

SPORTS & EXTRACURRICULAR ACTIVITIES 2024-2025

A WORLD OF OPPORTUNITIES



SIGTNASKOLAN
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.



SIGTNASKOLAN
HUMANISTISKA LÄROVERKET

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 some 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.



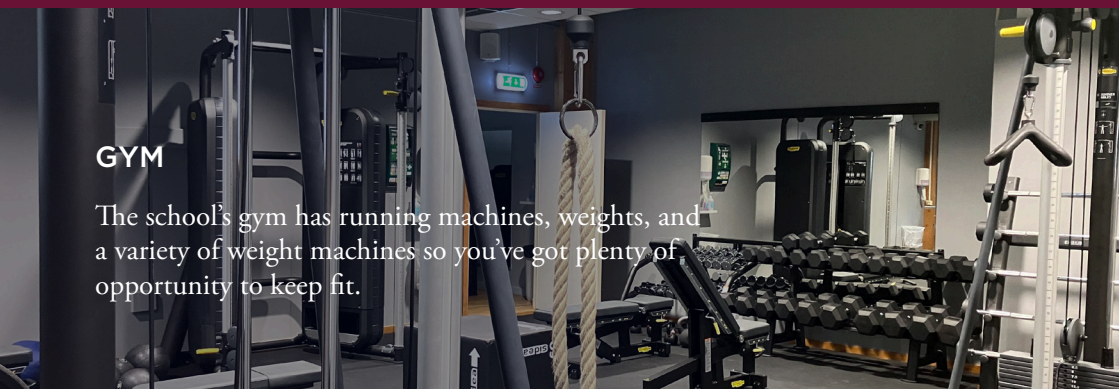
CORE ACTIVITIES

The 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 SSHL 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, power, core and more.

ROWING

In rowing, you will develop many different areas of yourself, such as strength, endurance, team work and focus. Launching the boat in the early morning, gliding out on the lake, is also an fantastic experience of nature.





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".

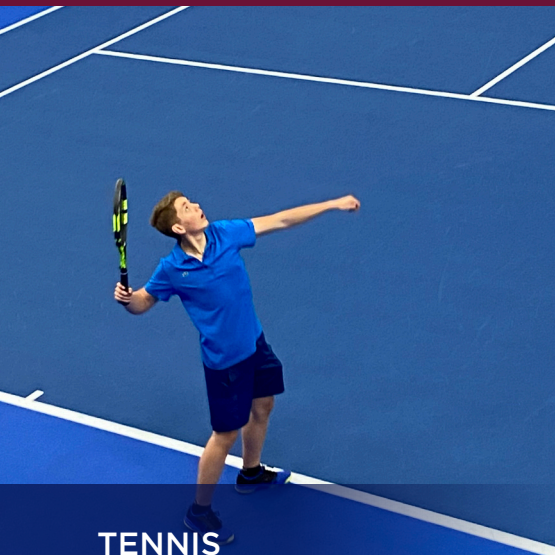


ARTS & SWEDISH CULTURE

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

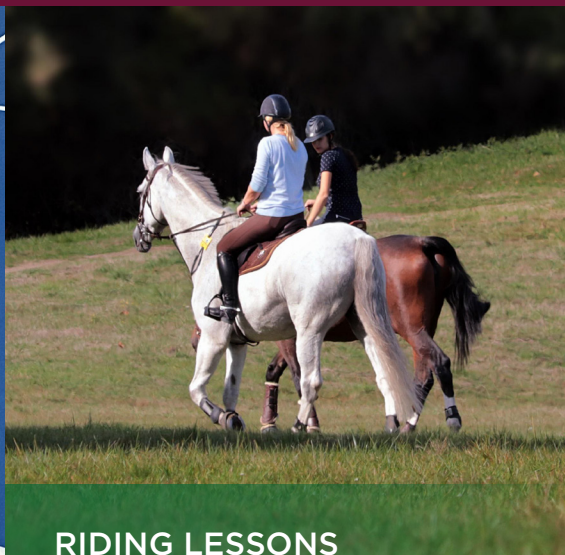


ACTIVITIES WITH ADDITIONAL COSTS



TENNIS

For more information,
please contact sigtunatennis.se



RIDING LESSONS

For more information,
please contact fritiden@sshl.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 SSSL 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 and sign up, please contact:
maria.hedenstrom@sshl.se.



Follow Fritiden - see the weekly programme on Instagram: [#fritidensshl](https://www.instagram.com/fritidensshl)

FEE FOR DAY STUDENTS - CORE ACTIVITIES

Fee core activities: SEK 2000 per academic year for day students.

This fee does not apply for boarding students.

Payment: for day students via bankgiro 142-9000, latest 2 weeks after school start.

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 SSSL 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, SRK Sista Ring-Kommittén, STELLAR, Teach Me, Think Tank and Yellow Boats of Hope.



SPORTS COMPETITIONS 2024-2025

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

SIPSI

23 SEPTEMBER	Basketball, Rowing, Shooting, Golf	Lundsberg	No fee
2 OCTOBER	Soccer, Tennis	Djursholm	No fee
6 FEBRUARY	Floorball, Volleyball, Chess	Sigtuna	No fee
13 MAY	Track & Field, Badminton	Stockholm	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.

