



Student Athlete Handbook

2026-2027



Table of Contents

Introduction	3
The HIS Mission	
Philosophy of Athletics at HIS	
Our Commitments	
Athletics and Swimming Conference Affiliations	
Activities & Athletics	4
Code of Conduct	
Goals for all Student Athletes	
Practice & Training Rules	
Athletics Eligibility Requirements	
Athletics Pathways Beyond HIS	
Practice, Games, and Tournaments	5
Practice Expectations : Elementary School Activities (K - G5)	
Practice Expectations: Middle School Athletics (G6 - G8)	
Practice Expectations: High School Athletics (G9 - G12)	
Traveling Outside of Hangzhou	
VISA & Passports	
First Aid, Medical Care & Injury Management	
HIS Student Athlete Clothing & Apparel	
At Host School or Event	
Curfew Policy	
Absences from School	
Athletics Awards	8
Middle School Six-Sport Athlete	
High School Three-Sport Athlete	
Coaches Awards	
Male & Female Athlete of the Year	
Service to Sports Commitment Varsity Team Athletes Only	9
Appendix 1 - Student Athlete Eligibility Contract	10
Appendix 2 - Responsibilities and Expectations of Parents	11
Appendix 3 - Personal Details, Medical Information and Liability Release ..	12
Appendix 4 - Rules for ACAMIS Events.....	15
Appendix 5 - HISAC & SISAC Athletes Code of Conduct.....	16
Appendix 6 - Student Absence Academic Check.....	17
2024-2025 Athletics Season Calendar.....	18

Introduction

This handbook is designed as a reference tool to be used by student athletes and their parents.

THE HIS MISSION

To provide international learners with opportunities
to pursue academic and personal excellence
within a caring community.

PHILOSOPHY OF ATHLETICS AT HIS

The Co-Curricular and Athletics programs are an integral part of the educational experience at Hangzhou International School. We believe that participation in individual and team competitions enhances social skills, builds team concepts, and refines both collective and individual talent.

HOLISTIC DEVELOPMENT

Participation in our programs fosters the development of sportsmanship, character, and attitudes that reflect strong core values. At HIS, we believe students should enjoy their involvement while growing physically, emotionally, and socially. We view the process of practice and competition to build the inner strength and resilience of the individual.

INCLUSIVE EXCELLENCE

We provide students from Elementary through High School the opportunity to learn, develop, and pursue excellence in a wide range of sports and activities.

A hallmark of our program is its inclusive nature. While competitive and selective levels occur in Middle and High School, HIS maintains a “no-cut” policy. We do not remove students from any of our teams. Instead, we recognize and support the distinct developmental stages through which students’ progress, ensuring there is a place for every Dragon to participate and improve.

A GLOBAL PERSPECTIVE

Our programs celebrate the diverse nationalities represented within the HIS community and our host country. We use athletics and activities to reinforce the importance of teamwork, unity, and international mindedness, encouraging leadership and student ingenuity at every level.

EXPERIENCE OVER OUTCOME

While we strive for high-quality events and excellence in both individual and team performance, we believe the true educational value of our program lies in the experiences gained and the lessons learned along the journey.

OUR COMMITMENTS

At HIS, all athletic and activity programs will endeavor to:

- **Instruction & Safety:** Provide the highest level of instruction, supervision, and safety for all participants.
- **Individual Growth:** Create opportunities for personal and athletic development within a moral and ethical framework.
- **Positive Environment:** Ensure that every individual’s experience is a rewarding, positive, and enjoyable part of their education.
- **Holistic Welfare:** Maintain a continuous awareness of the safety, social, and academic welfare of our student-athletes.
- **Facility Excellence:** Provide high-quality equipment and world-class facilities to support student success.
- **Organization:** Maintain a well-organized inter-school athletic program for students in Grades 4–12.
- **Opportunity:** Maximize all opportunities for participation within the resources of our personnel and facilities.

ATHLETICS AND SWIMMING CONFERENCE AFFILIATIONS



ACAMIS
Association of
China and Mongolia
International Schools



SSL
Shanghai Swim
League



HISAC
Hangzhou
International Schools
Athletics Conference



SISAC
Shanghai
International Schools
Sports Conference



SCISAC
Southern China
International Schools
Athletic Conference

Activities & Athletics

CODE OF CONDUCT

The primary objectives of the Activities and Athletics programs at Hangzhou International School are the development of self-discipline, a spirit of cooperation, and respect for rules and authority. We inspire in our students to adhere to principles of integrity, fair play and good sportsmanship in all events and sports. In order to accomplish these objectives, it is necessary to develop and maintain school spirit that is based on the mission, discipline and consistency of goals.

