



ALEXANDRA COLLEGE
DUBLIN



Sporting options include:

- Athletics
- Badminton
- Basketball
- Cricket
- Dance
- Fitness
- Gymnastics
- Hockey
- Rounders
- Rugby
- Self-defence
- Soccer
- Tennis
- Volleyball
- Yoga

Sport

Sport has an important place at Alexandra College. Involvement in sport promotes a healthy lifestyle, teaches the value of teamwork, promotes competitiveness and encourages good habits at an early age.

We want our girls to understand that exercise improves learning and helps to relieve stress, so we make it easy for them to take part in a wide range of sports and active pursuits regardless of their basic abilities or talents. And of course not everyone wishes to play competitive sport so we offer a good range of health and lifestyle activities such as dance, fitness, self-defence and yoga. Girls take part in sport both during the regular school day and also in sessions after school. Students are encouraged to try activities that are new to them, and we place great emphasis on leisure activities that can be pursued after leaving school.

Competitive activity

Of course we encourage competitive sport and we have busy fixture lists for teams in the major sports. For more than 100 years Alexandra College has a rich tradition of playing hockey. We have two hockey pitches – one water based and one sand dressed – and 18 hockey teams that all compete in friendly and league matches every week. We often have girls playing for Ireland and we were delighted to be All Ireland Hockey Champions at senior level in 2012.

We have four soccer teams playing at first year, under-14, under-16 and senior level. In recent years, we have enjoyed success at each level, winning league and cup competitions, and we have had girls play for Leinster and Ireland.

We have four basketball teams competing in the South Dublin League and Cup Competitions, and we also compete at city, provincial and national level in many other sports including athletics, badminton, tennis and volleyball.

Excellent facilities

We have the finest sports facilities of any school in the country, including a new multi-purpose sports hall at the Henrietta White Centre, where the girls can play hockey, basketball, badminton, and volleyball, as well as many other fitness activities. We also have all-weather hockey, tennis and basketball facilities on campus, as well as pitches and areas for athletics, soccer, cricket and rugby.

We encourage each student to take part in at least one activity that they can enjoy at whatever level they attain, regardless of their individual ability. Whether a girl wishes to develop a particular talent and compete at an elite level or whether she simply wishes to pursue an interest and stay healthy we can help her to achieve her aims.

