



HOW
Will I Win
with
Athletics
@ GS?



GEORGE
SCHOOL

**BEING A SCHOLAR-ATHLETE
AT GS MEANS THE FIELD OR
COURT IS AN EXTENSION
OF THE CLASSROOM;
COMPETITION FUELS
BOTH PHYSICAL AND
MENTAL GROWTH.**



With 41 teams across 19 sports at 4 levels, experienced competitors and newcomers alike will be challenged to hone skills, develop discipline, be a teammate, increase confidence, and build lasting memories. Experienced coaches, a fitness instructor, and an athletic trainer will challenge you both physically and mentally to reach beyond what you thought possible and form lifelong healthy habits. And, our impressive facilities will give you the space to do so. Our fitness center houses

a pool, two gyms, a strength and conditioning center, wrestling room, and yoga studio; we have 10 playing fields, an all-weather track, tennis courts, and an equestrian center.

You can also learn about athletic training or choose a PE class from aerobics to weight training, disc golf to yoga. Like our teams, there are options that suit any interest and that foster the wellness essential to a full, rich GS experience.

SPORTS

| | |
|----------------------|-------------------------|
| Baseball | Lacrosse |
| Basketball | Rowing |
| Cheerleading | Soccer |
| Cross Country | Softball |
| Equestrian | Swimming |
| Fencing | Tennis |
| Field Hockey | Track |
| Football | Ultimate Frisbee |
| Golf | Volleyball |
| | Wrestling |



Scan to learn more



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Learn to let your life speak at George School.