GOALS FOR ALL STUDENT ATHLETES

Respect Yourself

- Accept and learn the value of punctuality and reliability
- Learn the rules of the sport/event, as well as those of the host institution
- Learn, know and abide by the rules of their particular sport or activity
- Demonstrate an appreciation of the sport or activity
- Participate in the program to the fullest extent possible
- Prepare to be in top physical condition, be self motivated, and able to motivate others
- Understand the importance of academic grades and standards of behavior
- Accept constructive feedback
- Try your best at all times
- Use appropriate language
- Value learning

Respect Others

- Have a positive attitude towards opponents and officials
- Foster a productive and positive team environment
- Communicate with teammates and peers in a positive and encouraging way
- Recognize that visiting groups are guests of Hangzhou International School and should be treated with respect and courtesy at all times regardless of race, religion, nationality, ability and gender.

Respect this Place

- Respect all equipment, both personal and team

PRACTICE & TRAINING RULES

All athletes and/or students in major activities are required to fill in an Athlete Registration Packet which includes:

- Student Athlete Eligibility Contract (Appendix 1)
- HISAC / SISAC / CISSA Athlete Code of Conduct (Appendix 5)
- Medical Information & Liability Release (Appendix 2)
- ACAMIS Event Rules (Appendix 3)

These contain important information including behavioral expectations.

ATHLETICS ELIGIBILITY REQUIREMENTS

To be eligible to participate in Hangzhou International School's Co-Curricular activities:

- A student must maintain a 3 or higher on the IB/MYP scale of 1 to 8 and not be failing any subject.
- A student must be full-time enrolled at HIS, unless there is an exception made by the Administration.
- Any student who has a mark below a 3 or has a failing grade, will be placed on academic probation until the identified grade(s) are above passing.
- There may be circumstances that warrant special consideration. They will be dealt with on a case-by-case basis and subject to approval by the Administration.

Student Athlete Eligibility

During a season, the Athletic Director, Principals, and teachers will review all student athletes' academic progress to ensure they remain eligible to participate in athletics. If it is determined that an athlete is not meeting academic and/or behavioral expectations, the following measures may be taken;

- Student not permitted to attend practices/matches until further notice.
- Student declared ineligible for upcoming tournaments.
- Student required to attend office hours.
- Student removed from team for remainder of the season and/or subsequent seasons.

ATHLETIC PATHWAYS BEYOND HIS

- HIS supports high performing student athletes who are aspiring to pursue their chosen sports after leaving HIS
- HIS meets its International Academic Standards of the National Collegiate Athletics Association (NCAA) allowing students to pursue athletics pathways and scholarships in the US Collegiate system
- Student athletes seeking athletics scholarships to continue elite pathways will be supported in this process by our counsellors, Principals and the Director of Athletics.

Practice, Games, & Tournaments

Elementary School Activities (Kindergarten - Grades 5)

Our Elementary program emphasizes participation, physical literacy, and enjoyment. We prioritize inclusive environments where students can explore different sports and build confidence. At this stage, our focus remains on providing positive early athletic experiences that foster a love for sport, rather than on competitive results or early specialization.

- These activities are offered through our Co-Curricular Activities (CCA) that take place 4 times each year for 6 weeks each.
- Practices are typically once a week at 3:15-4:15pm and are advertised during the CCA registration process.
- Coaches should be informed when students will miss practice.
- No players are cut from teams at this level. However, opportunities for competitive match play may be limited by squad size regulations and tournament constraints.



Middle School Athletics (Grades 6 - 8)

The Middle School athletic program focuses on developing well-rounded student-athletes by prioritizing skill growth and sportsmanship. To support our students' social-emotional health and academic success, we provide a competitive environment that is supportive, inclusive, and developmentally appropriate.

- Seasons are generally 6-8 weeks long and finish with a Saturday HISAC or SISAC tournament.
- Sessions are generally held twice per week from 3:15-4:30pm. While practices usually fall on Tuesdays and Thursdays, days may be adjusted to avoid scheduling conflicts.
- Participation requires a commitment to the team. Student athletes are expected to be punctual and maintain consistent attendance at all practices and games. Participants on middle school teams are required to attend all practices and games.
- Players should personally inform the coach when they will miss practice in a timely manner.
- No players are cut from teams at this level, unless limits are placed due to facility or competition constraints.

