JOIN SPORTS

HCOS ATHLETICS

ESPORTS
Want the team experience without leaving home? Join our Flex Academy-partnered ESPORTS program and compete alongside like-minded players!

Are you interested in playing sports?

NO

There are many other opportunities out there for you!
Learning Groups

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.

Grades K-7
You can participate on any team or individual sport, without BCSS

COMMUNICATION
Please let us know so we can support you!

Join sports as you see fit!

Grade 8+
You are required to join BCSS through our Athletic Department to participate in sport*.

Playing on a school team in Grade 9+ ties you to that school. Transferring after grade 9 may lead to up to one year of ineligibility**.

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

Compete For HCOS
When playing individual sports, you get to represent HCOS.

Get Connected
Reach out to our HCOS Athletic Department to register with BCSS.

Parent Coaching Steps
As the coach, parents must:
Registering for events and submit coaching CATT training.

APPROVED BY BCSS

Have Fun Competing!
Please share your experiences, wins and losses!

APPROVED BY BCSS

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

Join Local Schools
HCOS doesn't host teams. Check with a local school to ask about their tryouts.

YES

Required Forms
The local school must fill out an Online Alt School Form then submit it to HCOS Athletics for signature and submission to BCSS.

NO

Refer to individual sports or club associations.

No need to participate through HCOS if you are in
Club Programs, other leagues (Ie: Bowling, Equestrian, Martial Arts, Skating, Gymnastics, Ringette, Lacrosse, Hockey, Dance etc.)
There is no registration requirement through us. But we would love to celebrate with you on your journey!

BC School Sports Seasons of Play
athletics.onlineschool.ca

** Please make sure you are **enrolled** in 5 or more courses.*
*** Some exclusions do apply for certain situations.*