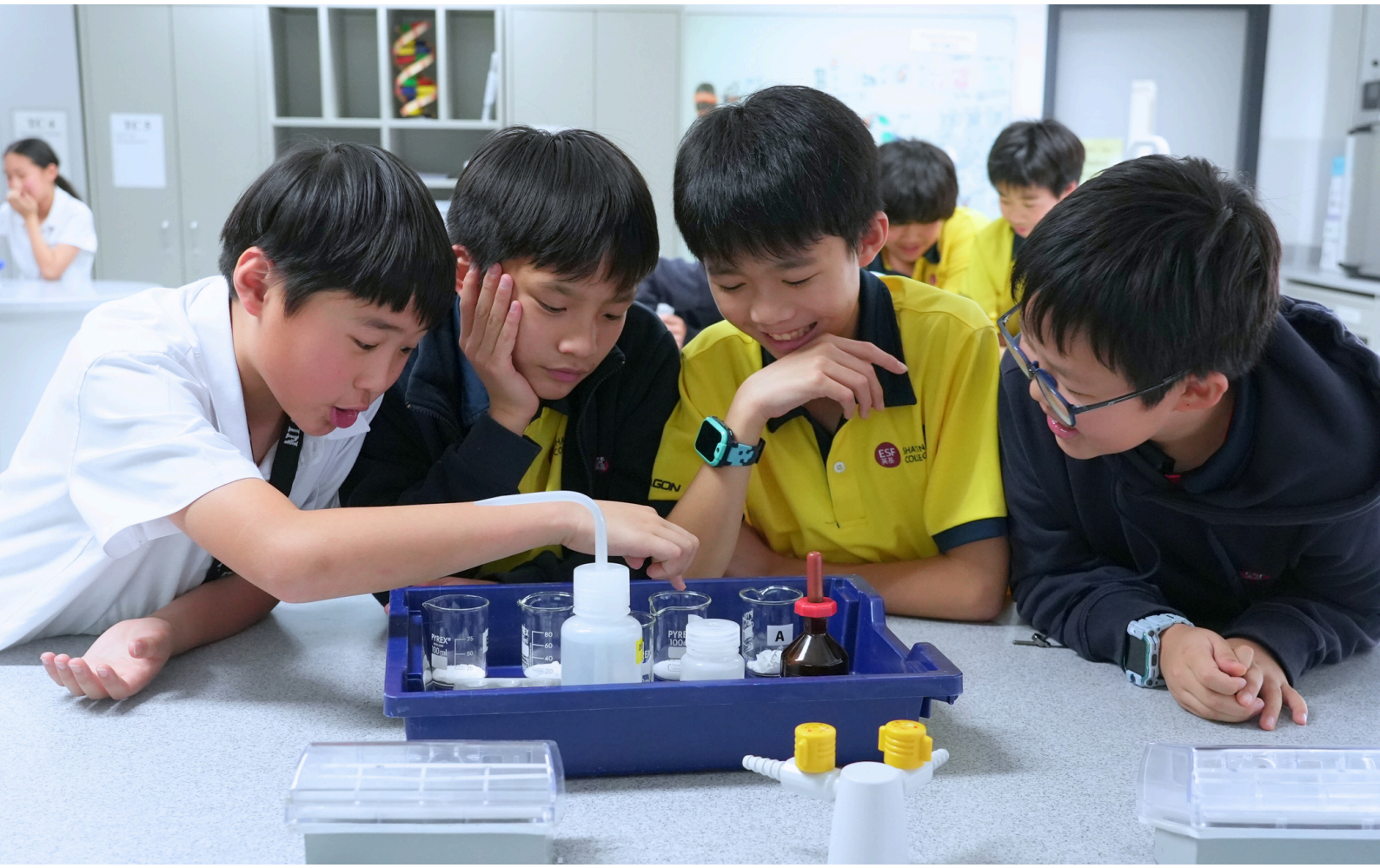
ESF 英基 SHA TIN COLLEGE 沙田學院

Session 3

ACTIVITIES PROGRAMME 2025–2026



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ACTIVITIES PROGRAMME AT STC

The Activities Programme is a key part of our experiential learning approach to empowering students to pursue existing passions, explore new interests, and make new friendships within the community.

With a variety of opportunities, there's something for everyone - from the SABRES Sports Teams, to recreational Sports for Fun, to other enriching Activities. These experiences encourage learners to step outside of their comfort zones and take on new challenges. The Activities Programme also offers space for students to simply share their passions, explore new hobbies, and connect with peers and staff members who share interests.

