

East Catholic High School offers a comprehensive athletic program for boys and girls all year long. Nearly 80% of our students participate on at least one athletic team. Our students are consistently recognized by our conference for their achievements on the field and in the classroom; many continue to play at the collegiate level.

* Nearly 30% of our student-athletes receive conference All Academic honors.

* Approximately 10% of our student-athletes receive All State honors.

Many of our students continue their athletic careers in college; a number are recruited by Division 1 schools. Colleges and universities with ECHS athletes on their current rosters include: Boston College, Dartmouth College, Marist College, Providence College, Fairfield University, Sacred Heart University, Assumption College, Clark University, Iona University, Saint Joseph College/West Hartford, St. Joseph College/Philadelphia, University of Rochester, Western Connecticut State University, Quinnipiac University, Gordon College, Eastern Connecticut State University, University of New Haven, Nichols College, Florida Southern University, Johnson & Wales College, Keene State University, Western New England College, John Carroll University.

Athletic Teams Offered

Boys:

Baseball — V, JV, Freshman
Basketball — V, JV, Freshman
Cross Country — V, JV
Football — V, JV, Freshman
Golf — V, JV
Ice Hockey — V, JV
Indoor Track — V
Lacrosse — V, JV
Outdoor Track — V
Soccer — V, JV, Freshman
Swimming & Diving — V
Tennis — V
Wrestling — V, JV

Girls:

Basketball — V, JV, Freshman
Cheerleading — V
Cross Country — V, JV
Golf — V
Indoor Track — V
Lacrosse — V, JV
Outdoor Track — V
Soccer — V, JV
Softball — V, JV
Swimming & Diving — V
Tennis — V
Volleyball — V, JV, Freshman