



# Sports schedule

2024-2025

#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), Padel, Soccer, Swimming & Rescue, 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.

\* 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 and the Nordic League. Tournaments in these leagues takes place in Sweden, Denmark, Finland, Lithuania and Norway.

## 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 2024-2025

## **Nordic League 2024-2025\***

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

MS Soccer Oct 3-4 Oslo

HS Soccer Oct. 3-4 Stockholm

MS Basketball Feb 3-4 Copenhagen

HS Boys Basketball Feb. 3-4 Vilnius

HS Girls Basketball Feb 7-8 Stavanger

Badminton MS May 8-9, Copenhagen

Badminton HS May 8-9 Helsinki

## **Nordic Network Sports 2024-2025\***

*MS (grades 6-8), HS (grades 9-10)*

May 23rd Stockholm

MS Badminton, Basketball & Soccer (grades 6-8)

HS Badminton, Basketball & Soccer (grades 9-10)

*Note: Dates above can be adjusted.*

## **Stockholm International League 2024-2025\***

*MS (grades 6-8), HS (grades 9-10)*

MS Soccer Sept. 20 Östermalm IP

HS Soccer Oct. 18 Östermalm IP

MS & HS Basketball March TBA

Badminton Feb TBA

Volleyball TBA

## **Other sports tournaments**

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



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# Sports seasons 2024-2025

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

## Fall season Aug 26th - Oct 25th

Sports	Monday	Tuesday	Wednesday	Thursday	Friday/weekend
Badminton		Extra practice 16.30-17.30 BS***			MS 16.00-17.00 BS*** HS 17.00-18.00 BS***
Basketball	MS Boys 16.00-17.00 IC**	Girls 16.30-17.30 NL HS Boys 17.30-18.30 NL	Girls 17.15-18.15 JG	MS Boys 15.45-16.45 HS Boys 17.00-18.00 (Both at NL)	
Cheerleading	17.00-18.30 NL				
Jujutsu (Martial Arts)			MS & HS 17.00-18.30 NL	MS & HS 17.30-19.00 JG	
Padel					Sundays 16.00-19.00 (1 hour per group)
Soccer		16.00-17.00 ÖIP		16.00-17.00 ÖIP	
Swimming & Rescue					16.30-17.30 GIH
Table Tennis		17.30-18.30 JG			
Tennis	07.00-08.00 TS *				
Volleyball			15.45-16.45 NL (Girls)		15.45-16.45 NL (Boys)
Yoga		16.00-17.00 NL			

## Winter season Nov 4th - Feb 21st

Sports	Monday	Tuesday	Wednesday	Thursday	Friday/weekend
Badminton		Extra practice 16.30-17.30 BS***			MS 16.00-17.00 BS*** HS 17.00-18.00 BS***
Basketball	MS Boys 16.00-17.00 IC**	Girls 16.30-17.30 NL HS Boys 17.30-18.30 NL	Girls 17.15-18.15 JG	MS Boys 15.45-16.45 HS Boys 17.00-18.00 (Both at NL)	
Cheerleading	17.00-18.30 NL				
Jujutsu (Martial Arts)			MS & HS 17.00-18.30 NL	MS & HS 17.30-19.00 JG	
Padel					Sundays 16.00-19.00 (1 hour per group)
Soccer		No practice Ice on the pitch		No practice Ice on the pitch	
Swimming & Rescue					16.30-17.30 GIH
Table Tennis		17.30-18.30 JG			
Tennis	07.00-08.00 TS *				
Volleyball			15.45-16.45 NL (Girls)		15.45-16.45 NL (Boys)
Yoga		16.00-17.00 NL			

# Sports seasons 2024-2025

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Spring season March 3rd - May 30th

Sports	Monday	Tuesday	Wednesday	Thursday	Friday/weekend
Badminton		Extra practice 16.30-17.30 BS***			MS 16.00-17.00 BS*** HS 17.00-18.00 BS***
Basketball	MS Boys 16.00-17.00 IC**	Girls 16.30-17.30 NL HS Boys 17.30-18.30 NL	Girls 17.15-18.15 JG	MS Boys 15.45-16.45 HS Boys 17.00-18.00 (Both at NL)	
Cheerleading	17.00-18.30 NL				
Jujutsu (Martial Arts)			MS & HS 17.00-18.30 NL	MS & HS 17.30-19.00 JG	
Padel					Sundays 16.00-19.00 (1 hour per group)
Soccer		16.00-17.00 ÖIP (When no ice)		16.00-17.00 ÖIP (When no ice)	
Swimming & Rescue					16.30-17.30 GIH
Table Tennis		17.30-18.30 JG			
Tennis	07.00-08.00 TS *				
Volleyball			15.45-16.45 NL (Girls)		15.45-16.45 NL (Boys)
Yoga		16.00-17.00 NL			





For the latest updates follow us on:  
[#sportsatsis](https://twitter.com/sportsatsis)

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