

SPORTS & EXTRACURRICULAR ACTIVITIES 2023-2024

A WORLD OF OPPORTUNITIES



SIGTUNASKOLAN
HUMANISTISKA LÄROVERKET



HOUSE SERIES

During the school year the boarding houses compete in a variety of sports competitions, including floorball, basketball, e-sports, pool and more. Every year the House Series end with a football tournament and a grand price ceremony. The House Series is a popular aspect of school life at SSSL.

All SSSL students, whether day or boarding student, belong to one of the boarding houses and all are welcome to take part in the House series! Boarding students represent their boarding house, day students represent the house which they are introduced to when they start at SSSL.



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SPORTS & ACTIVITIES

You can find new energy and inspiration every day of the week, throughout the academic year at SSSL. We offer many practical, physical and artistic extracurricular activities and hope you will find at least two regular activities to take part in throughout the school year.

The Sports & Extracurricular department arranges the activities in cooperation with SSSL Sports Club, SSSL Music Association and other clubs and societies at the school.

HEALTH, CREATIVITY & EXERCISE

We want our students to experience and learn how to lead a healthy lifestyle. We focus on such things as the importance of physical activity, sleep, how to eat well and general questions that concern your daily life.

We are also introducing physical activity during ordinary classroom lessons, since research shows this improves learning. Some of our classrooms are equipped to stimulate movement and we have recently built an outdoor classroom. At the boarding houses, all students regularly take part in aerobic exercise.

Our team of professional and enthusiastic staff will teach you, inspire you and encourage you to develop, grow and have fun.



CORE ACTIVITIES

The extracurricular core activities cost SEK 2000 per academic year for day students. **There is no additional fee for boarding students.**

GYM

The school's gym has running machines, weights, and a variety of weight machines so you've got plenty of opportunity to keep fit.

SPORTS & ATHLETICS TRAINING

The core activities package lets you participate in sports and athletics training for the school's various teams. You have the opportunity to be selected to represent SSSL in various competitions. Read more under "Sports Competitions".

FITNESS TRAINING

The Sports & Extracurricular Activities Department offers a selection of fitness classes throughout the academic year. Choose between yoga, interval, mindfulness, crossfit, boxercise, core and more.

DRAMA

Here you get to develop different sides of yourself, portray different characters, and get the opportunity to participate in the school's annual stage or film production.

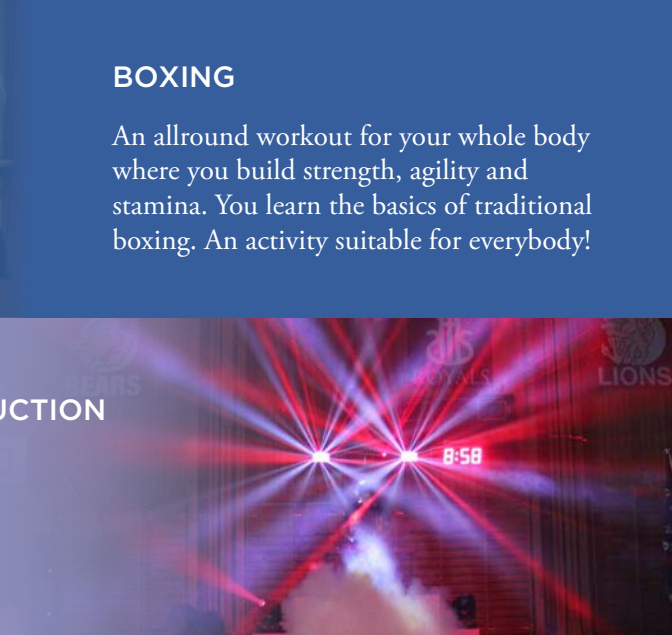


BOXING

An allround workout for your whole body where you build strength, agility and stamina. You learn the basics of traditional boxing. An activity suitable for everybody!

