

Competitive sports
Lakeside Campus



CIS Canadian International School



Competitive sports

Competitive sports information.

WHAT SPORTS ARE AVAILABLE AT CIS LAKESIDE, AND WHEN?

Competitive Sports

Lakeside Campus 2020-2021

Season 1 31 August to 14 November*	Grade	Season 2 23 November to 6 February*	Grade	Season 3 22 February to 8 May*	Grade
10U/11U Cross country**	4-6	10U Football	4-5	10U/11U Track & Field	4-6
11U Basketball	4-6	11U Badminton	4-6	11U Netball	4-6
11U Tennis	4-6	11U Football	4-6	11U Rugby	4-6
12U Badminton	5-7	12U Basketball	5-7	12U Football	5-7
12U Netball	5-7	12U/14U Track & Field	5-9	12U/14U Track & Field	5-9
12U Rugby	5-7	14U Football	7-9	14U Basketball	7-9
12U Touch	5-7	14U Netball	7-9	14U Tennis	7-9
12U/14U Cross country**	5-9	14U Volleyball	7-9	16U Badminton	8-10
14U Badminton	7-9	16U Basketball	8-10	16U Netball	8-10
14U Rugby	7-9	16U Rugby	8-10	16U/19U Track & Field	8-12
14U Touch	7-9	16U Touch	8-10	19U Badminton	10-12
16U Football	8-10	16U/19U Track & Field	8-12	19U Netball	10-12
16U Volleyball	8-10	19U Basketball	10-12	19U Softball	10-12
16/19U Cross country**	8-12	19U Rugby	10-12	Gymnastics	see My.CIS
19U Football	10-12	19U Touch	10-12	Swimming	SK-12
19U Volleyball	10-12	19U Tennis	10-12		
Gymnastics	see My.CIS	Gymnastics	see My.CIS		
Swimming	SK-12	Swimming	SK-12		

*These dates are when competitions may take place. Practices will begin earlier and start dates will vary by age group and sport. Announcements will be made on MyCIS pages

** Season subject to change (we will know this in August when ACSIS group decides)

WHAT IS ACSIS?

ACSIS stands for Athletic Conference of Singapore International Schools. ACSIS has 29 international school members, and is a registered society within Singapore.

HOW DO STUDENTS REGISTER FOR A TEAM?

Primary Student's Parents (Grade 4-6) can register their children through CHQ.

WHAT AGE GROUPS ARE MY CHILD(REN) ELIGIBLE FOR?

The ACSIS rule is:

- 10U = on or after 1-June-2010
- 11U = on or after 1-June-2009
- 12U = on or after 1-June-2008
- 14U = on or after 1-June-2006
- 16U = on or after 1-June-2004
- 19U = on or after 1-June-2001

WHAT TIME ARE THE GAMES PLAYED AND WHERE?

Games start between 4.30pm and 5pm, and are played either at home (CIS) or away (at another school or venue). Detailed information will be communicated by the team's coach on My.CIS after the game schedule has been confirmed.

DOES CIS PROVIDE TRANSPORT TO AWAY GAMES?

CIS provides transport to and from the game venue free of charge. The team will leave CIS at approximately 3.45pm and return to CIS at the conclusion of the games. Arrival and departure times are dependant on weather, traffic and the location.

WILL CIS PROVIDE A SPORTS UNIFORM?

CIS provides a sports kit for confirmed team members to borrow for the season. In case the kit is not returned at the end of the season, a \$100 replacement fee will apply.

HOW DO PARENTS KNOW IF A GAME IS RESCHEDULED OR CANCELLED?

Sports administrators and coaches will do their best to communicate changes in the schedules, rain delays, rain cancellations or traffic issues. Students and parents can access My.CIS sports team page to stay informed and up to date about schedules. For online registrations, please ensure that parent contact details are provided correctly when registering for your child's team.

For all other sports enquiries, please email:



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Find out more and register for Athletics in [My.CIS](#)