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
TEAM SPORTS	Football	Basketball	Basketball Gr.7	Badminton
	Field Hockey	Curling	Basketball Gr. 6 (Clubs)	Golf
	Boys Soccer			Girls Soccer
	Volleyball			Rugby
	ESPORTS			Tennis
				Ultimate
INDIVIDUAL SPORTS	Swimming	Wrestling		Mountain Biking

Cross-Country	Skiing & Snowboarding		Track & Field

> Take the stepping stone pathway by viewing our Athletics flowchart.

Grade Level Differences

Grades 4–7 **Focus:** Skill development, learning the game, building teamwork, and most importantly, having fun! These years are entirely developmental. **There is no need for BC School Sports (BCSS) registration, fees, or eligibility tracking at this level.** Because these younger grades do not impact high school athletic associations or strict eligibility requirements, families have complete flexibility to find or create local sports opportunities. Note: Once a student enters **Grade 8**, they must be formally registered with BCSS and compete strictly under HCOS regulations.	**BC School Sports, Grades 8–12** Once athletes reach Grade 8, they enter the official BCSS competitive framework. Teams at these levels compete regionally and have the opportunity to qualify for Zone and Provincial Championships. • **Grade 8:** specifically for athletes in their first year of high school eligibility. • **Grade 9:** specifically for athletes in their second year of eligibility. (Note: Depending on school size, Grade 9s often play up on Junior teams). • **Junior:** Grades 9 & 10 • **Senior:** Grades 11 & 12

Finding Local Opportunities (Grades 4–7)

If HCOS does not currently offer a teacher-led athletic camp or team in your specific region, families are encouraged to explore the following pathways:

Option 1: Connect with Local Schools

Families can reach out directly to public or independent schools in their immediate community. You can look up local school district event calendars (e.g., SD57 events) to see what public races or meets are happening, and ask if your child can participate.

> **Please note:** Allowing an HCOS student to train or run with a local school's team is entirely up to the discretion of that individual school and principal.

Option 2: Explore Club & Community Pathways

You can look up provincial sport organizations like BC Athletics or search the web for community-run clubs, local track and field groups, or cross-country events in your region.

Option 3: Cooperate with Other Families

If you know other local distributed or homeschooling families with interested athletes, you can work together to build your own informal training days, practice schedules, and community sports

groups.

The 3-Step Process to Getting Game-Ready

Step 1: Submit Your Interest

Visit 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

Players Code of Conduct

Athletics Coordinator: Justin Giesbrecht

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

Revision #18
Created 6 February 2026 16:49:46 by Dawn Denham
Updated 14 July 2026 16:11:24 by Dawn Denham