AUDIO & VIDEO PRODUCTION

Learn how to work with audio, light and video production, for events and in the studio.



DANCE

Dancing is an allround form of exercise that improves your body awareness and strength. You get to try different dance styles such as jazz, jazzfunk, modern/contemporary and street dance.

DEBATING

Learn the classic art of debating with the school's "Debating Society".



ARTS & SWEDISH CULTURE

Take your Visual Art class further. Work on your own projects and ideas, to find understanding and learn more about Swedish art and culture.

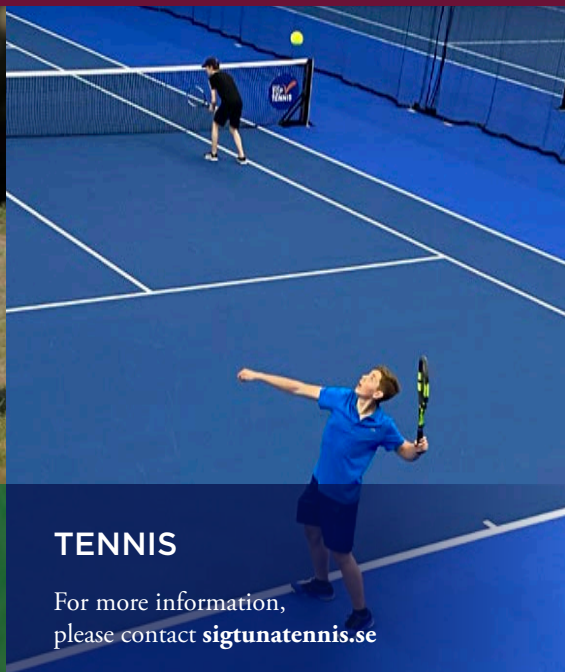


ACTIVITIES WITH ADDITIONAL COSTS



RIDING LESSONS

For more information,
please contact fritiden@sshl.se



TENNIS

For more information,
please contact sigtunatennis.se

DRIVING LICENCE

Learn to drive and take your (Swedish)
driving test.

HUNTING COURSE

Learn to shoot and hunt, and receive
your Hunter's Certificate.



VOCAL & MUSICAL INSTRUMENTS

PIANO · GUITAR
DRUMS · BASS GUITAR
SINGING

*For more
information,
talk to the staff
at Fritiden or
email fritiden@sshl.se.*



THE DUKE OF EDINBURGH AWARD PROGRAMME

The Duke of Edinburgh Award Programme is available to all SSHL students. As an individual programme, it will be specifically designed for you and your dreams.

- Develop your knowledge and skills within a specific area
- Develop your physical capacity within a specific area
- Selflessly offer your time and help to others
- Get the knowledge and skills to plan and perform an expedition

To find out more about the programme and sign up, please contact maria.hedenstrom@sshl.se.



Follow Fritiden and see all activities on Instagram: [#fritidenssshl](https://www.instagram.com/fritidenssshl)

FEE FOR DAY STUDENTS - CORE ACTIVITIES

The fee for our core activities is SEK 2000 per academic year for day students, covering all activity periods during the year. *This fee does not apply for boarding students.*

Payment: The fee SEK 2000 for day students is paid via bankgiro 142-9000.

Contact: Head of Sports, thomas.persson@sshl.se, tel no +46 8-592 571 22, +46 730-38 00 41
Please note that activities may be subject to change.

ACTIVITIES WITH ADDITIONAL COST

Horse riding: for information, contact fritiden@sshl.se

Tennis: Sigtuna Tennis Club, apply and book at sigtunatennis.se

Vocal and musical instruments: for information, contact fritiden@sshl.se

Driving licence: Ellströms Trafikskola, contact fritiden@sshl.se

Hunter's Course: Skokloster Wings & Clays, contact fritiden@sshl.se

CLUBS & SOCIETIES

At SSHL you may also take part in our many clubs and societies: The Kenya project, Life-Link, Capital, Arcu, AV Club, The Pool Society, Debating Society, Design and Technology Group, Creative Arts Society, Fishing Club, Food group, History Society, Ace of Hearts, School Sports Club, Environmental Society, Music Association, Prefekts, SRK Sista Ring-Kommittén, STELLAR, Teach Me, Think Tank and Yellow Boats of Hope.



