

SPORTS & EXTRACURRICULAR ACTIVITIES 2021-2022

A WORLD OF OPPORTUNITIES



SIGTNASKOLAN
HUMANISTISKA LÄROVERKET



HOUSE SERIES

During the school year the boarding houses compete in a variety of sports competitions, including soccer, basketball, paddle ball, futsal and more. Every year the House Series end with the SSHL City Relay, where almost all students in the house take part. The House Series is a popular aspect of school life at SSHL.

All SSHL students, whether day or boarding students, belong to one of the boarding houses.



SIGSTUNASKOLAN
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 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.

A SCHOOL THAT PROMOTES HEALTH

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. SSSL offers many types of activities to help you make the very best of your spare time.

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.

CREATIVITY & ACTIVITY

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

Apart from the activities in our extracurricular program, you may also take part in organised activities during breaks together with your friends on weekdays between 10-14. Play games, table tennis, frisbee golf and more.

CORE ACTIVITIES

The extracurricular core activities cost SEK 2000 per academic year for day students. This fee covers all activity periods. Day students pay the fee through bankgiro: 142-9000. **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.



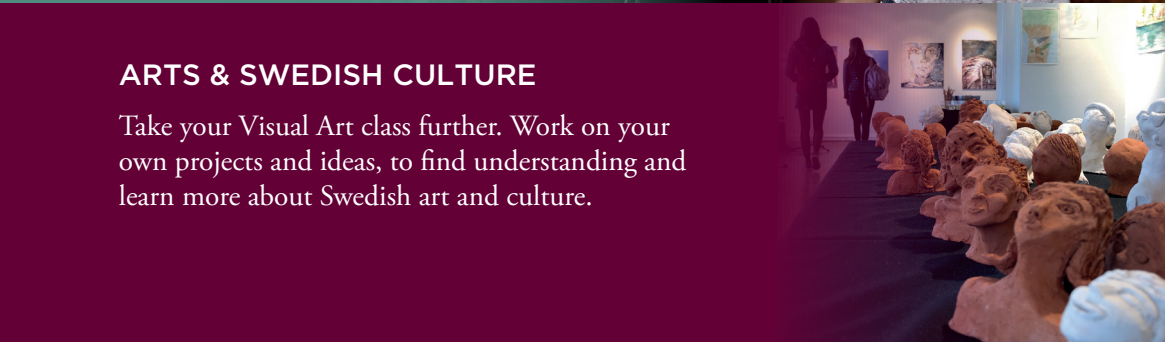
DANCE

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

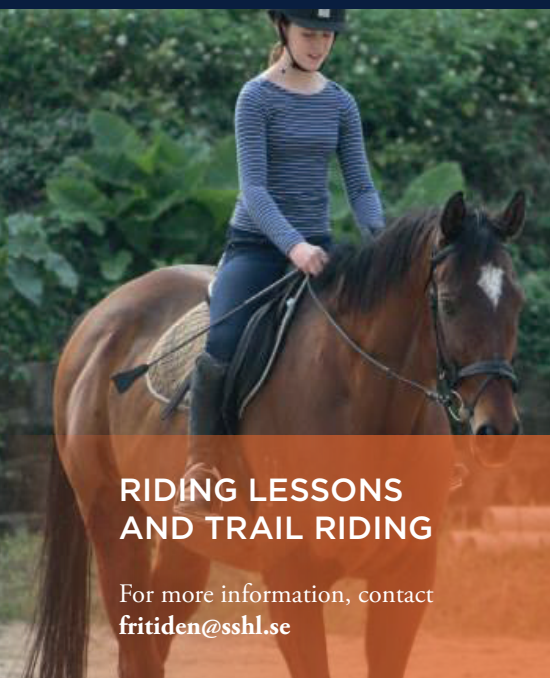
Learn the classic art of debating with the school's "Debating Society".



