, and team work.

The Bay School offers a large, varied, and competitive athletics program and has been recognized for the integrity and discipline of its players, coaches, parents, and spectators. As a member of the California Interscholastic Federation (CIF) Bay Counties League—Central Division (BCL-Central) Bay boys', girls', and co-ed teams compete against independent, parochial, and public high schools throughout the Bay Area in 11 different sports.



The Bay School of San Francisco
35 Keyes Avenue
San Francisco, CA 94129
www.bayschoolsf.org

› Bay School Team Sports

During the 2011-2012 academic year varsity and junior varsity boys' and girls' teams will be fielded for:

Fall Season	Winter Season	Spring Season
Boys Soccer	Boys & Girls Basketball	Boys Lacrosse
Girls Volleyball		Boys Baseball
Girls Golf		Boys Volleyball
Girls Tennis		Boys Golf
Boys & Girls Cross-Country		Boys Tennis
Boys & Girls Sailing		Girls Soccer
		Girls Softball
		Boys & Girls Track & Field

Practices and games generally take place every day after school, and occasionally on weekends. Bay teams utilize fields and gym facilities within the Presidio.

Our goal is to achieve athletic excellence on par with the high standards of Bay's academic program, and in our short history we are well on our way. The 2010-2011 year in sports saw our teams complete successful seasons, winning league championships as well as North Coast Section Tournament games.

BAY SCHOOL VARSITY ATHLETIC HIGHLIGHTS – 2006-2011

Girls Volleyball	Four-Time BCL-Central Champions, North Coast Section Tournament
Boys Soccer	BCL-Central Semi-Finals, North Coast Section Tournament
Girls Golf	North Coast Section Tournament
Boys Cross-Country	Top 10 finisher at the North Coast Section Meet, Qualified and participated in the State Championship Meet
Girls Basketball	Two-Time BCL-Central Champions, North Coast Section Tournament, Two-Time Pescadero Hoop Dreams Champions
Boys Basketball	Undefeated BCL-Central Regular Season, BCL-Central Finals, North Coast Section Tournament, Two-Time Pescadero Hoop Dreams Champions
Boys Baseball	BCL-Central Semi-Finals, BCL-Central Champions, North Coast Section Tournament
Boys Tennis	BCL-West Individual Champion, North Coast Section Individual Tournament
Girls Softball	BCL-Central Semi-Finals, North Coast Section Tournament
Girls Soccer	Three-Time BCL-Central Finals
Boys Golf	BCL-West Tournament, North Coast Section Tournament, Bay student-athlete was top-three finisher at BCL-West Tournament
Girls Track and Field	BCL-West Individual Finalist, North Coast Section Meet

In 2011-2012 we look forward to continuing this strong momentum.



“Winning and losing are temporary—
but the skills that are developed through
athletics last a lifetime.”

STEVE GLASS, BAY SCHOOL ATHLETIC DIRECTOR

› Coaches who Teach, Motivate, and Inspire

Our student athletes are trained by a coaching staff of the highest caliber; lifelong athletes who are experienced, ethical, and enthusiastic. Bay School coaches include a state championship basketball coach, NCAA National Champion athletes, and a former professional baseball player—several of whom have coached at both the high school and university levels. A number of our coaches also teach academic disciplines and thus students and teachers have the opportunity to build upon bonds that have begun in the classroom.

› Physical Activities Classes

The Bay School's physical activities program offers something for everyone. From the silence of yoga to the precision of martial arts and power of weight training, students of all abilities and interests are challenged to push their physical and mental limits. Students dance and perform with the Presidio Dance Theatre and advanced conditioning classes help prepare our athletes for their upcoming seasons.

Classes for the 2011-2012 school year (subject to change):

- Dance
- Martial Arts
- Rock Climbing
- Spinning/Sculpting/Yoga
- Weight Training/Fitness
- High Performance Training

› Bay School Values

The Bay School commitment to athletics is based upon our mission to educate the “whole” person and our belief that physical development and athletic accomplishment have important lifelong benefits. Through participation in team sports and athletic activities our students develop an awareness of their bodies and how they function. Modeling world class athletes, they come to understand how to utilize nutrition, technique, technology, and practice to help enhance physical and mental performance. Athletics offer the opportunity to learn and master new skills through perseverance—an important approach that can be successfully applied in new situations throughout life.



Please contact Athletic Director, Steve Glass with questions regarding team sports at (415) 561.5800 ext. 118, and Assistant Athletic Director, Erica Kajdasz with questions regarding the activities program at: 415.561.5800, ext. 156.