VALUE OF ACTIVITIES PROGRAMME

01 Discover themselves and others through talents, passions and interests.

02 Build community by collaborating and forming relationships with other students and staff.

03 Develop skills for life that are valuable beyond the academic curriculum, such as leadership, teamwork, and problem-solving skills.

04 Demonstrate sustainability through engaging in activities focused on social responsibility and principled action.

A GUIDE TO CHOOSING ACTIVITIES

Selecting an activity is an exciting opportunity for your child to explore their interests and learn new skills. To make the most of this experience, we encourage you to discuss their preferences at home before the selection process begins. If your child is unsure, exploring a variety of options can help them discover what they truly enjoy.

Our Philosophy on Commitment

When a student signs up for an activity, it represents a commitment to the group and its members. Therefore, we expect students to attend all scheduled sessions for the term unless they are absent from school due to illness or other unforeseen circumstances. This reliability is essential for their personal development and the success of the activity.

Tips for a Successful Selection

- Consider Interests & Schedule: Help your child understand the commitment involved in their chosen activity. Discuss their weekly schedule to ensure a healthy balance between academics, personal time, and activities.
- A Manageable Commitment: We encourage students to select a number of activities that allow them to participate fully and enthusiastically in each one.
- The Final Choice: It is essential that your child has the final say in their selection. When they choose an activity they are genuinely interested in, the experience is far more rewarding and contributes significantly to their growth.

If Not Selected: If your child is not placed in their preferred activity this term, please encourage them to try again in the future. Availability can change each term.

Other Points to Consider:

- Explore Interests: Reflect on what activities excite you. What are you passionate about?
- Try New Things: Be open to participating in something new, it's a great way to discover hidden talents!
- Seek Guidance: Talk to teachers or other students involved in activities. They can offer a valuable perspective.
- Balance is Key: Consider your academic workload and other commitments. It's important not to overextend yourself.
- Trust Your Instincts: Choose an activity that you will enjoy. This should be a positive and fun experience!

While participation in our Activities Programme is not compulsory, we strongly encourage it. These activities provide invaluable opportunities for students to discover their talents, develop important life skills, and build lasting friendships.

WHAT DOES THE ACTIVITIES PROGRAMME OFFER?

01 Activities

These provide opportunities for students to extend their learning, explore new hobbies and represent STC in inter-school competitions

02 Sports for Fun

These provide opportunities for students to participate in recreational sports for fun with friends and teachers.

03 SABRES Sports Teams

These provide opportunities for students to represent the school in inter-school competitions. Students will be selected based on tryouts at the start of each season.

HOW TO ENROL

1. Log into SOCS when sign-up opens
2. View available Activities under each category
3. Indicate and save preference choices before sign up closes
4. View accepted Activities after receiving a confirmation email from the school

For more information, please see the Step-By-Step Screencast.

SOCS

Enrolment Priority

Please note that completing the enrolment process does not mean the student has a confirmed place in the activities. Once the enrolment window is closed, parents and students will be informed via email about when confirmed activities can be viewed. Students who provide more than one preference per slot have a better chance of being allocated an Activity or Sports for Fun. Please note that some Sports for Fun are drop-in sessions only and cannot be selected as a preference during the sign-up window.

KEY DATES - ACTIVITIES PROGRAMME

Session 3

Enrollment Opens	Monday 16 March
Enrolment Closes	Friday 20 March
Confirm activities lists	Friday 27 March
Activities Start	Monday 20 April
Activities End	Friday 19 June

SCHEDULE OVERVIEW

SCHEDULE OVERVIEW
MONDAY

Time	Activity	Y7	Y8	Y9	Y10	Y11	Y12	Y13
Lunch	Bouldering Club							
	Junior Badminton (Drop in)							
	Knit a Square							
	Senior Table Tennis (Drop in)							
	Yoga							

SCHEDULE OVERVIEW
TUESDAY

Time	Activity	Y7	Y8	Y9	Y10	Y11	Y12	Y13
Lunch	Crochet Club							
	Drama Club and Lighting Design							
	Elysian							
	Glee - Dragon/ Griffin/ Pegasus/ Phoenix							
	Junior Table Tennis (Drop in)							
	Mahjong for Fun							
	Mathe-magicians							
	Maths Club							
	Mock Trial Club							
	Rock School							
	Running Club							
	Volleyball Club							
After School	Basketball Development Girls							
	Battle of the Books							
	Chinese Debate Team							
	Elite Chess Training							
	Glee - Dragon/ Griffin/ Pegasus/ Phoenix							
	Ultimate Frisbee							