SPORTS COMPETITIONS 2023-2024

Do you love to compete? Are you ambitious and good at sports? If so, you might get to represent SSHL in sports competitions, both in Sweden and abroad.

SCHOOL MEETING

9-10 SEPTEMBER Herlufsholm, Denmark

No fee

Once every school year we meet with the students at Herlufsholms Boarding School in Denmark for an exchange in sports, athletics, music and other fun activities.

NECIS

8-10 NOVEMBER **Soccer and Volleyball** Amsterdam

SEK 8 000

7-9 MARCH **Basketball** Copenhagen

SEK 8 000

16-17 MAY **Golf** Luxemburg

SEK 8 000

18-19 MAY **Tennis** Amsterdam

SEK 8 000

Costs include flights, hotel, and competition fees.

Each year we participate in the sporting events organised by NECIS, *Northwest European Council of International Schools*. If selected to represent SSHL at one of these events, you'll create great memories and new friends for life.

NECIS ARTS *New from 2023 is NECIS ARTS - an exchange in music, arts and drama, where the students meet, cooperate and produce a creative show.*

SIPSI

3 OCTOBER **Track & Field, Badminton** Stockholm

No fee

12 OCTOBER **Basketball, Rowing, Shooting, Golf** Lundsberg

No fee

13 FEBRUARY **Tennis, Floorball, Chess** Sigtuna

No fee

6 MAY **Soccer and Volleyball** Djursholm

No fee

SIPSI is an organisation for Swedish boarding- and private schools where we compete in different sport activities with Enskilda Gymnasiet, Lundsbergs Skola and Viktor Rydberg Djursholm.

EXTRACURRICULAR CALENDAR AUTUMN 2023

Home Series HS, sports exchanges and other activities (subject to change)

MONTH	WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AUG		14	15	16	17	18	19	20
	33						NEW BOARDERS	OLD BOARDERS
		21	22	23	24	25	26	27
	34	SCHOOL START				KICK OFF	KICK OFF / FILM	KICK OFF
SEP		28	29	30	31	1	2	3
	35							Duke of Edinburgh
		4	5	6	7	8	9	10
	36	HS VOLLEYBALL Duke of Edinburgh	HS VOLLEYBALL	HS VOLLEYBALL	HS VOLLEY FINAL	HERLUFSHOLM	HERLUFSHOLM	HERLUFSHOLM
		11	12	13	14	15	16	17
	37		SVE-AUS Humlan	MAMUT			IKEA	GOLF
		18	19	20	21	22	23	24
	38			Duke of Edinburgh	Duke of Edinburgh HURLAN NIGHT	Duke of Edinburgh	Duke of Edinburgh DEKAD	Duke of Edinburgh
OCT		25	26	27	28	29	30	1
	39			HOME SERIES TEAM RELAY				
		2	3	4	5	6	7	8
	40		SIPSI TRACK&FIELD BADMINTON		HURLAN NIGHT	DISCO/HOUSE NIGHT	CULTURE DAY	HS MULTI SPORT
		9	10	11	12	13	14	15
	41				SIPSI BASKETBALL ROWING, SHOOTING			
		16	17	18	19	20	21	22
	42				TRY BOARDING HURLAN NIGHT	TRY BOARDING	TRY BOARDING/ 'HELGMY'S'	
		23	24	25	26	27	28	29
	43							
NOV	44	H	O	L	I	D	A	Y
		6	7	8	9	10	11	12
	45			NECIS SOCCER VOLLEYBALL	NECIS SOCCER VOLLEYBALL	NECIS SOCCER VOLLEYBALL	HOUSE ACTIVITY/'HELGMY'S'	
		13	14	15	16	17	18	19
	46				HURLAN NIGHT		BOARDING DAY	
		20	21	22	23	24	25	26
	47	HS FUTSAL	HS FUTSAL	HS FUTSAL	HS FUTSAL FINAL TRY BOARDING	TRY BOARDING	TRY BOARDING/ 'HELGMY'S'	
DEC		27	28	29	30	1	2	3
	48			ADVENT KORUM	OPEN HOUSE			
		4	5	6	7	8	9	10
	49			NOBEL CELEBRATION			CHRISTMAS SHOW	CHRISTMAS CRAFTING
		11	12	13	14	15	16	17
	50			LUCIA	CHRISTMAS DINNER	END OF TERM		
		18	19	20	21	22	23	24
	51							

