

Sports Bulletin
Term One
Week Beginning 26th September 2022

	Before School 7:00am - 8:00am	After School 3:30pm - 5:00pm	Fixtures (click here for live details)
Monday	Basketball: U20 Boys Volleyball: U16 Girls	Football: U7 3.10pm - 4.10pm Football: U9 3.10pm - 4.10pm Strength & Conditioning: U16 Swimming: Secondary Cobras Squad Volleyball: U20 Girls	
Tuesday	Volleyball: U16 Boys	Rugby: U12/14 and U16/20 Tennis: U9 3.10pm - 4.10pm Volleyball: U20 Boys	
Wednesday	Volleyball: U16 Boys	Football: U14 Girls	Football: U14 Boys v RCHK (a) Netball: U20 v Kellett (a) Swimming: ISSFHK mini-meet (@Kellett) Volleyball: U16 Girls v HKIS (a) 4.00pm start Volleyball: U16 Girls v ICS (@HKIS) 5.00pm start Volleyball: U20 Girls v HKA (a) 4.00pm start Volleyball: U20 Girls v ICS (@HKA) 5.00pm start
Thursday	Basketball: U20 Boys	Football: U11 3.30pm - 4.30pm Netball: U7 & 9 3.10pm - 4.10pm Netball: U11 3.30pm - 4.30pm Strength & Conditioning: Girls U16 and U20	Volleyball: U16 Boys v ISF (@RCHK) 4.15pm start Volleyball: U16 Boys v RCHK (a) 5.15pm start Volleyball: U20 Boys v HKIS (@CDNIS) 4pm start Volleyball: U20 Boys v RCHK (@CDNIS) 5pm start
Friday	Outdoor Fitness: Secondary only (Foreshore) Volleyball: U16 Girls	Swimming: Secondary Cobras Squad Tennis: U11 3.30pm - 4.30pm	

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](#).