SCHEDULE OVERVIEW
WEDNESDAY

Time	Activity	Y7	Y8	Y9	Y10	Y11	Y12	Y13
After School	Bagpipes Tuition and ESF Sha Tin Pipe Band - Group A (13:30-14:15)							
	Bagpipes Tuition and ESF Sha Tin Pipe Band - Group B (13:45-14:45)							
	Bagpipes Tuition and ESF Sha Tin Pipe Band - Group C (13:45-15:15)							
	Bagpipes Tuition and ESF Sha Tin Pipe Band - Group D (14:15-16:00)							
	Fencing Advanced							
	Fencing Development							
	Netball for Fun							
	Swimming Fun & Skills							

SCHEDULE OVERVIEW
THURSDAY

Time	Activity	Y7	Y8	Y9	Y10	Y11	Y12	Y13
Lunch	Board Game Club							
	Chess For Fun							
	Free Thinkers Society							
	Glee - Dragon/ Griffin/ Pegasus/ Phoenix							
	Jazz Big Band							
	Junior Table Tennis (Drop in)							
	Physics Olympiad Club							
	Pickleball (Drop in)							
	STC Choir							
	STC Nature and Biodiversity Society							
After School	3 in 1 Water Sports Training Programme							
	Basketball Development Boys							
	Beginners Rowing							
	Golf Club							
	Glee - Dragon/ Griffin/ Pegasus/ Phoenix							
	Resin Stained Glass							
	STC Orchestra							
	Tennis							

SCHEDULE OVERVIEW
FRIDAY

Time	Activity	Y7	Y8	Y9	Y10	Y11	Y12	Y13
Lunch	Acoustic Guitar Club							
	An Exploration of Einstein's Relativity							
	Bio-Logic Club							
	Dungeons and Dragons							
	Leather Making Workshop							
	MS Minecraft Club							
	Music Therapy Club							
	Pandemic Board Game							
	Senior Badminton (Drop in)							
	Sourdough Club							
	Spanish Club							
	The Maker Space							
	Y10 Engineers							
After School	Chinese Martial Arts							

MIDDLE SCHOOL ACTIVITIES

MIDDLE SCHOOL ACTIVITIES

Activity *Y7,8*

Bagpipes Tuition and ESF Sha Tin Pipe Band (Group A-D): Bagpipes tuition and pipe band practices for SJS Alumni

Sports for Fun *Y7,8,9*

Basketball Development Boys: Basketball development training to try get into Sabres sports team

HK$365/term

Activity *Y7,8,9*

Battle of the Books: In Term 3 Battle of the Books membership to the activity is by Invitation Only.

Sports for Fun *Y7,8,9*

Junior Badminton (Drop in): Looking for a fun way to stay active and sharpen your reflexes? Join our Badminton Activity this Term! Whether you're a pro with a powerful smash or just curious to try something new, all year 7-9s are welcome.

This is a drop-in session, so spaces are first come first served.

Sports for Fun *Y7,8,9*

Junior Table Tennis (Drop in): Get ready to bounce into this Term with our exciting Junior Table Tennis Activity! Perfect for young players who want to learn the basics, improve their skills, and enjoy friendly games in a fun and supportive environment.

This is a drop-in session, so spaces are first come first served.

MIDDLE SCHOOL ACTIVITIES

Activity *Y7,8,9*

Maths Club: We will look at a wide variety of mathematical activities. Including: Maths competitions. Problem solving and puzzles.

Activity *Y7,8,9*

MS Minecraft Club: The Middle School Minecraft Club empowers students to express creativity, collaborate, and solve problems in a fun, interactive environment. Through team-based builds, challenges, and exploration, students enhance critical thinking and teamwork skills while designing imaginative worlds. It's a space to learn, share ideas, and foster friendships through the game of Minecraft.

Activity *Y7,8,9*

Resin Stained Glass: Design your stained glass patterns digitally, then bring them to life with colored epoxy resin. You will gain hands-on experience in every step, from scratch to a stunning art piece. Perfect for those who love art, crafts and trying new creative technologies.

Activity *Y7,8,9*

Sourdough Club: A fun cooking activity making sourdough bread, pizzas and other delicious creations!

