FAQ HCOS Athletics

Can my child play on team sports?

Welcome to HCOS Athletics! No matter where you live in BC, we are thrilled to help your child get involved in sports.

For our families living in other regions, your student can participate by teaming up with a local school in your community. (Please note that community school policies on hosting online learners can vary).

If you are located near our Flex Academy campus, your child is warmly invited to try out any of our existing teams or sports programs.

How HCOS Supports Your Eligibility: To get your student game-ready for Grades 8–12, our HCOS Athletic Coordinator will take care of their BC School Sports registration. To stay eligible, students just need to maintain at least 62.5% of a full course load (minimum of 5 courses per school year) with HCOS.

Once you find a local host school, our HCOS Athletic Director will collaborate directly with their administration to complete the Online Learning Alternate School Form.

> **Note for Grades 9+:** The local brick-and-mortar school you choose will become your designated "home school" for sports moving forward.

Can my child play individual sports?

Compete Individually under the HCOS Banner!

Yes! Our HCOS distance learners can absolutely compete in individual sports like Track & Field, Mountain Biking, Swimming, Cross Country, and more. Unlike team sports, individual athletes get the unique opportunity to officially represent HCOS at competitions, no matter where they live.

How Individual Sports Work:

- **Official Alignment:** Even if you arrange to train alongside a local school or work with an external coach, you will always be proudly registered under, and competing for, HCOS.
- **Event Management:** Because these programs are spread out, families take the lead on managing local event entry fees and logistics. Don't worry about the "coach" requirement for event registration—a parent can easily fill this role!

Next Steps:

To get started, your student must be registered with BC School Sports. Please connect directly with our **HCOS Athletic Coordinator,** who will ensure you meet all requirements and help get your student officially cleared for competition.

I am a registered student, not enrolled

To represent HCOS and eligibility for any BC School Sports programs, your child just needs to be fully enrolled as an HCOS student.

If you are ready to take the next step or need a little help navigating the enrollment process, our team is right here to guide you through every step of the way!

What does HCOS provide for sport?

At HCOS, we are proud to serve as a robust support system, cheering on and endorsing our students in all of their athletic pursuits! While families take the lead on selecting the specific local sports opportunities that best fit their schedule, HCOS is right beside you to handle the heavy lifting behind the scenes.

How We Back Our Students:

- **Eligibility & Endorsements:** We verify and advocate for your student's eligibility so they can compete confidently.
- **BC School Sports Registration:** Our dedicated staff assists with official registrations to get your athlete game-ready.

Looking Ahead: We are actively expanding our athletic community by developing internal programs, creating exciting new ways for HCOS students to connect, compete, and stay active together!

Do I need to pay to join campus school sports?

Yes, sports participation typically involves athletic fees, which vary depending on the pathway your student chooses:

- **For Team Sports (Local Campus Schools):** Most brick-and-mortar schools charge an athletic fee to cover essentials like uniforms, league registrations, travel, and equipment. Because these programs are run externally, you will check directly with the hosting school for their specific cost structure.
- **For Individual Sports (Representing HCOS):** When competing under the HCOS banner in individual disciplines, families look after their own entry fees, event costs, and personal equipment.

While HCOS doesn't directly subsidize these external athletic fees, our team is always here to help ensure your student is registered and cleared to play!

What is ESPORTS?

ESPORTS (Electronic Sports) brings the excitement of competitive, organized video gaming right to our student community. Our players and teams face off in popular, strategic titles like Rocket League and SmashBros, at local, national, and even international levels.

Why Join HCOS E-Sports? More than just gaming, ESPORTS is a fantastic way to build essential life skills like teamwork, strategic planning, critical thinking, and real-time problem-solving. It also opens doors to exciting future pathways, including collegiate scholarships and professional career opportunities. Best of all, it's an incredible space to hang out, collaborate, and build lasting friendships with fellow Flex and HCOS students.

The Schedule: Teams follow a standard weekly routine balancing preparation and execution:

- Practices: Usually held mid-week after school (e.g., Wednesdays 7:00 PM – 8:00 PM for Rocket League).
- Official Match Days: Competitive games are typically scheduled for Thursdays at 4:00 PM.

Player Expectations & Requirements

- **Technical Gear:** Families must provide a stable internet connection and the necessary hardware required for the specific title (PC, Console, or Nintendo Switch™).
- **Strict Attendance:** Because these are tight-knit team dynamics, missed practices can result in team forfeits. Absences due to illness must be coordinated in advance via the team Discord channel.
- **Financial Commitment:** A seasonal commitment fee is required upon joining to help offset the digital resources, league entry, and program activities.

> More information from the league we represent in through PlayVS.

More Information

HCOS Athletics SOPHIE Page

Players Code of Conduct

Athletics Coordinator: Justin Giesbrecht

- Email: justin.giesbrecht@onlineschool.ca
- Web: athletics.onlineschool.ca

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