EXTRACURRICULAR CALENDAR SPRING 2024								
Home Series HS, sports exchanges and other activities (subject to change)								
MONTH	WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JAN		8	9	10	11	12	13	14
	2	SCHOOL START					ROMME SKI TRIP	
		15	16	17	18	19	20	21
	3	HS FLOORBALL	HS FLOORBALL	HS FLOORBALL	HS FLOORBALL FINAL		HOUSE ACTIVITY/HELGMYSS	
		22	23	24	25	26	27	28
	4				HUMLAN NIGHT			
FEB		29	30	31	1	2	3	4
	5						ÖPPET HUS/HELGMYSS	CALL OF DUTY WARZONE
		5	6	7	8	9	10	11
	6				HUMLAN NIGHT		VINTER SPORTS DAY	ICE SAFETY/FIFA
		12	13	14	15	16	17	18
	7		SIPSI TENNIS FLOORBALL CHESS		TRY BOARDING	TRY BOARDING	TRY BOARDING/HELGMYSS	
		19	20	21	22	23	24	25
	8	HS BADMINTON	HS PADEL	HS TENNIS	HS TABLE TENNIS			
MAR	9	H	O	L	I	D	A	Y
		4	5	6	7	8	9	10
	10				NECIS BASKETBALL	NECIS BASKETBALL	NECIS BASKETBALL/HELGMYSS	PAINTBALL
		11	12	13	14	15	16	17
	11							
		18	19	20	21	22	23	24
	12	HS BASKETBALL	HS BASKETBALL	HS BASKETBALL	TRY BOARDING/HS BASKET FINAL	TRY BOARDING	TRY BOARDING/HELGMYSS	
APR		25	26	27	28	29	30	31
	13							
	14	H	O	L	I	D	A	Y
		8	9	10	11	12	13	14
	15				50-DAYS		Duke of Edinburgh	Duke of Edinburgh
		15	16	17	18	19	20	21
	16	HS SOCCER	HS SOCCER	HS SOCCER	HS SOCCER FINAL			
		22	23	24	25	26	27	28
	17				OPEN HOUSE		HELGMYSS	
MAY		29	30	1	2	3	4	5
	18					Duke of Edinburgh		
		6	7	8	9	10	11	12
	19	SIPSI SOCCER VOLLEYBALL						
		13	14	15	16	17	18	19
	20				NECIS GOLF	NECIS GOLF	NECIS TENNIS	NECIS TENNIS
		20	21	22	23	24	25	26
	21		HOME SERIES CLOSING CEREMONY					
JUN		27	28	29	30	31	1	2
	22	GUBBSKIVA			SCHOLARSHIP DAY	GRADUATION 2024		
		3	4	5	6	7	8	9
	23				NATIONAL DAY	EVALUATION	CAPTURE THE FLAG/5-KAMP	GRÖNA LUND
		10	11	12	13	14	15	16
	24			SOCCER TOURNAMENT	GRUNDENTEN	END OF SCHOOL		

Extracurricular program - weekly update:



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