

ATHLETICS AT GREENHILLS

Every Student. Every Team. All In.

Athletics at Greenhills are an essential part of how students learn and grow in body, mind, and character. We believe the lessons of sport mirror the best of education: the pursuit of excellence, the power of teamwork, and the discovery of personal strength through challenge. Our program welcomes all students to participate, to compete with heart, and to grow into strong, ethical, and gracious athletes.

From middle school through varsity play, student-athletes are led by professional educators and coaches who teach athletic skills, foster leadership, and cultivate wellness—preparing students not only for games, but for life. Whether chasing a championship or trying something new, Greenhills athletes represent our school with integrity, pride, and a deep sense of community. We don't just play to win, we play to become our best selves.

VALUES

- **Courage**
We aren't afraid to try something new; we take healthy risks, and compete with heart even when the outcome is uncertain.
- **Commitment**
We're fully invested and show up with purpose—driven to give our best, putting in the work, and rising through every setback with grit and resilience.
- **Community**
We play for each other. Every Greenhills athlete is part of something bigger, where everyone has a role and everyone is valued.
- **Leadership**
We lead by example; by listening, lifting others up, and owning our actions. At Greenhills, leadership is less about titles and more about character, effort, and service to the team.
- **Excellence**
We pursue our best in every practice, every game, every moment. Excellence at Greenhills isn't perfection, it's a mindset rooted in purpose, preparation, and pride in our craft.
- **Joy**
We play because we love it, finding joy in the effort, the relationships, and the moments of connection that make sports meaningful.



ATHLETICS BY DIVISION

At Greenhills, our athletic program evolves with students. We meet each athlete where they are and challenge them to grow.

Middle School: Explore, Play, Belong

In middle school, students learn to compete, and how to do it the right way. The focus is on participation, skill-building, and discovering the joy of sport. Students are encouraged to try new things, take healthy risks, and develop the confidence that comes from being part of a team. Coaching emphasizes the educational value of athletics—teaching fundamentals, promoting fitness, and nurturing the social and emotional skills that make team experiences so rewarding.

The middle school program operates entirely within the school calendar, serving as an extension of the school day. Most practices take place immediately following school, approximately 3-4 days per week (some programs will also have competitions on occasional Saturday mornings). Middle school sport seasons run for approximately 6-7 weeks, allowing students to explore multiple sports and other extracurricular opportunities. Sports offered include:

	Boys	Girls
Fall	<ul style="list-style-type: none">● Cross Country (Coed)● Tennis● Soccer● Flag Football*	<ul style="list-style-type: none">● Cross Country (Coed)● Field Hockey● Volleyball● Flag Football*
Winter	<ul style="list-style-type: none">● Basketball● Swimming (Coed)	<ul style="list-style-type: none">● Basketball● Swimming (Coed)
Spring	<ul style="list-style-type: none">● Baseball● Lacrosse● Track and Field (Coed)● Volleyball	<ul style="list-style-type: none">● Soccer● Softball● Track and Field (Coed)● Tennis

**Fall Flag Football is an intramural season run twice per week at the conclusion of the traditional fall season.*



Upper School: Train, Compete, Lead

In the upper school, athletics become more competitive while maintaining a strong commitment to personal development and team culture. Students deepen their skills, embrace higher levels of training, and learn how to lead. Coaches introduce goal-setting, conditioning, strategic thinking, and prepare athletes for championship-level play. While competition intensifies, character remains at the core.

Greenhills is a member of the Michigan High School Athletic Association (MHSAA) and the Catholic High School League (CHSL). Sports are divided into three seasons: fall, winter, and spring, and include:

	Boys	Girls
Fall	<ul style="list-style-type: none">● Cross Country (JV, V)● Soccer (JV, V)● Tennis (JV, V)	<ul style="list-style-type: none">● Cross Country (JV, V)● Field Hockey (V)● Golf (V)● Swim & Dive (V)● Volleyball (9th, JV, V)
Winter	<ul style="list-style-type: none">● Basketball (9th, JV, V)● Swim & Dive (V)	<ul style="list-style-type: none">● Basketball (JV, V)
Spring	<ul style="list-style-type: none">● Baseball (JV, V)● Golf (JV, V)● Lacrosse (V)● Track & Field (JV, V)	<ul style="list-style-type: none">● Soccer (V)● Softball (V)● Tennis (JV, V)● Track & Field (JV, V)

Co-Operative Programs Led By Peer Schools

Greenhills students may also compete in the following MHSAA sports that are run by peer schools through co-operative program agreements Greenhills has made with these schools. These programs practice and compete fully off-campus and may require additional costs.

- Downhill Skiing (Coed, Winter), *led by Cranbrook-Kingswood, Bloomfield Hills*
- Ice Hockey (Boys, Winter), *led by Father Gabriel Richard High School, Ann Arbor*
- Lacrosse (Girls, Spring), *led by St. Catherine's Academy, Wixom*