

Sports Bulletin
Term Two
Week Beginning 16th January 2023

	Before School 7:00am - 8:00am	After School 3:30pm - 5:00pm	Fixtures (click here for live details)
Monday	Basketball: U20 Boys Cross Country: Secondary - 7.15am	Basketball: U7 3.30pm - 4.30pm Basketball: U16 Boys Football: U16/20 Girls Strength & Conditioning: U16	
Tuesday	Basketball: U20 Girls Football: U20 Boys Tag Rugby: U11 Cross Country: U11 @ lunch time	Basketball: U9 3.30pm - 4.30pm Football: U16 Boys	
Wednesday	Basketball: U20 Boys Cross Country: Secondary - 7.15am	Tag Rugby: U11 3.30pm - 4.30pm	Basketball: U20 Girls v YCIS (h) Football: U16 Boys v Harrow (a)
Thursday	Basketball: U20 Girls Football: U20 Boys Tennis: U20 @ Siena Club Cross Country: U9 @ lunch time	Basketball: U11 3.30pm - 4.30pm Basketball: U20 Boys Strength & Conditioning: Girls U16 and U20	Basketball: U16 Boys v RCHK (a)
Friday	Badminton: U14 Cross Country: U9/11 @ lunch time Outdoor Fitness: Secondary (Foreshore)	Badminton: U20	Cross Country: ISSFHK Championships @Tai Tam (a)
Saturday			Cross Country: ESF Primary Competition @KGV (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 Cobra Sports teams wear their cobra sports kit to training, fixtures and tournaments. To purchase your Cobra Sports kit please click [here](#)