

Sports Bulletin
Term 1 (Season 2)
Week Beginning 27 November 2023

| | Before School 7:00am - 8:00am | After School 3:30pm - 5:00pm | Fixtures (click here for live details) |
|------------------|--|--|--|
| Monday | <p>Basketball: U20 Boys training</p> <p>Cross Country: Secondary training</p> | <p>Basketball: U16 Boys training</p> <p>Basketball: U14 Boys training</p> <p>Football: U7 3.30pm - 4.30pm</p> <p>Netball: U7 3.30pm - 4.30pm</p> | <p>Cross Country: Mini Meet 2 @Aberdeen Country Park (a)</p> <p>Netball: U16 Girls v DBIS (h)</p> |
| Tuesday | <p>Basketball: U16 & U20 Girls training</p> <p>Football: U16 Boys training</p> <p>Rugby: U12 mixed training</p> | <p>Football: U9 3.30pm - 4.30pm</p> <p>Tennis: U11 3.30pm - 4.30pm</p> | <p>Basketball: U14 Boys v CIS (h)</p> <p>Basketball: U14 Girls v CIS (h)</p> <p>Basketball: U20 Boys v RCHK (a)</p> |
| Wednesday | <p>Basketball: U20 ACAMIS training</p> <p>Netball: U16 Girls training</p> <p>Cross Country: Secondary training</p> | | <p>Basketball: U16 Girls v CDNIS (h)</p> <p>Football: U16 Boys v YCIS (h)</p> |
| Thursday | <p>Basketball: U14 Girls training 7:15am</p> <p>Tennis: U20 training</p> | <p>Basketball: U16 Boys training</p> | <p>Basketball: U20 Boys v ICS (a)</p> |
| Friday | <p>Badminton: Secondary training</p> <p>Cross Country: Secondary training</p> <p>Basketball: U20 Boys training</p> | <p>Basketball: U14 Boys training</p> <p>Tennis: U9 3.30pm - 4.30pm</p> | <p>Football: U11 HKPSSA Tournament @HKFA Jockey Club</p> |

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.)

Sports Programme Overview 2023-2024

| | Term One | Term Two | Term Three | |
|---|---------------------------|--------------------|--------------------|-------------------|
| | September - December | January - March | April - June | |
| Primary (HKPSSA) | Tennis | Basketball | Aquathon | |
| | Football | Cross Country | Cricket | |
| | Netball | Tag Rugby | Swimming | |
| | | | | |
| | Season One | Season Two | Season Three | Season Four |
| | September - October | November - January | February - April | April - June |
| Secondary (ISSFHK and ACAMIS) | 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 |