



St Edward's
COLLEGE
FOUNDED. 1929

Contact: Admissions Office on +356 27881199
or admissions@stedwards.edu.mt

Sport at St Edward's College

Building strength,
teamwork and
resilience



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Sport plays an important and valued role in life at St Edward's College, supporting students' physical health, personal development and sense of teamwork. Our sports programme encourages participation, enjoyment and personal growth, helping students develop lifelong healthy habits.

Students are offered opportunities to take part in a range of sporting activities, catering for different interests and abilities. Whether competing as part of a team or taking part for personal enjoyment, students are encouraged to challenge themselves, build confidence and develop essential skills such as discipline, perseverance and collaboration. We have a specialised Sports Program for promising athletes which incorporates academics with more sport than is available for the rest of the students.

Through training sessions, fixtures and sports events, students learn the importance of commitment, fair play and respect for others. Sport also provides a powerful platform for leadership development, resilience and managing both success and setback in a positive way.



At St Edward's College, sport is viewed as an integral part of a balanced education. It promotes wellbeing, strengthens friendships and helps students develop the confidence and determination that extend well beyond the playing field — preparing them for challenges both in school and in life.

A Healthy mind in a healthy body