High School Athletics (Grades 9 -12)

High School athletics at HIS build upon strong foundations by providing increasingly meaningful competitive opportunities. We aim to promote excellence, leadership, and resilience through sport, while continuing to prioritize student well-being, academic balance, and healthy athletic development.

- Seasons generally span 9–12 weeks and culminate in an ACAMIS Championship hosted at international schools throughout China and Mongolia. Several tournaments are played throughout the season, some of which require overnight travel.
- To support a higher level of performance, teams generally practice three times per week from 3:30-5:30pm.
- Participation in High School athletics requires a dedicated commitment to the team. However, we strive to support our student-athletes in managing their well-being and academic balance. Rather than a rigid attendance requirement, we emphasize the importance of proactive communication. Students are expected to discuss any potential scheduling conflicts with their coach in advance so that adjustments can be made.
- To participate in a practice or game, student-athletes are expected to be in school for the full day. Additionally, students enrolled in PE must fully participate in their regular classes to remain eligible for after-school athletics that day.
- If selected for a travel squad, student-athletes are expected to represent HIS at the season-ending ACAMIS tournament and all scheduled games.
- While roster sizes may be governed by tournament regulations, we strive for an inclusive approach. If a selection process is necessary, coaches will ensure all registered students have sufficient opportunity to demonstrate their abilities before a final travel or competition roster is determined.

TRAVELING OUTSIDE OF HANGZHOU

Student athletes will have the opportunity to travel to other cities or countries in the region for various events or tournaments. The coaches and/or Athletic Director will endeavor to disperse all information to parents and allow them to make a timely choice in advance.

- HIS supports all athletes by subsidizing for bus transportation and tournament registrations costs for all teams representing HIS.
- All travel and accommodation costs are borne by the athletes/parents. Whenever possible, flights are arranged on school days and reasonable return times are booked.
- Other tournaments which involve costs will require payments 4 weeks prior to the tournament.
- Assignments that are due during these tournament days should be turned in before departure unless negotiated with teachers.

VISA & PASSPORTS

Visas are the responsibility of the traveler. Parents are requested to ensure that passports and Visas are valid for at least 6-months after the trip or tournament dates. Every effort is made to ensure visa requirements are communicated to parents and students, but it is the responsibility of the family to make sure the passport and visa are up to date. If entry or return is denied to a student or athlete, the trip administrator will remain to assist the student. All travel costs incurred are at the parent's expense.

FIRST AID, MEDICAL CARE & INJURY MANAGEMENT

- Students involved in athletics practices and games will have access to one or more of the following at all times:
 - Nurse
 - Coach with first aid certification
- All HIS students are required to have health insurance as a condition of enrolment.
- When on athletic trips, student athletes will have immediate access to an on-site nurse and if necessary, will be taken to an international standard hospital/medical clinic for treatment of more serious injury. Parents will be contacted immediately in case of serious injuries.
- Students returning from long-term/serious injury may be asked for a medical clearance before being allowed to resume practices.

HIS STUDENT ATHLETE CLOTHING & APPAREL



Varsity Team members are required to purchase four items from the Dragon Shop.

- Athletics tracksuit
- Athletics bag
- Athletics warm-up jersey
- Athletics socks

Students are representing HIS every time they are off campus. First impressions are important. The following guidelines will help teams to present the best possible first impression when traveling. A HIS team, when traveling, should look like an athletic team.

- HIS apparel is required during travel and throughout official tournament time.
- When tracksuits are required, they should be worn by all athletes.
- The coach will reserve the right to decide if any students' clothing is inappropriate.

AT HOST SCHOOL OR EVENT

Students are expected to be on time for all team functions, meetings and departures. Coaches will provide players with a contact number and hotel room. All players will remain in their own rooms and are not permitted to be in closed co-ed hotel rooms.

CURFEW POLICY

- Curfew is dictated in the ACAMIS guidelines and is 10p.m. for all students in hotel or home- stay.
- Students may not be out after curfew under any circumstances
- Curfew violation is a serious offense and flagrant violations can result in the student being removed from the event and possibly sent home.
- Any student sent home for flagrant violation of rules will be at the parent's expense.

