



Sports Association 2020/2021

At SIS, you can take part in stimulating sports activities every day of the school week.

Do you want to have fun, like to compete and believe in good sportsmanship? Then you can have the honor of representing the school, both in Sweden and abroad. The Sports Association's (SA) program is inclusive, competitive and enjoyable.

Our aim is to challenge our students with focus on good sportsmanship, respect and cooperation. We also want you as a student to learn the importance of an active, healthy and balanced lifestyle.



**Stockholm
International
School**



Sports at School

Our engaged coaches will instruct, inspire and teach you new things to improve your game.

The Sports Association will offer (depending on interest) Badminton, Basketball, Cheerleading, Chess, Cross Country Running, Floor Hockey, Soccer, Squash*, Swimming, Table Tennis*, Tennis* and Volleyball to Grades 6** and above. Any level of experience is welcome. Students can sign up for several sports.

External affiliates

SIS aims to work with external local clubs and organisations to provide sports and extracurricular activities. If you are looking for a particular activity please let us know and we can help you find it.

*Might be offered by external partners.

**Pending availability and with parents permission 11 years old from Grade 5 can participate.



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Tournaments & Leagues

Being part of the sports teams gives you the honour of representing the school, both in Sweden and abroad.

International tournaments

SIS is a member of two international schools organisations: the Nordic Network Sports Tournament (NNST) and the Nordic League.

Sports NNST: Basketball, Chess, Cross Country Running, Floorball and Soccer.
Sports Nordic League: Badminton, Basketball and Soccer.

Local league

SIS is the proud founder of the Stockholm International League (SIL) which will start in 2020/2021. The purpose of the league is to promote a competitive local school league for basketball and soccer with focus on good sportsmanship, respect and co-operation among students and international schools.



**Stockholm
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STOCKHOLM INTERNATIONAL LEAGUE



STOCKHOLM INTERNATIONAL LEAGUE

The Stockholm International League (SIL) was founded 2020 to organise inter-school games in basketball and soccer. The purpose is to promote competitive school leagues with focus on good sportsmanship, respect and co-operation among students and international schools.



New local school league!

The Stockholm International League will start to organize inter-school games of basketball and soccer in 2020/21

Member schools

Futura School Bergtorp
Futura School Kottla
Futura School Stockholm
International School of the
Stockholm Region
Stockholm International
School

The aim is to add more schools, sports and age groups in the near future.

Format

League games during fall/spring.

Current age level

Grades 6-8

Current sports

Basketball
Soccer

SIL Homepage

<https://sites.google.com/intsch.se/stockholm-international-league>



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Tournament dates 2020/2021

Nordic League 2020/2021

MS* Soccer Oct. Oslo

HS* Soccer Oct. Stockholm

MS Basketball Feb. Copenhagen

HS Basketball Feb. Helsinki

Badminton MS 23 April, Oslo

Stockholm International League 2020/2021

Basketball MS & Soccer MS will be played
during the academic school year
2020/2021.

Nordic Network Sports Tournament 2020/2021

May. Final date & place TBA

Sports included: Soccer, Basketball, Floorball,
Cross country running & Chess.

Note: Dates above can be adjusted.

**MS (grades 6-8), HS (grades 9-12)*



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Sports seasons 2020/2021

Sign up link: <https://sites.google.com/intsch.se/sis-sports-teams-2020-2021/sign-up>

Fall season Aug 24th - Oct 23rd

Sports	Monday	Tuesday	Wednesday	Thursday	Friday
Basketball		MS Girls 17.30-18.30 SIS HS Girls 18.30-19.30 SIS		MS Boys 17.30-18.30 SIS HS Boys 18.30-19.30 SIS	
Cheerleading	17.30-19.00 SIS				
Cross Cr Run	16.00-17.00 SIS				
Soccer	MS&HS 07-00-08.00 Österm. IP (Extra)	HS Girls 07.00-08.00 Humlegården	HS Boys 07.00-08.00 Österm. IP	MS Girls 07.00-08.00 Humlegården	MS Boys 07-08 Humlegården
Swimming			17.30-18.30 GIH		
Volleyball			MS&HS Girls 17.30-18.30 SIS		
Tennis* (TBA)					

Winter season Nov 2nd - Feb 26th

Sports	Monday	Tuesday	Wednesday	Thursday	Friday
Badminton					MS Mixed 17.00-18.00 SIS
Basketball		MS Girls 17.30-18.30 SIS HS Girls 18.30-19.30 SIS		MS Boys 17.30-18.30 SIS MS Boys 18.30-19.30 SIS	
Cheerleading	17.30-19.00 SIS				
Cross Cr Run	16.00-17.00 SIS				
Swimming			17.30-18.30 GIH		
Volleyball			MS&HS Girls 17.30-18.30 SIS		
Tennis* (TBA)					

Spring season Mar 8th - June 4th

Sports	Monday	Tuesday	Wednesday	Thursday	Friday
Badminton					MS Mixed 16.30 -17.30 Bad.Stadion
Basketball		MS Girls 17.30-18.30 SIS HS Girls 18.30-19.30 SIS		MS Boys 17.30-18.30 SIS HS Boys 18.30-19.30 SIS	
Cheerleading	17.30-19.00 SIS				
Cross Cr Run	16.00-17.00 SIS				
Floorball			MS Mixed 17.30-18.30 SIS HS Mixed 18.30-19.30 SIS		
Soccer	MS&HS Östm IP 07-08 (Extra)	HS Girls 07.00-08.00 Humlegården	HS Boys 07.00-08.00 Österm. IP	MS girls 07.00-08.00 Humlgården	MS Boys 07.00-08.00 Humlegården
Swimming			17.30-18.30 GIH		
Tennis* (TBA)					

MS= Middle school (grades 6-8), HS= High School (grades 9-12)

* 07-08 AM Tennisstadion (Östermalm) or 16-18 PM Bodal Tennishall (Lidingö)