



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

13

OSSAA State Championships

88

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
- Tennis
- Track and Field
- Volleyball
- Wrestling

