

# HCOS Athletics

## Welcome to HCOS Athletics!

No matter where you live in British Columbia, our mission is to build competitive, unified opportunities where distance learners can grow in character, faith, and connection—both on and off the court.

## Why Sports?

Sports build more than skills, they build:

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

... and every student deserves that opportunity.

## Seasons of Play

	Sep-Nov	Nov-Feb	Feb-Mar	Mar-June
	?Fall Season	??Winter Season	??Winter-Ext Season	?Spring Season
<b>TEAM SPORTS</b>	Football	Basketball	Basketball Gr.7	Badminton
	Field Hockey	Curling	Basketball Gr. 6 (Clubs)	Golf
	Boys Soccer			Girls Soccer
	Volleyball			Rugby
	ESPORTS			Tennis
				Ultimate
<b>INDIVIDUAL SPORTS</b>	Swimming	Wrestling		Mountain Biking

# The 3-Step Process to Getting Game-Ready

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

## Step 1: Submit Your Interest

Visit [athletics.onlineschool.ca](https://athletics.onlineschool.ca) to register your student's intent to play. Crucial Timeline: You must submit your interest well ahead of time to clear local zone athletic association deadlines.

Timeline is relative to the seasons of play

Fall - September, submit your interest 3 weeks prior to September (August 10th)

Winter - November, submit your interest 6 weeks prior to November (September 20th)

Winter-Ext - February, submit your interest 8 weeks prior to February (December 10th)

Spring - March, submit your interest 6 weeks prior to March (January 18th)

## Step 2: Uppli Registration & Athletics Fees

HCOS utilizes our secure internal platform, [Uppli](#), for all official event management.

- Once your sports placement or registration is approved by the Athletics Department, you will receive an Uppli registration link to submit.
  - Note: if you have not already created an Uppli account, please see this [SOPHIE page](#) on instructions to do so.
- All mandatory individual event entry fees, HCOS competition singlets, or team participation balances are collected through this system.
  - Initial fee, optional singlet and optional T-shirt fees will be collected at the time of form submission, by credit card.
  - As applicable, any additional fees will be invoiced.

## Step 3: Complete Parent-Coach Compliance

Because our student-athletes are spread across BC, an HCOS staff member cannot always be present on-site at every meet.

- The Policy: If a parent is managing/transporting the athlete at an official BCSS event, they must be cleared as the designated coach.

- Action Required: Parents must complete the free, online [Concussion Awareness Training Tool](#) (CATT) and submit their completion certificate to the Athletics Department prior to the first game.

## Important Logistics to Remember

- Financial Responsibility: Families are responsible for all sport-specific equipment, travel, and overnight accommodation costs for regional or Provincial championships.
- Insurance: HCOS does not provide secondary accidental insurance coverage. All student-athletes participate in external training and competitions at their own risk.
- Scores & Records: For individual sports advancing through "Zone" tournaments into the "Valleys" (Regional Championships), it is the parent/coach's responsibility to keep a verified physical record of all official times and scores to submit for Provincial qualification. Please forward this to the Athletic Coordinator.

## More Information

### [Frequently Asked Questions](#)

### Athletics Coordinator: Justin Giesbrecht

- Email: [justin.giesbrecht@onlineschool.ca](mailto:justin.giesbrecht@onlineschool.ca)

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Web: [athletics.onlineschool.ca](http://athletics.onlineschool.ca)

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