



At Glenlyon Norfolk School (GNS), students are offered a vast range of opportunities to engage in sports and co-curricular activities, providing a balanced educational experience that nurtures physical development and character. These activities go beyond the regular physical and health education curriculum, allowing students to explore their passions, develop teamwork skills and develop a lifelong commitment to health and wellness.

Middle School Athletics

Our Middle School athletics program is built on the principles of inclusivity, growth and active participation. It ensures that every student, regardless of their prior athletic experience, has the opportunity to explore various sports. This diversity of choice enables students to discover new interests and skills while building confidence both on and off the field. Students can participate in team and individual sports, focusing on developing their athletic abilities in a supportive and engaging environment. Grade 8 students can also be invited to play on Senior School teams. Through structured practices and friendly competitions, students gain a solid foundation in athletic principles and habits that will serve them well throughout their lives.

Senior School Athletics

GNS boasts a dynamic and competitive Senior School athletics program, with an impressive collection of banners in the Thorau Gym representing success at the Provincial level. It is designed to inspire students to achieve excellence in sports while discovering leadership skills, the importance of commitment and team spirit. Whether playing on the soccer pitch, competing in a basketball tournament or representing the school at provincial field hockey finals, GNS students consistently push their limits and demonstrate their athletic talents.

For athletes with a strong drive for competition, the program opens doors to provincial and national championships, providing valuable opportunities to compete at higher levels. Student-athletes are supported every step of the way, with access to first-rate facilities, skilled coaches and a network of alumni.

GNS sports: Badminton, Basketball, Climbing, Cross Country, Field Hockey, Golf, Rowing, Rugby, Sailing, Soccer, Swimming, Tennis, Track & Field, Ultimate Frisbee, Volleyball