



ATHLETICS AT HOLLAND HALL

At Holland Hall, athletics are an integral part of the educational experience. We believe that participation in sports fosters character, resilience, and leadership. Our inclusive, competitive athletic program encourages students to challenge themselves, work as a team, and pursue excellence with integrity.

By the Numbers (Last 10 Years)

20

Varsity Sports

14

OSSAA State Championships

93

Student-Athletes Competing at the Collegiate Level

Whether competing for championships or developing lifelong fitness habits, Holland Hall students are supported by dedicated coaches and a culture that values sportsmanship, effort, and growth.

Physical Education at Holland Hall

From the earliest years, Holland Hall emphasizes the importance of physical activity and healthy living. **Students in grades K-6 participate in daily physical education**, where they build foundational movement skills, develop healthy habits, and experience the joy of play and teamwork.

Our thoughtfully designed curriculum combines physical fitness, motor skill development, and cooperative learning with a focus on personal growth and confidence. Through age-appropriate instruction and engaging activities, students learn how to move, how to compete, and how to support one another. These skills lay the groundwork for lifelong wellness and success in athletics and beyond.

ATHLETIC SPORTS OFFERING

UPPER SCHOOL (9TH - 12TH)

Alternative Sport
Baseball
Basketball
Cheer
Cross Country
Dance
Field Hockey
Football
Golf
Soccer
Sports Medicine
Sports video
Tennis
Track and Field
Volleyball
Wrestling
Yoga

MIDDLE SCHOOL (7TH & 8TH)

Baseball
Basketball
Cross Country
Dance
Football
Golf
Physical Education
SAC
Soccer
Softball
Tennis
Track and Field
Volleyball
Wrestling