ABSENCE FROM SCHOOL

- Varsity teams will participate in tournaments which will require them to be absent from school for travel & competition.
- Student athletes are expected to keep up with their schoolwork and meet due dates set by their teachers.
- As a general rule, absence to attend tournaments and other co-curricular events should be limited to no more than 12 school days in a school year.

Athletics & Activities Awards

These awards are presented at school assemblies throughout the school year. All students who are a part of a sports team will be presented with a participation certificate. Those Middle school students who participate in 6 sports or more will receive an award. High school students participating in the 3 sports will receive an award.

MIDDLE SCHOOL FIVE-SPORT ATHLETE

Those students who participate in regular practice, attend the tournament, and show dedication to the team in six or more sports will be recognized with an award of excellence.

HIGH SCHOOL THREE-SPORT ATHLETE

Those students who participate in regular practice, attend the ACAMIS tournaments, and show dedication to the team in the three high school sports will be recognized with an award of excellence.

COACHES AWARDS

These awards are voted on by coaches. Two players from each varsity sports teams will be recognized for outstanding performance on and off the field of competition.

MALE & FEMALE ATHLETE OF THE YEAR

One male and one female student who exemplify: multi- sport participation, excellent skills and knowledge of the sport, leadership skills, team concept and commitment will be awarded top athlete honors.

Service to Sports Commitment

High School Athletes Only

All high school athletes are encouraged to contribute a minimum of 10 hours in any the 3 areas of service outlined below. These hours can be counted towards your CAS service hours requirements. This will be managed and monitored by the Athletic Director, and the relevant coaches. Whether you participate in 1 or multiple sports, the 10-hour minimum commitment is the same. This minimum commitment of 10 hours is not per sport.

The 3 areas of service and examples of duties include; Coaching and Leadership Roles

- Assisting a coach of a Middle School or Lower School Team.
- Conducting an activity-focused After-School Activity (ASA) for Lower School / Middle School students under the supervision of a teacher / faculty member.

Scoring, Officiating and Match Day Roles

- Operating scoreboards at matches/tournaments hosted by HIS.
- Acting as an official (ie. linesperson, scorer) at matches/tournaments hosted by HIS.
- Operating the music at matches/tournaments hosted by HIS
- Assisting Tournament Director at matches/tournaments hosted by HIS

Promotion and Photography Roles

- Being the team reporter during a Varsity Season
- Photographer at matches and tournaments hosted by HIS
- Creating posters promoting upcoming Athletics events hosted by HIS
- Traveling with a Varsity or Middle School team to a Saturday tournament as a photographer



Appendix I

Student Athlete Eligibility Contract

I acknowledge that I am a student, foremost, and have the privilege to participate in athletics as long as my academic and behavioral performance is satisfactory according to the teachers, principals, and coaches at HIS. It is my responsibility to maintain a healthy balance between academics and athletics. If I am unable to fulfill my requirements in all of my classes, I will not be eligible to participate in athletics.

I am aware that failing to meet all of these requirements will cause me to be ineligible for athletics at HIS. This includes all tournaments, games and practices and may extend beyond the current season. This ineligibility will continue until there are sufficient improvements in the requirements below, as determined by the Director of Athletics, in consultation with relevant teachers/counselors/principals/coaches.

In order to be eligible for Athletics at HIS, I must agree to all of the following requirements:

1. I must meet the requirements of the activity (attending practice etc.). I make a commitment to my team/event until the completion of the season.
2. I must maintain adequate progress of 3* or higher on the IB/MYP scale in all classes.
3. I will submit assignments complete and on time.
4. I will be present at all required teacher office hours/study sessions
5. I must maintain a high level of attendance to school and all classes.
6. I must be at school from 8:00 in order to qualify for participation in an athletics activity that day.
7. I must demonstrate courtesy and respect towards peers and teachers as well as adhere to the behavioral expectations outlined in the Student Handbook. I am expected to be a leader and promote good school citizenship.
8. I understand that the use of alcohol, tobacco, drugs, and other controlled substances at school or during a HIS sponsored event is strictly forbidden.
9. When involved in a group activity, I must recognize that to inconvenience or jeopardize the group is not acceptable. This behavior will result in subsequent disciplinary action.
10. As a participant on a school team or major event activity, I must abide by the school rules. This includes any guidelines, which may be relevant to the specific sport or activity at HIS.
11. I fully understand that as a member of team I am an official representative of HIS.
12. My actions in and out of school contribute to school spirit. This responsibility implies respect be given at all times to administration, teachers, coaches, officials, advisors, fellow students, members of the public, and the student body.

