



# Sports schedule

2022/2023

#sportsatsis



Stockholm  
International  
School





# SIS Sports Association

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.



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# Sports at SIS

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, Floor Hockey, Padel\*, Soccer, Speed Skating, Swimming, Table Tennis, Tennis, Volleyball and Yoga 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.

\* Pop-up Padel, see last page.

\*\*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.



## Local league

SIS is the proud founder of the Stockholm International League (SIL). 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.



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# Tournament dates 2022/2023

## **Nordic League 2022/2023**

MS\* Soccer Oct. Oslo

HS\* Soccer Oct. Stockholm

MS Basketball Feb. Copenhagen

HS Basketball Feb. Copenhagen

Badminton MS April, Copenhagen

## **Stockholm International League**

**2022/2023**

Basketball MS & Soccer MS will be played

during the academic school year

2022/2023.

## **Nordic Network Sports Tournament**

**2022/2023**

5th May, 2023. Final date & place TBA

## **Other sports tournaments**

SIS SA will look to join tournaments

in other sports.

*Note: Dates above can be adjusted.*

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



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# Pop-up Padel & Tennis

## **Exclusive sessions**

Through our partner RQT we will offer pop-up sessions in Padel & Tennis if requested. These pop-up sessions will be exclusive for SIS students and run by professional padel & tennis coaches. For more information please contact [m.fogelstrom@intsch.se](mailto:m.fogelstrom@intsch.se)

## **RQT Stora Wäsby Padel & Tennis**

RQT a top-modern facility with three padel courts and four tennis courts. RQT is located in Stora Wäsby, a 25 min drive from central Stockholm. If you would like to be part of their club training in padel or tennis please contact [m.fogelstrom@intsch.se](mailto:m.fogelstrom@intsch.se)  
Read more about RQT on [www.rqt.se](http://www.rqt.se)



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# Sports seasons 2022/2023

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

## Fall season Aug 30th - Oct 28th

Sports	Monday	Tuesday	Wednesday	Thursday	Friday
Badminton					MS 16.00-17.00 HS 17.00-18.00 BS***
Basketball	Open gym (B&G) 16.00-17.00 IC**	Sr Boys 19.00-20.00 IC**	Jr & Sr Girls 17.30-19.30 SIS	Jr boys 17.30-19.30 SIS	
Cheerleading	17.30-19.00 SIS				
Floorball		17.30-18.30 SIS			
Soccer				07.00-08.00 Humleg.	
Swimming					16.30-17.30 GIH
Table Tennis		18.30-19.30 SIS			
Tennis	07.00-08.00 TS *				
Volleyball					17.00-18.00 SIS
Yoga		16.00-17.00 SIS			

## Winter season Nov 7th - Feb 24th

Sports	Monday	Tuesday	Wednesday	Thursday	Friday
Badminton					MS 16.00-17.00 HS 17.00-18.00 BS***
Basketball	Open gym 16.00-17.00 IC**	Sr Boys 19.00-20.00 IC**	Jr & Sr Girls 17.30-19.30 SIS	Jr boys 17.30-19.30 SIS	
Cheerleading	17.30-19.00 SIS				
Floorball		17.30-18.30 SIS			
Speed Skating				TBA	
Swimming					16.30-17.30 GIH
Table Tennis		18.30-19.30 SIS			
Tennis	07.00-08.00 TS *				
Volleyball					17.00-18.00 SIS
Yoga		16.00-17.00 SIS			

## Spring season March 6th - June 2nd

Sports	Monday	Tuesday	Wednesday	Thursday	Friday
Badminton					MS 16.00-17.00 HS 17.00-18.00 BS***
Basketball	Open gym (B&G) 16.00-17.00 IC**	Sr Boys 19.00-20.00 IC**	Jr & Sr Girls 17.30-19.30 SIS	Jr boys 17.30-19.30 SIS	
Cheerleading	17.30-19.00 SIS				
Floorball		17.30-18.30 SIS			
Soccer				07.00-08.00 Humleg.	
Swimming					16.30-17.30 GIH
Table Tennis		18.30-19.30 SIS			
Tennis	07.00-08.00 TS *				
Volleyball					17.00-18.00 SIS
Yoga		16.00-17.00 SIS			

\*Tennisstadion \*\*Immanuel Church \*\*\* Badmintonstadion



For the latest updates follow us on:  
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Contact  
Magnus Fogelström  
Sports Director  
e: [m.fogelstrom@intsch.se](mailto:m.fogelstrom@intsch.se)  
m: 076 0005984



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