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 AND TRAIL RIDING

For more information, contact
fritiden@sshl.se



TENNIS

At Sigtuna Tennis Club next to the school,
two parallel courts are available each day.
Apply directly to 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 Safety Card.



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 PROGRAM

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

- Develop your knowledge and skills within a specific subject or area
- Develop your physical capacity within a specific area
- Get the opportunity to 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 fritiden@sshl.se.

COOK & BAKE

Do you like to cook and bake? Do you want to learn more and find inspiration? The school's cooks will teach you a little of everything. Registration via fritiden@sshl.se.



OUTDOOR & WILDLIFE

Join us on small excursions and outdoor activities! Learn more about wilderness life and relax in nature. Registration via fritiden@sshl.se.



See the complete program at:



SSHLfritiden



#fritidensshl

Fee, core activities (day students only): SEK 2000/year. Payment, bankgiro: 142-9000

Contact, Head of Sports: thomas.persson@sshl.se, Tel +46 8-592 571 22, 0730-38 00 41

Please note that activities may be subject to change.

ACTIVITIES WITH ADDITIONAL COSTS

Horse riding, cooking, outdoor & wildlife, for information, contact fritiden@sshl.se.

Tennis: Sigtuna Tennis Club, apply at sigtunatennis.se/tennisiskolan/

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.



FOTO Gabriel Ljungh

FOTO W. CUCCINER

SPORTS COMPETITIONS

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. Each year we participate in the sporting events between schools in northern Europe organised by NECIS, Northwest European Council of International Schools. If selected to represent SSHL at one of these events, you'll have some great memories from your time here and perhaps even make some new friends for life.

SIPSI is an organisation for Swedish boarding- and private schools where schools compete in different sport activities.

Please note, all trips and competitions during 2021-2022 are subject to change, and may be cancelled with short notice.

NECIS - COMPETITIONS 2021-2022

COST, SEK

11-13 NOVEMBER	Soccer and Volleyball in Amsterdam	4 500
17-20 MARCH	Basketball in Antwerp	4 500
19-20 MAY	Golf in Sigtuna	0
21-22 MAY	Tennis in Amsterdam	4 500
21-22 MAY	Soccer in Dusseldorf, girls	4 500
28-29 MAY	Track and Field in Antwerp	4 500

Costs include flights, hotel, and competition fees.

SIPSI - COMPETITIONS 2021-2022

6 OCTOBER	Soccer, Badminton and Golf in Djursholm
2 FEBRUARY	Volleyball, Tennis, Floorball and Chess in Sigtuna
3 MAY	Athletics, Rowing, Basketball, Skeet Shooting in Lundsberg

EXTRACURRICULAR CALENDAR AUTUMN 2021

Intramurals, tournaments and exchanges (subject to change)

MONTH	WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AUG		16	17	18	19	20	21	22
	33						NEW BOARDERS	OLD BOARDERS
		23	24	25	26	27	28	29
	34	SCHOOL START				KICK-OFF	KICK-OFF	TREASURE HUNT
SEP		30	31	1	2	3	4	5
	35							
		6	7	8	9	10	11	12
	36	HS VOLLEYBALL	HS VOLLEYBALL	HS VOLLEYBALL	HS VOLLEYB FINAL		IKEA	IKEA
		13	14	15	16	17	18	19
	37							
		20	21	22	23	24	25	26
	38		HS ATHLETICS, TEAM RELAY					
OCT		27	28	29	30	1	2	3
	39						CULTURE DAY	HS MULTI SPORT
		4	5	6	7	8	9	10
	40			SIPSI SOCCER, GOLF, BADMINTON		HERRLUFSHOLM	HERRLUFSHOLM	HERRLUFSHOLM
		11	12	13	14	15	16	17
	41							
PRAO		18	19	20	21	22	23	24
ÅK 8	42				TRY BOARDING	TRY BOARDING/ DofE SILVER	TRY BOARDING/ DofE SILVER	
		25	26	27	28	29	30	31
	43							
NOV	44	1	2	3	4	5	6	7
		8	9	10	11	12	13	14
	45				NECIS SOCCER, VOLLEYBALL	NECIS SOCCER, VOLLEYBALL	NECIS SOCCER, VOLLEYBALL	
		15	16	17	18	19	20	21
							BOARDING HOUSE DAY	
	46		HS FUTSAL	HS FUTSAL	HS FUTSAL	HS FUTSAL	HS FUTSAL FINAL	
		22	23	24	25	26	27	28
	47				TRY BOARDING	TRY BOARDING/ DofE SILVER	TRY BOARDING/ DofE SILVER	
DEC		29	30	1	2	3	4	5
	48			OPEN HOUSE				
		6	7	8	9	10	11	12
	49						CHRISTMAS SHOW	CHRISTMAS CONTEST
		13	14	15	16	17	18	19
	50							
		20	21	22	23	24	25	26
	51							

