

**Sports Bulletin**  
**Term 1**  
**Week Beginning 9 October 2023**

	<b>Before School</b> 7:00am - 8:00am	<b>After School</b> 3:45pm - 5:00pm	<b>Fixtures</b> <a href="#">(click here for live details)</a>
<b>Monday</b>	<b>Volleyball:</b> U16 Boys training	<b>Football:</b> U7 3.30pm - 4.30pm <b>Netball:</b> U7 3.30pm - 4.30pm <b>Volleyball:</b> U20 Girls training	<b>Football:</b> U14B Boys v DBIS (a) <b>Netball:</b> U20 Girls Kellett Friendly Tournament (a) @Kellett
<b>Tuesday</b>	<b>Basketball:</b> U20 Girls training <b>Volleyball:</b> U16 Boys training <b>Rugby:</b> U12 Mixed	<b>Football:</b> U9 3.30pm - 4.30pm <b>Tennis:</b> U11 3.30pm - 4.30pm <b>Volleyball:</b> U14 Girls training	<b>Volleyball:</b> U14 Boys vs CNDIS/Harrow (a) @Harrow
<b>Wednesday</b>	<b>Netball:</b> U16 Girls training <b>Netball:</b> U20 Girls training <b>Football:</b> U14B Boys training	<b>Netball:</b> U9 3.30pm - 4.30pm <b>Football:</b> U14 Girls training <b>Secondary Swimming:</b> training	<b>Volleyball:</b> U20 Girls vs ICS/ IS (a) @ICS
<b>Thursday</b>	<b>Basketball:</b> U20 Boys training <b>Volleyball:</b> U14 Boys & Girls training <b>Rugby:</b> U20 Boys	<b>Football:</b> U11 Boys 3.30pm - 4.30pm <b>Football:</b> U11 Girls 3.30pm - 4.30pm <b>Netball:</b> U11 3.30pm - 4.30pm	<b>Football:</b> U14 Girls SDRC Tournament (a) <b>Football:</b> U14A Boys SDRC Tournament (a) <b>Volleyball:</b> U16 Boys vs CNDIS/Harrow (a) @HKIS <b>Volleyball:</b> U20 Boys vs ICS/CNDIS (a) @ICS
<b>Friday</b>		<b>Tennis:</b> U9 3.30pm - 4.30pm <b>Secondary Swimming:</b> training	<b>Football:</b> U14 Girls SDRC Tournament (a) <b>Football:</b> U14A Boys SDRC Tournament (a) <b>Volleyball:</b> U20 Boys vs YMCA (h) <b>Volleyball:</b> U20 Girls vs YMCA (h)
<b>Saturday</b>			<b>Football:</b> U14 Girls SDRC Tournament (a) <b>Football:</b> U14A Boys SDRC Tournament (a)

**Fixtures and Results** - For upcoming Cobras Fixtures and Results please [visit this website](#).

**Fitness and Strength & Conditioning** - Please book on a weekly basis using [this link](#).

## Cobra Sports Kit

All students who take part in Cobra Sports must wear the Cobra Sports Kit which can be [purchased online](#) via our [Kukri Stock Shop](#). You can also visit their store in person in [Wong Chuk Hang](#).

We stock sizes ranging from kids sizes 9-10 through to womens size 16 and adults size L. If you require a size outside this range, please contact Kukri directly for a bespoke order.

You can purchase Cobra Kit for the following sports:

**Badminton** - “DC Training/MultiSport T-Shirt”

**Basketball** - “Basketball Vest and Shorts” (numbers are pre-printed and randomly allocated)

**Cricket** - “Golf Team Polo” or “DC Training/MultiSport T-Shirt”

**Cross Country** - “Singlet”

**Football** - “DC Volleyball/Football Top” (numbers are pre-printed and randomly allocated)

**Golf** - “Golf Team Polo”

**Netball** - “Netball Dress”

**Rugby** - provided by school due to numbering system

**Swimming** - “Swimsuit” or “Swim Jammers”, plus “DC Training/MultiSport T-Shirt”

**Tennis** - “DC Training/MultiSport T-Shirt”

**Touch/Tag Rugby** - “DC Training/MultiSport T-Shirt”

**Ultimate Frisbee** - “DC Training/MultiSport T-Shirt”

**Volleyball** - “DC Volleyball/Football Top” (numbers are pre-printed and randomly allocated)

**Shorts** for all sports can be either the “MultiSport Shorts” or the DC PE shorts. (with the exception of basketball.)

<b>Sports Programme Overview 2023-2024</b>				
	<b>Term One</b>	<b>Term Two</b>	<b>Term Three</b>	
	<b>September - December</b>	<b>January - March</b>	<b>April - June</b>	
<b>Primary</b> <i>(HKPSSA)</i>	Tennis	Basketball	Aquathon	
	Football	Cross Country	Cricket	
	Netball	Tag Rugby	Swimming	
	<b>Season One</b>	<b>Season Two</b>	<b>Season Three</b>	<b>Season Four</b>
	<b>September - October</b>	<b>November - January</b>	<b>February - April</b>	<b>April - June</b>
<b>Secondary</b> <i>(ISSFHK and ACAMIS)</i>	U14 Football	Basketball	Badminton	U12 Football
	U16 & U20 Netball	Cross Country	U16 & U20 Football	U12 & U14 Netball
	Rugby	Golf		Touch Rugby
	Swimming	Tennis		Ultimate Frisbee
	U14, U16 & U20 Volleyball			U12 Volleyball
				Cricket