Activity *Y7,8,9*

The Maker Space: Unleash your creativity every week at The Maker Space! This club offers students the chance to explore a new craft project each session—from sewing and mosaics to candle making and more. Whether you're an experienced crafter or just trying something new, join us to experiment with different materials, learn new skills, and have fun making unique creations together.

SENIOR SCHOOL ACTIVITIES

SENIOR SCHOOL ACTIVITIES

Activity *Y10, 12*

An Exploration of Einstein's Relativity: Every week we will explore the wonders of Einstein's Theory of Relativity. Starting with special relativity and learning the basics of time dilation and length contraction, we will eventually tackle the even larger ideas contained in general relativity. Suitable for everybody, no prior knowledge and no maths skills needed.

Activity *Y10, 12*

Mahjong for Fun: Discover the excitement of Mahjong! This classic tile-based game from China is a fantastic way to connect with friends, develop strategy, and immerse yourself in a different culture. All skill levels are welcome—come for the fun and challenge!

Activity *Y10, 12*

Pandemic Board Game: In Pandemic, several virulent diseases have broken out simultaneously all over the world! The players are disease-fighting specialists whose mission is to treat disease hotspots while researching cures for each of four plagues before they get out of hand.

Sports for Fun *Y10, 12*

Senior Badminton (Drop in): Calling all seasoned shuttlers! If you're looking to refine your technique, engage in competitive rallies, and connect with fellow experienced players, our Senior Badminton Activity is the perfect fit this Term.

This is a drop-in session, so spaces are first-come, first-served.

SENIOR SCHOOL ACTIVITIES

Sports for Fun *Y10, 12*

Senior Table Tennis (Drop in): Relax, have fun and play some friendly table-tennis!

This is a drop-in session, so spaces are first-come, first-served.

Activity *Y10*

Y10 Engineers: The Y10 Engineers Club is open to Year 10 students currently studying GCSE Engineering. The club provides access to the design studios, workshop machines, and tools, allowing students to further develop their skills and work on personal projects. It offers an opportunity to enhance practical knowledge and gain additional experience in a supportive environment.

MIXED SCHOOL ACTIVITIES

MIXED SCHOOL ACTIVITIES

Sports for Fun *Y7,8,9,10,12*

3 in 1 Water Sports Training Programme: The 3-in-1 Water Sports Training Program offers students an exciting mix of Kayaking, Stand-Up Paddleboarding, and Monster Board sessions, with two sessions of each activity running from April to June. Held on Thursday afterschool at Sai Sha Go Park Aqua, each 1.5-hour session gives students the chance to build skills, gain confidence on the water, and enjoy fun group challenges, with transport arranged from STC to the venue and return bus to from the venue to ST MTR & STC for all participants.

HK$5,150/term

Activity *Y7,8,9,10,12*

Acoustic Guitar Club: Tuition in acoustic guitar, open to complete beginners and those with some experience. **You must be able to commit to all lessons as this is provided by an external provider.**

Sports for Fun *Y8,9,10*

Basketball Development Girls: Basketball development training to try get into Sabres sports team

HK$365/term

MIXED SCHOOL ACTIVITIES

Sports for Fun *Y7,8,9,10,12*

Beginners Rowing: Beginner Rowing Course Star 1 board rowing course - 8h Years: 9-12 Day: Every Thursday (4 sessions) Location: Sha Tin Rowing Centre - students make their own way to and from this location. Time: 17:00-19:00 Course outline Lesson 1.Introduction To Rowing A. To Knowledge of Equipment Name And Usage B. Understanding The Site & Water Safety Guideline C. Equipment Set up of Board Rowing D. Mock Rowing Practice on Land Lesson 2.Learning to paddle part 1 A. Boat Manoeuvre: back forward, simple turning. Posture and Pauses Lesson 3 Learning to paddle part 2 A. Emergency stops, spin turns, Paddling in a straight line Lesson 4. Learning to paddle part 3 A. Paddling in a straight line B. Parking

HK$340/term

Activity *Y9, 10*

Bio-Logic Club: Ready to go beyond the textbook and discover how fun and competitive biology can be? Bio-Logic is the perfect club for Year 9, 10, and 11 students looking to build a rock-solid foundation for IGCSE and get a thrilling head-start on future courses like IB Biology.

We transform complex topics into engaging adventures. Each session blends core syllabus content with mind-expanding "IB Taster" concepts, interactive games, and virtual labs. Get ready to build DNA out of candy, race in photosynthesis relays, and battle pathogens in our immune system board game!

