

HCOS Athletics

This page provides parents with information on the next steps if an HCOS student is interested in competitive sport opportunities.

Why Sports?

Sports build more than skills, they build:

- Character
- Confidence
- Leaders
- Connection
- Belonging
- Resilience
- Joy

... and every student deserves that opportunity.

ESPORTS - An available Team sport for HCOS students. Two seasons- September and February starts.

Individual	Team
Fall <ul style="list-style-type: none"> • Swimming • Cross Country 	Fall <ul style="list-style-type: none"> • Football • Field Hockey • Boys Soccer • Volleyball
Winter <ul style="list-style-type: none"> • Wrestling • Skiing • Snowboarding 	Winter <ul style="list-style-type: none"> • Basketball • Curling
Spring <ul style="list-style-type: none"> • Mtn. Biking • Track & Field 	Spring <ul style="list-style-type: none"> • Badminton • Golf • Girls Soccer • Rugby • Tennis • Ultimate
Other <ul style="list-style-type: none"> • Gymnastics 	

As an Independent Provincial Online Learning School, our students can join a local school team or compete in Individual school sports wearing HCOS colours. For example, a student may join a local school to play basketball, volleyball, or any team sport, or train for an individual Sport like track and field and then compete wearing HCOS colours.

What can you do?

Talk to your students about interests they may have or are already involved in. A simple conversation can launch a student's journey. If you have questions, reach out to our Athletics Coordinator, who is here to help every step of the way.

Check out <https://athletics.onlineschool.ca> for schedules, sports seasons and more!

How Does It Work?

See the [Athletics flowchart](#) for more information

Team Sports

Step 1

A parent or HCOS Teacher talks with the child to ask about whether they are interested in sports.

Step 2

The student connects with a nearby school willing to host them.

Step 3

That school sends a BCSS Online Learning/Alternate School Form to our [Athletic Coordinator](#), who will handle the BC School Sports process to make it official.

Individual Sports

Students can join the BCSS STARS (BC School Sports) program by connecting with our Athletic Coordinator.

By visiting the <https://athletics.onlineschool.ca> parents (or students with their parents' approval) can register their interest for the student to participate in their sport of choice.

All Fees and costs will be the family's responsibility.

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