



SEASON

2026-2027

ATHLETICS HANDBOOK

Ras Beirut



WWW.IC.EDU.LB

INTERNATIONAL COLLEGE



The legacy is there. You have the potential. Now it's time to perform!

As we officially launch the **2026-2027 Athletics Season**, we do so with pride in what we have achieved, but even more excitement of what lies ahead.

Every athlete has potential. What turns it into performance is the work you put in, your discipline, commitment, attitude, and willingness to challenge yourself every day.

Our coaches are ready to guide and push you, but the rest is yours. Show up, compete, be a great teammate, and take every opportunity to become better.

Remember, wearing the White & Green means being part of a legacy built by generations of ICougars before you.

Carry it with pride, sportsmanship, and the ICougars spirit.

Athletes, we can't wait to see you back on the courts, fields, tracks, and in the pools.

Let's turn **Potential into Performance** and make this another season to remember.

Welcome to the 2026-2027 Athletics Season.

Go ICougars!

OMAR SHMAITILLY - ATHLETIC DIRECTOR

— MISSION

PROGRAM PHILOSOPHY GOALS & OBJECTIVES

Our primary goal is to provide as many students as possible with meaningful athletic experiences that support their holistic growth, physically, mentally, & socially.

Through access to the best resources and an environment designed for excellence, we ensure that every student has the opportunity to develop their potential.

The athletics program serves as a vital platform where students gain exposure, build skills, & experience the true value of sport as an essential part of their education & personal development.

CORE VALUES

RESPONSIBILITY

RESPECT

**POSITIVE
COMPETITION
& INTEGRITY**

DISCIPLINES

BASKETBALL

VOLLEYBALL

SOCCER

BADMINTON

SWIMMING

ARCHERY

TRACK & FIELD

CROSS COUNTRY

TAEKWONDO

TABLE TENNIS

TENNIS

GYMNASTICS

GOLF

FRISBEE

CATEGORIES

IC ATHLETICS FOLLOWS THE
INTERNATIONAL FEDERATION
FOR ORGANIZATION

GR.3 / CE2 - GR.12 / TERMINALE

JUNIOR CUBS

GRADE 3 / CE2

GRADE 4 / CM1

CUBS

GRADE 5 / CM2

GRADE 6 / 6EME

JJV

GRADE 7 / 5EME

GRADE 8 / 4EME

JV

GRADE 9 / 3EME

GRADE 10 / 2DE

VARSITY

GRADE 11 / 1ERE

GRADE 12 / TERMINALE



SEASON TIMELINE

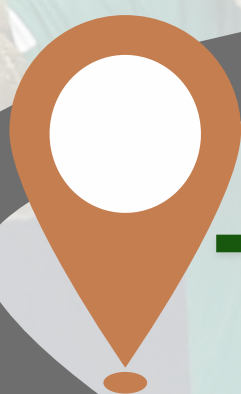
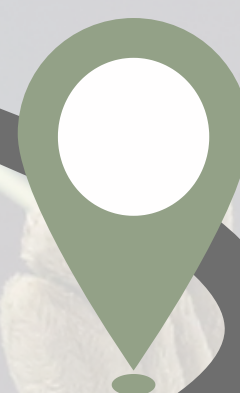


TRYOUTS

Schedule



TEAM SELECTION

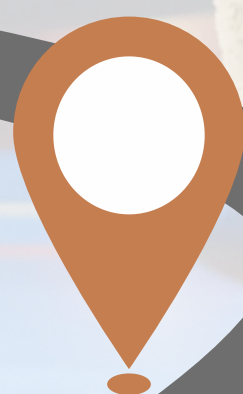
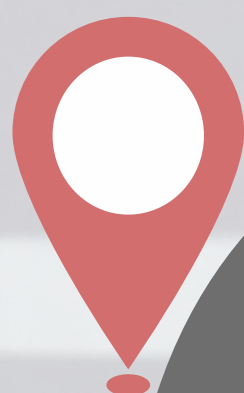


TEAM PRACTICES

Schedule



**LOCAL
TOURNAMENTS**



**INTERNATIONAL
TOURNAMENTS**



**AWARDS
NIGHT**

TRYOUTS INFORMATION

***Tryouts schedule is subject to change depending on the registration number.**

The tryouts dates are to be respected by athletes. Only registered students can attend tryouts.