SCHOOL MEETINGS

6-8 SEPTEMBER	Sigtuna	No fee
5-7 APRIL	Herlufsholm, Denmark	

Twice 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. One meeting is at Herlufsholm, one at SSSL in Sigtuna.



EXTRACURRICULAR CALENDAR FALL 2024

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

MONTH	WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AUG	33	12	13	14	15	16	17	18
							NEW BOARDERS	OLD BOARDERS
	34	19	20	21	22	23	24	25
		SCHOOL START	INTRO FRITIDEN				KICK OFF	TREASURE HUNT
SEP	35	26	27	28	29	30	31	1
	36	2	3	4	5	6	7	8
						HERLUFSHOLM	HERLUFSHOLM	HERLUFSHOLM
	37	9	10	11	12	13	14	15
		HS VOLLEYBALL	HS VOLLEYBALL	HS VOLLEYBALL	HS VOLLEY FINAL		DEKADEN	
	38	16	17	18	19	20	21	22
	39	23	24	25	26	27	28	29
		SIPSI ROWING, GOLF, BASKETB, SHOOTING		Duke of Edinburgh	Duke of Edinburgh	Duke of Edinburgh	Duke of Edinburgh	Duke of Edinburgh
OCT	40	30	1	2	3	4	5	6
				VRG: SOCCER, TENNIS		HOUSE NIGHT	CULTURE DAY	HS TEAM RELAY
	41	7	8	9	10	11	12	13
	42	14	15	16	17	18	19	20
		HS RACKET SPORT	HS RACKET SPORT	HS RACKET SPORT	TRY BOARDING HS RACKET SPORT	TRY BOARDING	TRY BOARDING 'HELGMY'S'	
	43	21	22	23	24	25	26	27
NOV	44	H	Ö	S	T	L	O	V
	45	4	5	6	7	8	9	10
	46	11	12	13	14	15	16	17
							PARENTS' DAY	
	47	18	19	20	21	22	23	24
		HS FUTSAL	HS FUTSAL	HS FUTSAL	TRY BOARDING HS FUTSAL FINAL	TRY BOARDING	TRY BOARDING	
DEC	48	25	26	27	28	29	30	1
				ADVENT KORUM	OPEN HOUSE			
	49	2	3	4	5	6	7	8
				NOBEL CELEBRATION			CHRISTMAS SPEX	CHRISTMAS COMPETITION
	50	9	10	11	12	13	14	15
				LUCIA				
	51	16	17	18	19	20	21	22
					CHRISTMAS DINNER	END OF TERM		

EXTRACURRICULAR CALENDAR SPRING 2025

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

MONTH	WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JAN	3	13	14	15	16	17	18	19
		SCHOOL START						
	4	20	21	22	23	24	25	26
							OPEN HOUSE	
	5	27	28	29	30	31	1	2
		HS FLOORBALL	HS FLOORBALL	HS FLOORBALL	HS FLOORBALL FINAL			
FEB	6	3	4	5	6	7	8	9
					SIPSI VOLLEYBALL, FLOORBALL, CHESS	HOUSE NIGHT	WINTER SPORTS DAY	HS MULTI SPORT
	7	10	11	12	13	14	15	16
					TRY BOARDING	TRY BOARDING	TRY BOARDING	
	8	17	18	19	20	21	22	23
MAR	9	S	P	O	R	T	S	HOLIDAY
	10	3	4	5	6	7	8	9
	11	10	11	12	13	14	15	16
	12	17	18	19	20	21	22	23
		HS BASKETBALL	HS BASKETBALL	HS BASKETBALL	HS BASKETB FINAL			
	13	24	25	26	27	28	29	30
					TRY BOARDING	TRY BOARDING	TRY BOARDING	
APR	14	31	1	2	3	4	5	6
						HERLUFSHOLM	HERLUFSHOLM	HERLUFSHOLM
	15	7	8	9	10	11	12	13
			50-DAYS ARCU GALA					
	16	P	Å	S	K	L	O	V
	17	21	22	23	24	25	26	27
		HS SOCCER	HS SOCCER	HS SOCCER	OPEN HOUSE HS SOCCER FINAL			
MAY	18	28	29	30	1	2	3	4
	19	5	6	7	8	9	10	11
	20	12	13	14	15	16	17	18
			SIPSI TRACK-FIELD, BADMINTON					
	21	19	20	21	22	23	24	25
			HOME SERIES CLOSING CEREMONY					
JUN	22	26	27	28	29	30	31	1
		GUBBSKIVA	SCHOLARSHIP DAY	GRADUATION 2025				
	23	2	3	4	5	6	7	8
					NATIONAL DAY		GRÖNA LUND	CAPTURE THE FLAG
	24	9	10	11	12	13	14	15
				SSHL SOCCER TORUNAMENT		END OF SCHOOL		

Extracurricular program - weekly update:



#fritidensssl



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