



The Herald

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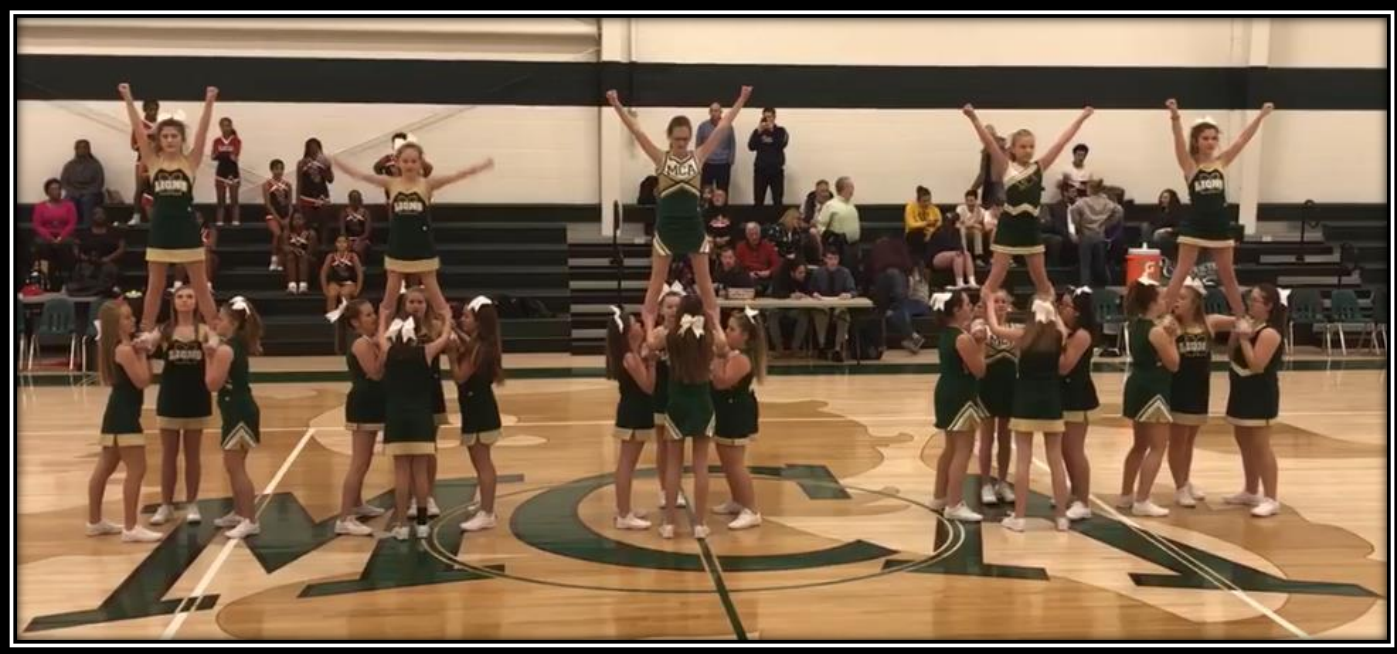


Athletics in a Classical Education

As an outgrowth of MCA's vision of classical education, which addresses the whole person (body, mind, and soul), our athletic program proceeds philosophically from our beliefs about humanity and education. Athletics, therefore, are integrated into school life to further develop virtuous citizens, who pursue the embodiment of truth, goodness, and beauty through sports. Because we teach the mind, shape the will, and train the body toward excellence in all things, athletics at MCA are not for the sake of athletics but for the sake of the good life.

For the Greeks, from which we derive our version of classical education, "physical excellence and ability were just as important (if not more so) than intellectual excellence. Greek children from ages 7-14 attended both a *palaestra* where they learned to wrestle and a "music school" where they learned reading, recitation, writing, and arithmetic, as well as learning how to play the lyre and to sing. ("Music" to the Greeks had a much wider meaning than "music" as it is used today.) From ages 10-14 students would continue with the physical training at a *gymnasium* where they studied wrestling, boxing, running, the long jump, and throwing the discus and javelin. The skills had an obvious connection to military training and soldiery. From ages 15-18 some privileged male students would continue their education by observing and participating in Greek cultural and civic life, being trained and mentored by adult Greek citizens. Finally, some young men from ages 18-20 would undergo two years of military training that would prepare them to serve as capable military officers and soldiers."¹

Sports properly conducted form fierce competitors who are gracious victors and noble losers. They develop tenacity and courage in the face of adversity, as well as respect for the individual and for the common good. When done well,



MCA Cheerleaders, the 2017-2018 state champions in the NC Athletic Association for Schools of Choice, perform at all our home games and have the "wow" factor at every performance.

¹An Introduction to Classical Education: A Guide for Parents by Christopher Perrin (Charter School Edition)



not only do sports develop the body, but they also convey a healthy esteem and reverence for the body and for the necessary interaction of the body, mind, and will. Sports knowledge, physical prowess, and virtue together yield a healthy life on and off the court.

Our goal is to use athletics to that end, that is, toward the promotion of human flourishing— being all one is intended to be— so that our students are compassionate, respectful, responsible, trustworthy, and courageous, and living happy lives as they find their place in this world.

This fall, students participated in cross country, women’s volleyball, and soccer. This winter season, indoor track, cheerleading, basketball, and fencing are offered, in addition to baseball, softball, track, tennis, and golf in the spring. Our coaches each serve as role models for our athletes, demonstrating not only good skills, but also good character. Our athletics program is growing, and with each year we are becoming more competitive. As we enter our winter sports season, we encourage you to participate in our programs by attending games and supporting our student athletes.

GO LIONS!



MCA men’s basketball is off to a great start this year. At the left, **Wil Danley** drives around an opponent from the Surry Runnin’ Patriots, and below, **Emery Meadows** gets the rebound and takes the ball back up the court. The Lions took home the victory with a score of 52 to 39.

- Basketball photos courtesy of the Mt. Airy News



- I am a LION.
- I am strong and noble.
- I am endowed with worth and value.
- I respect my opponents on and off the field of play.
- I play hard to win with valor and honor.
- I lose with dignity and grace.