



Church Farm School |   
**CFS**  
**ATHLETICS**



# ATHLETICS AT CHURCH FARM SCHOOL

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thletics are an integral part of Church Farm School, with benefits that are both immediate and enduring. Our outstanding coaching staff, consisting primarily of academic and residential faculty, serve as teachers and mentors, working closely with our scholar-athletes to pursue excellence while developing leadership, sportsmanship, teamwork and an appreciation for lifelong fitness.

Since athletic participation is a required part of the Church Farm School experience, we provide a diverse selection of competitive, developmental and recreational options. Whether a student is a varsity-level

athlete or a beginner, we offer programs that are challenging and rewarding. The school fields multiple levels of competitive teams in 11 different sports. We also offer non-competitive options such as intramural sports, strength and conditioning and robotics. We have four soccer fields; six tennis courts; a new (in 2022-2023) six-lane, all-weather track; a basketball gym and a multi-purpose fieldhouse used for wrestling, basketball and more.

We are extremely proud of our championship-caliber teams who have more than 50 team and individual District Championships since joining the PIAA in 2008, as well as countless League championships. Teaching our young men how to be gracious athletes is also a priority; CFS has won the Bicentennial Athletic League's sportsmanship award three times in six years.



"IN CLASS, YOU'RE TAUGHT TEAMWORK, BUT ON THE ATHLETIC FIELD IS WHEN YOU SEE IT REALLY COME INTO PLAY. YOU ALL HAVE THE SAME OBJECTIVE—TO WIN THE GAME—AND IN MOST CASES, YOU CAN'T DO THAT BY YOURSELF."

JOHNDEREK DANIELS '15





## FALL ATHLETICS

### CROSS COUNTRY

Our Church Farm Cross Country program prides itself on building character and developing a positive culture where all of our scholar-athletes can compete and be part of our cross country family. Our scholars pride themselves on following a challenging and structured training plan, encouraging their teammates and improving every day. We believe in the philosophy that every day is a great day to get better. This motto also translates to success in the classroom and personally for our



young men.

### GOLF

The goal of our golf program is to take both new and competitive golfers and continue to improve their game. We work on swing mechanics, ball striking, managing the course and all elements of the game. All varsity players will play in



**"ATHLETICS AT CHURCH FARM SCHOOL ARE ABOUT IMPARTING LIFE LESSONS. IT'S 100 PERCENT ABOUT FINDING THE RIGHT COACHES AND HELPING TO FOSTER REAL TEAMWORK. MY ABSOLUTE FAVORITE THING IS THAT EVERY KID GETS TO PLAY!"**

**SUNI K. BLACKWELL,  
DIRECTOR OF ATHLETICS**

several competitive matches against other private and BAL schools and can qualify to compete in League events or district competition.



### SOCCER

The soccer program at Church Farm School has far greater aspirations than merely teaching skills, tactics and how to win soccer games. More important to us is that each young man graduates from our program ready to attack both soccer and life in a confident, balanced and successful way.



## WINTER ATHLETICS



### WRESTLING

The Griffin Wrestling program is consistently strong. Our motto is “no excuses,” instilling a drive toward excellence and toughness that supports our wrestlers in all aspects of their Church Farm School life and far beyond.



### BOWLING

In November of 2014, Church Farm School added bowling to its winter line-up. The goal was to provide an indoor team sport where individual skill is rewarded. Bowling appeals to boys who are competitive, coordinated and focused, but who do not necessarily need to be strong or fast.



### BASKETBALL

The goal of our basketball program is to strive to become the best team we can be. This will only be achieved by every member of the team accepting the role that was given to them at the beginning of the year and striving to become a “star” within that role. Our basketball program has established a level of play that can compete against the very best in our area, regardless of size or classification.



### INDOOR TRACK

Winter Track is a great way for our scholars to build a solid foundation of strength, speed and endurance, and to try new events. Scholars who go through our indoor program are extremely prepared for success in our outdoor program. We always use the philosophy that every day is a great day to get better.

## SPRING ATHLETICS



### LACROSSE

Our lacrosse program began in spring 2014 and is blossoming. The team’s motto is: We work HARD. We train HARD. We play HARD.



### TRACK & FIELD

With great pride, our spring track program gives our scholar-athletes an opportunity to compete in a program with a solid reputation of present and past successes. Our team philosophy is for scholars to find their best events to excel in which will strengthen our program. Building a great culture and developing strong character will always be our team philosophy.



### TENNIS

Ranging from experienced players to complete beginners, all our tennis players learn the benefits of this wonderful lifetime activity and pursue excellence in the sport.



### BASEBALL

Many Griffin athletes are passionate about baseball. The baseball program prides itself on developing its scholar-athletes’ skills when entering Church Farm School. No matter the skill level, our baseball players are coachable, work hard on and off the field, and want to help the team be successful in any way they can.

# Church Farm School | CFS

## CHURCH FARM SCHOOL ADMISSION OFFICE:

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