It is my responsibility to seek help from my teachers before any problems arise. Missing practice to fulfill the aforementioned requirements above, will not be held against the student athlete. At HIS, academia has first priority and athletics are a privilege.

Student Athlete Signature

Appendix 2

Responsibilities and Expectations of Parents

1. To review all the details with respect to the co-curricular activity specified in the Student Athlete Handbook which can be accessed on the HIS Website and all details enclosed in this booklet.
2. To understand that sport, recreation, travel, outdoors activities represent opportunities for accidents. Every effort is made to minimize risk and to ensure the provision of emergency attention as deemed necessary.
3. You may address any questions to the Director of Athletics, Coach, trip sponsor/advisor of the activity.
4. To have current and comprehensive medical insurance for your child applicable to all school-related activities both during normal school hours and co-curricular activities and excursions.
5. Should up-front payment be required for medical treatment, you agree to promptly reimburse and indemnify the school for any amount incurred.
6. As a spectator at matches, parents should demonstrate the same positive spirit of sportsmanship towards officials and opponents that we expect from our student athletes.

Parent Signature

Date

Personal and Contact Details

Medical Information and Liability Release

Do you have any current Medical Conditions? ☐ No ☐ Yes

Explain:

Do you currently take any medication? ☐ No ☐ Yes

Explain:

Do you have any allergies? ☐ No ☐ Yes

Explain:

Have you had any significant injuries previously? ☐ No ☐ Yes

Explain:

Do you have a history of asthma? ☐ No ☐ Yes Use an asthma inhaler? ☐ No ☐ Yes

Wear a hearing aid? ☐ No ☐ Yes

Wear contact lenses? ☐ No ☐ Yes

*Referees / umpires may not permit players to wear regular glasses while participating in some sports as this may pose an unacceptable risk to the individual and other players. Students involved in **Volleyball, Basketball, Soccer, and Ultimate Frisbee** who need to wear glasses should purchase contact lenses or prescription sportsglasses/goggles.

Most recent physical examination: _____ / _____ / _____
Day Month Year

Where was this examination completed? _____

Has your child ever been directed by a doctor to permanently refrain from sports or strenuous activities due to a medical concern? ☐ No ☐ Yes

Since the last doctor's physical, has your child had any serious medical illness? ☐ No ☐ Yes

If yes, please explain:

Should the school be aware of any other relevant conditions affecting your child's participation in sports, long distance travel by land/air etc.? ☐ No ☐ Yes

If yes, please explain:

I grant permission for the HIS nurses, other registered nurses, coaches/chaperones, and advisors to give Ibuprofen (Advil), Panadol or Tylenol for minor sprains, headaches or menstrual cramps to my child. ☐ No ☐ Yes

Liability Release

I hereby fully release and discharge HIS, its employees, school administrators, Board of Governors, and all other official representatives (collectively "The Released Parties") unconditionally from all liabilities whatsoever arising from my child's/ward's participation in the above mentioned program, including any and all incidental activities related to it such as transportation. I hereby indemnify and hold The Released Parties harmless from any suit, claim, or damage, including all monetary damages, medical expenses, attorney's fees, and all other claims which may arise as a result of any accident or injury as a result of my child's/ward's participation.

In the event of an accident or injury, I understand that HIS will make reasonable efforts to immediately inform me. I will be responsible to update contact information on file at the administrative office. In case HIS cannot contact me, I authorize HIS to act on my behalf to obtain medical care for my child/ward. I agree to pay all costs and expenses of and such medical treatment and will properly reimburse HIS for all related incurred costs, without exception and upon demand.

I hereby state that to the best of my knowledge, my responses to the above questions are complete and correct.