EXTRACURRICULAR CALENDAR SPRING 2022

Home Series, tournaments and exchanges (subject to change)

MONTH	WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JAN		10	11	12	13	14	15	16
	2			SCHOOL START				
		17	18	19	20	21	22	23
	3			HS PADDLE				
		24	25	26	27	28	29	30
	4							
FEB		31	1	2	3	4	5	6
	5					DoFE BRONZE PRACTICE G1	OPEN HOUSE/ DoFE BRONZE PRACTICE G1	
		7	8	9	10	11	12	13
	6				SIPSI FLOORBALL, VOLLEYBALL, TENNIS, CHESS	HS FLOORBALL	VINTER SPORTS DAY	HS FLOORBALL FINAL
		14	15	16	17	18	19	20
	7				TRY BOARDING	TRY BOARDING	TRY BOARDING/ DoFE BRONZE G1	DoFE BRONZE G1
		21	22	23	24	25	26	27
	8							
MAR	9	28	1	2	3	4	5	6
		7	8	9	10	11	12	13
	10					DoFE GOLD PRACTICE	DoFE GOLD PRACTICE	
		14	15	16	17	18	19	20
					NECIS BASKET	NECIS BASKET	INTERNATETS DAG	NECIS BASKET
	11						NECIS BASKET	
		21	22	23	24	25	26	27
	12							
APR		28	29	30	31	1	2	3
	13	HS BASKETBALL	HS BASKETBALL	HS BASKETBALL	TRY BOARDING/ HS BASKET FINAL	TRY BOARDING	TRY BOARDING	
		4	5	6	7	8	9	10
	14				50-DAYS/ DoFE GOLD	DoFE GOLD	DoFE GOLD	DoFE GOLD
		11	12	13	14	15	16	17
	15							
	16	18	19	20	21	22	23	24
MAY		25	26	27	28	29	30	1
	17	HS SOCCER	HS SOCCER	HS SOCCER	HS SOCCER FINAL	DoFE BRONZE PRACTICE G2	DoFE BRONZE PRACTICE G2	
		2	3	4	5	6	7	8
	18		SIPSI ROWING, ATHLETICS, SKIET SHOOTING, BASKETB			DoFE BRONZE PRACTICE G2		
		9	10	11	12	13	14	15
	19						DoFE BRONZE G2	DoFE BRONZE G2
		16	17	18	19	20	21	22
	20				NECIS GOLF	NECIS GOLF	NECIS SOCCER, TENNIS	NECIS SOCCER, TENNIS
		23	24	25	26	27	28	29
	21	GUBBSKIVA	SCHOLARSHIP DAY	GRADUATION -22			NECIS ATHLETICS	NECIS ATHLETICS
JUN		30	31	1	2	3	4	5
	22							
		6	7	8	9	10	11	12
	23						GRÖNA LUND	
		13	14	15	16	17	18	19
	24			GRUNDENTEN	END OF SCHOOL			

Extracurricular Program weekly update:



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[#fritidensshl](https://www.instagram.com/fritidensshl)



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