Holy Cross Regional High School has become an athletic powerhouse in BC high school competitive sports. This is no accident. Not only have we been fortunate to have many talented student athletes play for our teams, but Holy Cross places a high priority on athletics and our staff and students work diligently to ensure success.

One of the most important factors in Holy Cross' athletics success is determining which sports to offer – that is, which sports will have teams and coaches at every level, and in which sports will we allocate most of our resources. It is one of our main goals to be truly great in competitive sports, at local and regional levels.

Because we are a smaller school, we have limited student athletes, staff, coaches and resources, and have to make choices about our priorities. If we try to offer too many sports and support all of them at the same level, we spread ourselves too thin and risk not being great at anything.

Holy Cross's sport teams put a focus on building high quality student athletes through sport by focusing on characteristics such as dedication, hard work, perseverance and teamwork. All of which are valued in being part of one of our school sports teams.

Social Media Links

Fall Sports:

Football

Girls Volleyball

Cross Country

Swimming

Winter Sports:

Basketball

Lacrosse

Spring Sports:

Track and Field

Golf

Ultimate

Girls Soccer

Athletics Media Leadership Team

We have an Athletics Media Leadership Team for our senior level students to promote and run various events such as pep rallies, dances, social media accounts, scorekeeping, photography and develop a clothing line. This team has an interview process and is open to any student in Gr 11 and 12.

Instagram athletics_hc

Tik Tok @athletics_hc

Twitter @Athletics_HC

Youtube Channels

@HolyCrossRegionalHighSchool

@hcathletics8037

Hudl

Hudl video

Photos links

Media Day

Homecoming

Catholics

Sports Camps

2024 Summer Basketball Camp

Separate link at top of page.

Crusader Athletics Parent Promotions Team (CAPP)

Fundraising Initiatives