Parent Signature

Date

Appendix 4

Rules for ACAMIS Events



1. The use of tobacco, drinking of alcohol, or use of illegal drugs will not be allowed during travel or while in the host city during the period of time covered by the ACAMIS activity. (Consequence: suspension from immediate and further participation, suspension for 12 calendar months, student's principal notified)
2. Any sight seeing or travel in the host city will be done only within the permission of the host family and the coach/sponsor. (Consequence: disciplinary action at the discretion of the activity organizer and lead chaperone)
3. Under no circumstances will housing arrangements be changed without permission of the host school and the knowledge of the coach/sponsor. (Consequence: disciplinary action at the discretion of the activity organizer and lead chaperone)
4. Visiting students will be in the hotel no later than 10pm. (Consequence: suspension from immediate and further participation in that event, student's principal notified)
5. All laws of the host country will be adhered to. (Consequence: disciplinary action at the discretion of the activity organizer and lead chaperone. The disciplinary action should also be according to the laws of the land at the discretion of the governing authority)
6. Any unusual circumstances or problems that occur during the stay in the host city will be reported as soon as is possible to the host school and lead chaperone.
7. In the event of any accident or injury the chaperone / coach has permission to deal with the situation and make any emergency decisions should they be unable to contact the parents or guardians. That permission must be granted in writing by the parents via a waiver signed before the activity.

We have read, understand, and agree to abide by the rules that are stated above.

Signature of student's parent/guardian

Date

Signature of student

Date

Appendix 5

HISAC & SISAC Athletes Code of Conduct



1. Respect the rights, dignity and worth of fellow players, coaches, officials and spectators.
2. Be fair; considerate and honest in all dealings with others.
3. Be professional in, and accept responsibility for your actions.
4. Be aware of and maintain an uncompromising adhesion to the sport's standards, rules, regulations and policies.
5. Do not tolerate acts of aggression.
6. Respect the talent, potential and development of fellow players and competitors.
7. Care for and respect the equipment provided to you as part of your program.
8. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
9. At all times avoid intimate relationships with your coach.
10. Conduct yourself in a professional manner relating to language, temper and punctuality.
11. Maintain high personal behavior standards at all times.
12. Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
13. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
14. Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.

I, the undersigned, agree to participate within the spirit of this code of conduct, throughout the course of my sports this year at HIS – both at practices and in competition while representing my school.

Athlete's Signature

Date

Appendix 6



STUDENT ABSENCE - ACADEMIC CHECK

STUDENT NAME		GRADE	
DATES OF ABSENCE			
REASON FOR ABSENCE			
COACHES / SUPERVISOR NAMES			

Subject Name	Teacher Name	Is student's progress satisfactory? (Y / N) * If NO, provide brief details. Use reverse in necessary.	Assessment Tasks to be submitted before departure / upon return (Please specify) <i>Note that completion of regular class work/homework is assumed. This column relates specifically to assessment tasks.</i>

2026-2027 Varsity Season Dates (G9-12)

TEAM	DATES
VARSITY VOLLEYBALL	24 AUG - 31 OCT
VARSITY ULTIMATE	31 AUG - 7 NOV
VARSITY CROSS COUNTRY	7 SEPT - 21 NOV
VARSITY TABLE TENNIS	5 OCT - 28 NOV
VARSITY BASKETBALL	2 NOV – 23 JAN
VARSITY BADMINTON	25 JAN – 17 APR
VARSITY FOOTBALL	25 JAN – 27 MAR
VARSITY TRACK & FIELD	22 MAR - 22 MAY

2026-2027 UI2-UI5 SEASON DATES (G6-9)

TEAM	DATES
UI4 TABLE TENNIS	31 AUG - OCT 17
UI4 ULTIMATE	31 AUG - 7 NOV
UI4 CROSS COUNTRY	7 SEPT -21 NOV
UI4 & UI5 FOOTBALL	5 OCT - 12 DEC
UI2 BASKETBALL	19 OCT - 11 DEC
UI4 & UI5 VOLLEYBALL	11 JAN - 20 MAR
UI4 BADMINTON	25 JAN - 19 MAR
UI2 FOOTBALL	22 MAR - 21 MAY
UI4 & UI5 BASKETBALL	22 MAR - 29 MAY
UI4 TRACK & FIELD	22 MAR - 22 MAY
UI2 & UI4 TAG RUGBY	12 APRIL - 28 MAY

For more information about HIS Athletics:

Visit our section in the HIS website: his-china.org/extend/athletics

Start at his-china.org, click on the **EXTEND** button, click **ATHLETICS**.

Email correspondence can be directed to: athletics@hisdragons.org

As seasons begin, a season information letter will be emailed to all registered students and their parents. Parents will also be invited to the team WeChat group where information and photos will be shared throughout the season.

You are also welcome to email HIS Director of Athletics and Activities,
Mr. Rob West: robwest@hisdragons.org.cn

