



E-SPORTS

Want the team experience without leaving home? [Join our Flex Academy-partnered E-sports](#) program and compete alongside like-minded players!

Are you interested in playing sports?

YES

PLAYING UP?

If you are in grade 7, but playing up to a grade 8+ team, all grade 8 regulations will apply to you. Requires BCSS approval and is only permitted if the team is short on players.

COMMUNICATION

Please let us know so we can support you!

Grades K-7

You can participate on any team or individual sport, without BCSS

Join sports as you see fit!

Get Connected

Reach out to our [HCOS Athletic Department](#) to register with BCSS.

Represent HCOS

When it comes to individual sports, you get to represent HCOS.

INDIVIDUAL SPORTS

Swimming, Cross Country, Wrestling, Skiing, Snowboarding, Mtn. Biking, Track & Field

TEAM SPORTS

Basketball, Soccer, Volleyball, Football, Field Hockey, Curling, Badminton, Golf, Rugby, Tennis, Ultimate

Join Local Schools

HCOS cannot offer team sports. Contact a local school's Athletic Department to see if they accept online students.

YES

Steps to be successful

- Parent's are the athlete's coach
- Coaches are in charge of registering for events and coaching their athlete
- Submit [coaching CATT training](#)

APPROVED BY BCSS

Have Fun Competing!

Please share your experiences, wins and losses!

APPROVED BY BCSS

Paper Work

The receiving school must fill out an ["Online Alt School Form"](#) and submit it to the [HCOS Athletic Department](#) for signature before sending to BC School Sports.

We are growing and building competitive camp opportunities!

NO? No problem!

There are many other opportunities out there for you! [Learning Groups](#)

SCHOOL TRANSFER

Did you transfer schools after grade 8? Let us know!

No need to communicate through HCOS if you are participating in:

Club Programs, other leagues (ie: Bowling, Equestrian, Martial Arts, Skating, Gymnastics, Ringette, Lacrosse, Hockey, Dance etc.)

There is no registration through us. But we would love to celebrate with you on your journey!

BC School Sports Seasons of Play

athletics.onlineschool.ca/seasons

* Please make sure you are **enrolled** in 5 or more courses.

** Some exclusions do apply for certain situations.

No?

Refer to individual sports or club associations