Students will receive a confirmation email with the tryouts schedule and tips.

Students have to attend at least **2** of the assigned tryouts to have a chance to make it to the team.

Being part of the team in the previous season does **NOT** guarantee your spot this season.

Students have to attend the extra tryout session if it was called out by the coach.

At the end of the tryouts phase, students will receive an email with the result of the tryout.

If students didn't make the final cut, they have the right to ask for **ONE** more trial session.

Students have the right to pick up to 2 team sports+1 individual sport **OR** 2 individual+1 team sport **OR** MAX of 3 individual sports.

For a better viewing experience
tryouts are one click  away

TRYOUTS SCHEDULE

TRYOUTS SCHEDULES 

Page 1 - JV & Varsity
Page 2 - Cubs & JJV
Page 3 - JCubs

**SCAN
ME!**

**CLICK
ME!**





REGISTRATION LINKS

For a better viewing experience
tryouts are one click away

***REGISTRATION DEADLINE >> THURSDAY SEPTEMBER 10 - 6:00PM**

JV & VARSITY
REGISTRATION LINK
GR.9-12/3EME - TERMINALE

***REGISTRATION DEADLINE >> WEDNESDAY SEPTEMBER 16 - 6:00PM**

CUBS & JJV
REGISTRATION LINK
GR.5-8/CM2 - 4EME

JCUBS
REGISTRATION LINK
GR.3-4/CE2 - CM1



INTERNATIONAL TRIPS-NESAC

NEAR EASTERN SPORTS & ACADEMIC CONFERENCE
FOR **JV & VARSITY**

COUNTRIES

- Lebanon
- UAE
- Kuwait
- Egypt
- KSA

SPORTS

- Basketball
- Volleyball
- Soccer
- Swimming
- Track & Field
- Badminton

ACADEMIC

- Band & Choir
- Leadership
- Academic Games

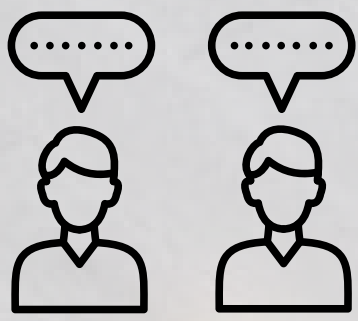
SEASON TIMELINE

FULL ATHLETIC
CALENDAR



14-25 September	JV & VARSITY TRYOUTS
21 September - 3 October	JCUBS, CUBS & JJV TRYOUTS
21 September - 3 October	AIN AAR ES & MS TRYOUTS
4-8 November	NESAC VOLLEYBALL VARSITY - GAA
5-8 November	NESAC LEADERSHIP - CAC
11-15 November	NESAC VOLLEYBALL JV - ASK
12-15 November	NESAC SWIMMING JV/V - DAS
27-31 January	NESAC BASKETBALL JV - IC/TBD
27-31 January	NESAC SOCCER VARSITY - ASD
2-6 February	NESAC BAND & CHOIR - IC/TBD
2-6 February	NESAC SOCCER JV - ACS / DOH
2-6 February	NESAC BASKETBALL VARSITY - AISK
18-20 March	ALTON REYNOLDS BADMINTON
31 March - 4 April	NESAC ACADEMIC GAMES - DAS
14-18 April	NESAC BADMINTON JV/V - GAA
15-18 April	NESAC TRACK & FIELD JV/V - CAC
19-28 April	ALTON REYNOLDS VOLLEYBALL & SOCCER
4-13 May	ALTON REYNOLDS BASKETBALL
24 May - 5 June	ES & MS TOURNAMENT
10 June	END OF SEASON
16 June	AA ES & MS AWARDS CEREMONY
18 June	RB ES & MS AWARDS CEREMONY
23 June	JV&VARSITY AWARDS NIGHT & GALA





**All inquiries, feedback, concerns are to be
communicated with the Athletics Office.**



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POTENTIAL TO PERFORMANCE