

**Sports Bulletin**  
**Term 3 (Season 4)**  
**Week beginning 15 April 2024**

	<b>Before School</b> 7:00am - 8:00am	<b>After School</b> 3:30pm - 5:00pm	<b>Fixtures</b> <a href="#">(click here for live details)</a>
<b>Monday</b>	<b>Volleyball:</b> U12 Boy and Girls training @Lunchtime	<b>Football:</b> U12 Boys training <b>Basketball:</b> U7 3.30pm - 4.30pm	
<b>Tuesday</b>	<b>Touch:</b> U14 training <b>Volleyball:</b> U12 Boys and Girls training	<b>Ultimate:</b> U20 training	<b>Badminton:</b> U14 Boys v RCHK/CDNIS (@RCHK) <b>Badminton:</b> U14 Girls v RCHK/CDNIS (@RCHK)
<b>Wednesday</b>	<b>Football:</b> U12 Boys training <b>Netball:</b> U12 training	<b>Football:</b> U12 Girls training <b>Netball:</b> U14 training <b>Swimming:</b> Primary training	
<b>Thursday</b>	<b>Touch:</b> U14 training <b>Cricket:</b> Senior (Y10-12) training		
<b>Friday</b>		<b>Football:</b> U7 3.30pm - 4.30pm <b>Swimming:</b> Primary training	

**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	
<b>Primary</b> <i>(HKPSSA)</i>	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
<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