



Sports schedule

2025-2026

#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.



**Stockholm
International
School**



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 (gr 6-12), Basketball (gr 1-12), Brazilian Jiu Jitsu (gr 6-12), Cheerleading (gr 6-12), Fitness Gym (gr 6-12), Football (gr 1-12), Flag Football (gr 6-12), Gymnastics (gr 1-5), Padel (gr 6-12), Swimming & Rescue (gr 6-12), Table Tennis (gr 6-12), Tennis (gr 6-12) and Volleyball (grades 1-12).

All levels of experience are 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. For example is our football program run by coaches from Djurgården Academy. If you are looking for a particular activity please let us know and we can help you find it.



**Stockholm
International
School**



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 badminton, basketball, football and volleyball with focus on good sportsmanship, respect and co-operation among students and international schools.



Skol-DM (regional school sports championships)

Part of "Skolidrottsförbundet" and competes in the regional championships.



**Stockholm
International
School**



Tournament dates 2025-2026

Nordic League 2025-2026*

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

MS Soccer Oct 2-3 Stockholm

HS Soccer Oct. 2-3 Stavanger

MS Basketball Feb 2-3 Helsinki

HS Basketball Feb. 2-3 Copenhagen

MS & HS Volleyball April 29-30 Cph

Badminton MS May 7-8, Oslo

Badminton HS May 7-8 Copenhagen

Stockholm International League 2025-2026*

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

MS & HS Soccer Oct. 17 Kärntorp IP

MS Basketball March 16 (girls) & 18 (boys)

HS Basketball March 31

Badminton Feb 18th

Volleyball Dec week 49

Skol-DM (regional school sports championships)

MS & HS Basketball April 23

Nordic Network Sports 2025-2026*

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

June 5th, Stockholm*

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

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

Note: Dates above can be adjusted.



**Stockholm
International
School**

Sports seasons 2025-2026

Sign up link: <https://sites.google.com/intsch.se/2025-26/sign-up>

MS=grades 6-8 HS=grades 9-12

Fall season Aug 25th - Dec 19th & Spring season 12 Jan - 29 May

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 15.45-16.45 NL HS Boys 16.45-17.45 NL	Girls 17.30-18.30 JG	MS Boys 15.45-16.45 NL HS Boys 16.45-17.45 NL	
Brazilian Jiu Jitsu			M S & HS 17.30-19.00 NL		
Cheerleading	17.30-19.00 JG				
Fitness Gym	16.15-17.15 NL				
Flag football	16.30-17.30 NL				
Football (Soccer)		Enrichment 15.15-16.15 ÖIP (Nov-March NL)	Boys 16.00-17.00 ÖIP No practice Nov-Match	Girls 16.00-17.00 NL	
Padel					TBA (Sundays)
Swimming & Rescue					16.30-17.30 GIH
Table Tennis			15.35-16.30 NL		
Tennis	07.00-08.00 TS*				
Volleyball	MS Girls 15.45-16.45 NL MS Boys 16.45-17.45 NL		Mixed HS 16.30-17.30NL		HS Girls 15.45-16.45 NL HS Boys 16.45-17.45 NL

NL=Norra Latin, JG=Johannesgatan *Tennisstadion **Immanuel Church *** Badmintonstadion

Outdoor sports will continue as long as the weather allows.



For the latest updates follow us on: [#sportsatsis](#)

Contact

Magnus Fogelström

Sports Director

e: m.fogelstrom@intsch.se



Stockholm
International
School