



PHYSICAL EDUCATION & ATHLETICS

The graduation requirement in Physical Education is six credits: four credits within the ninth or tenth grade year and two credits within the eleventh and twelve grade years. A credit can be earned by participating in an Upper School sport or taking a Physical Education or Dance class. Upper School students are required to take Fundamentals of Physical Education by the end of grade 10. Students must also pass a swimming competency test by the end of the first trimester of their senior year.

In the Upper School, we work with individuals and teams to help students find balance among academic, artistic, and athletic responsibilities. Practices and games are scheduled to not conflict with academic classes to the best of our ability, and students must balance the demands of a competitive athletic program and their daily academic schedule.

Holton competes in the Independent School League (ISL) with 17 area schools for most competitions. For Swimming and Diving, Holton is also a member of the Washington Metropolitan Private School Swimming and Diving League (WMPSSDL). Ice Hockey competes in the Maryland Area Girls Hockey League (MAGHL) and the Women's Ice Hockey League of the Mid-Atlantic (WIHLMA). Crew participates in the WMIRA (Washington Metro Interscholastic Rowing Association).

ATHLETIC OFFERINGS

Fall

Cross Country
Field Hockey
Soccer
Tennis
Volleyball

Winter

Basketball
Ice Hockey
Swimming and Diving
Winter Track
Winter Crew (club)

Spring

Crew
Lacrosse
Softball
Track & Field
Tennis (club)
Golf (club)

PHYSICAL EDUCATION INSTRUCTIONAL COURSES

Fundamentals of Physical Education*

Lifetime Fitness*

Strength and Conditioning* (Fall Trimester or Winter Trimester after school)

Aquatic Fitness* (Fall or Winter Trimesters)

DANCE COURSES

Dance Composition and Choreography (Fall Trimester)*

Dance Technique, During the School Day or After School (Spring Trimester)*

Intermediate-Advanced Dance Technique, After School (Fall Trimester)*

Intermediate/Advanced Pointe Repertoire Class*

Orchesis Dance Ensemble and Technique, Associate Member, After School (Fall & Winter Trimesters)

Orchesis Dance Ensemble and Technique, After School (Fall & Winter Trimesters)

** Denotes a one trimester course.*

COLLEGE RECRUITING

For students who would like to pursue their interests in college, there are a number of resources provided by the athletic department, varsity coaches, and the college counseling office. Together, Holton supports its student-athletes through education about the process, guidance about prospective programs, active communication with college coaches and providing assistance navigating the NCAA rules and regulations governing the recruiting process. In addition, each spring the Athletic Department hosts an informational meeting, for sophomore players and families, about being recruited and playing collegiate athletics. This is a great opportunity to learn from past collegiate players and coaches, and ask questions to the panel. Due to significant differences in the recruiting timeline for each sport, student-athletes are encouraged to speak directly with their varsity coach.