



Sports schedule

2023/2024

#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, Jujutsu (Martial Arts), Lacrosse*, Soccer, Rugby, 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.

* Practice with local club

**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 2023/2024

Nordic League 2023/2024

MS* Soccer Nov. 9-10 Helsinki

HS* Soccer Oct. 5-6 Copenhagen

MS Basketball March 8-9 Stockholm

HS Basketball Feb. 1-2 Stavanger

Badminton MS May 3-4, Oslo

Badminton HS May 2-3 Vilnius

Nordic Network Sports Tournament 2023/2024

May, 2024. Malmö (Sweden)

MS Basketball & Soccer (grades 6-8)

HS Basketball & Soccer (grades 9-10)

Stockholm International League 2023/2024

MS & HS Soccer Sept. 22

Basketball jr & sr Nov

Badminton March

MS Basketball & Soccer (grades 6-8)

HS Basketball & Soccer (grades 9-10)

Other sports tournaments

If possible SIS will look to join tournaments
in other sports as well.



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Note: Dates above can be adjusted.

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

Sports seasons 2023/2024

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

Fall season Aug 28th - Oct 27th

Sports	Monday	Tuesday	Wednesday	Thursday	Friday
Badminton					MS 16.00-17.00 BS*** HS 17.00-18.00 BS***
Basketball	Rotation system 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				
Jujutsu (Martial Arts)					OBS! SUNDAYS! MS 12.00-14.00 (Sun) HS 14.00-16.00 (Sun)
Rugby			16.15-17.15 SIS		
Soccer		16.00-17.00 Östermalm IP		16.00-17.00 Östermalm IP	
Speed Skating				Not in fall season.	
Swimming & Rescue					16.30-17.30 GIH
Table Tennis		17.30-18.30 SIS			
Tennis	07.00-08.00 TS *				
Volleyball					17.00-18.00 SIS
Yoga		16.00-17.00 SIS			

Winter season Nov 6th - Feb 23th (Hours might change depending on access to Norra Latin)

Sports	Monday	Tuesday	Wednesday	Thursday	Friday
Badminton					MS 16.00-17.00 BS*** HS 17.00-18.00 BS***
Basketball	Rotation system 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				
Jujutsu (Martial Arts)					OBS! SUNDAYS! MS 12.00-14.00 (Sun) HS 14.00-16.00 (Sun)
Rugby			16.15-17.15 SIS		
Soccer		Might be indoors		Might be indoors	
Speed Skating		18.00-19.00 Östermalm IP			
Swimming & Rescue					16.30-17.30 GIH
Table Tennis		17.30-18.30 SIS			
Tennis	07.00-08.00 TS *				
Volleyball					17.00-18.00 SIS
Yoga		16.00-17.00 SIS			

*Tennisstadion **Immanuel Church *** Badmintonstadion

Sports seasons 2023/2024

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

Spring season March 4th - May 31st					
Sports	Monday	Tuesday	Wednesday	Thursday	Friday
Badminton					MS 16.00-17.00 BS*** 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				
Jujutsu (Martial Arts)					OBS! SUNDAYS! MS 12.00-14.00 (Sun) HS 14.00-16.00 (Sun)
Rugby			16.15-17.15 SIS		
Soccer		16.00-17.00 Östermalm IP		16.00-17.00 Östermalm IP	
Speed Skating		Not offered in Spring		Not in spring season.	
Swimming & Rescue					16.30-17.30 GIH
Table Tennis		17.30-18.30 SIS			
Tennis	07.00-08.00 TS *				
Volleyball					17.00-18.00 SIS
Yoga		16.00-17.00 SIS			

For the latest updates
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Contact

Magnus Fogelström

Sports Director

e: m.fogelstrom@intsch.se

m: 076 0005984



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