



KNOX

Unlocking Student Potential Since 1904

Knox is Where Determination Takes Flight



The **Falcons Athletics** program supports The Knox School's mission by providing opportunities for athletes of all skill levels to engage in physical activity and **realize their athletic potential**. By providing a structured and supportive athletic environment, our students make strides in their **personal development** and grow in their **teamwork** and **leadership** skills.

Discipline, preparation, determination and goal-setting are the cornerstones of our athletic programming. At Knox, winning is never the end goal - it is merely a symptom of a proper training protocol and an affirmation of our efforts to elevate our student-athletes to their best levels.



OUR TEAMS

Co-Ed Badminton
Boys Varsity Basketball
National Prep Basketball, Men's
Co-Ed Crew
Equestrian
Golf
Boys Varsity Soccer
Boys & Girls Tennis
Boys Varsity Volleyball
Girls Varsity Volleyball



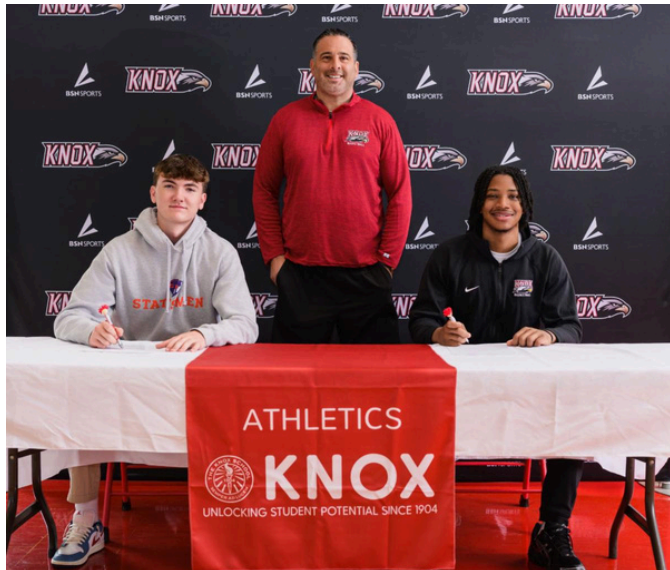
Additional sports offerings may be available based on student interest.



SPORTS HIGHLIGHTS

- Golf Academy with state-of-the art indoor and outdoor facilities
- Numerous Equestrian Champions, Reserve Champions and Zone winners
- A history of world records and state championships in rowing
- Nationally ranked Men's Prep Basketball Team (#25)
- League & State Championships in Varsity and Prep Basketball
- PSAA League Championships in Boys Volleyball

Falcons in College



Athletes at Knox work tirelessly to balance academics, the arts, and athletics so they are prepared for the next level of competition. Whether it's through sports-specific leagues or training programs during their time at Knox, our student-athletes leave us well-prepared in both body and mind to go the distance when it comes to athletics at the collegiate level.

Athletic Facilities

Facility Highlights



- Full-size Basketball Court, Volleyball Court and Badminton Courts
- Waterfront Access to Stony Brook Harbor
- Indoor Rowing Facility with 14 ergs
- Horseshoe Shaped Equestrian Center offers 22 stalls to house horses
- State-of-the-Art Equestrian Riding Ring designed by industry leaders
- Indoor Golf Simulator Room
- Outdoor Chipping and Putting Green
- 4 Hard-Top Tennis Courts
- Full-service Strength Training facilities
- Mirrored Studio for Dance, Yoga, and Meditation
- Outdoor Swimming Pool
- Soccer Field
- Two outdoor Softball Fields