MIXED SCHOOL ACTIVITIES

Activity *Y7,8,9,10*

Board Game Club: Join Board Game Club for strategy, adventure, and fun! Whether you're a seasoned player or just starting out, explore our growing game collection, sharpen your thinking, and build friendships across year groups. Recent favorites include Wavelength, Poetry for Neanderthals, Ticket to Ride, and dozens more.

Sports for Fun *Y8,9,10,12*

Bouldering Club: Get ready to scale new heights this Term with our exciting Bouldering Club! Perfect for adventurous students who want to learn climbing basics, build confidence, and challenge themselves on fun climbing routes. Join us for a supportive, energising lunchtime session where everyone can progress at their own pace—and have a great time doing it!

Activity *Y7,8,9,10,12*

Chess For Fun: Join the school chess club at lunchtime for a fun, casual atmosphere! Play friendly matches against your peers, share strategies, and improve your skills. Whether you're a beginner or experienced player, everyone is welcome to learn and enjoy chess together while making new friends!

Activity *Y7,8,9,10,12*

Chinese Debate Team: The Chinese Debate Team aims to nurture students' thinking, organisation and Chinese speaking skills via training in debate skill workshops and providing opportunities for students to take part in Chinese debating competitions.

MIXED SCHOOL ACTIVITIES

Activity *Y7,8,9,10,12*

Chinese Martial Arts: Unlock the secrets of Chinese Martial Arts with us! Experience the thrill of learning from a professional coach who will guide you every step of the way. Don't miss this chance to get fit, have fun, and be part of an amazing team. **You must be able to commit to all lessons as this is provided by an external provider**.

Activity *Y7,8,9,10,12*

Crochet Club: Teach beginners some simple crochet stitches to create a simple square. Students who already know how to crochet can take on the challenge of more complex patterns, such as crochet coasters. Students may bring their own tools and yarn if they have them.

Activity *Y7,8,9,10,12*

Drama Club and Lighting Design: Drama Club in Term 3 will firstly be the continuation of the Middle School play. After the play has finished, most people will leave Drama Club, and it will become an activity to learn Theatre Lighting Design. Those students who are interested in this will need to contact Mr Burt separately. Those who complete this activity will be invited to do the lighting for future plays and assemblies.
PLEASE NOTE THAT ON TUESDAY LUNCHTIMES YOU WILL NOT BE AVAILABLE TO REHEARSE FOR GLEE. Please do not sign up if you will need to miss sessions.

MIXED SCHOOL ACTIVITIES

Activity *Y7,8,9,10,12*

Dungeons and Dragons: Dungeons and Dragons is a game in which you can be a wizard, warrior, or elf. Working as part of a team, you will explore dungeons and negotiate solutions. Student dungeon masters will lead the groups - the only thing participants have to bring is their imagination!

Activity *Y7,8,9,10,12*

Elite Chess Training: Caissa is a Hong Kong-based chess provider focused on international chess. Since 2012, we've trained students and organized tournaments, with many achieving success in competitions. Our coaches are FIDE-licensed or titled players. The program offers structured training with an emphasis on learning and enjoyment, preparing students for tournaments if they choose.

HK$2,475/term

Activity *Y8,9,10*

Elysian: Fashion design for Elysian Fashion show 26/27. Student designers are involved in making garments using upcycled materials for the upcoming fashion show. Students have been selected for involvement from design submissions. By invitation only.

MIXED SCHOOL ACTIVITIES

Sports for Fun *Y7,8,9,10,12*

Fencing (Advanced): Are you an experienced fencer ready to take your technique, strategy, and speed to the next level? Join our Advanced Fencing Activity this Term at the renowned Byjoss Training Centre — where precision meets performance.

HK$2,485/term

Sports for Fun *Y7,8,9,10,12*

Fencing (Development): Interested in building your fencing skills and confidence? Join our Fencing Development Activity this Term — perfect for students with zero to some experience who are ready to take their technique, footwork, and strategy to the next level.

HK$2,485/term

Activity *Y7,8,9,10*

Free Thinkers Society : The Society's goal is to change how you view the world and think about global issues, wanting you to approach issues with a more nuanced perspective, and to understand sides of any issue that you may not agree with. It allows for engagement with topics and fields of study not covered in conventional education and wants to challenge your fundamental understanding of topics such as politics, economics, and history. This activity encourages intellectual curiosity, challenge, and debate.

Activity *Y7,8,9,10,12*

Glee - Dragon/ Griffin/ Pegasus/ Phoenix: Led by House Leaders, Glee is a high-energy, collaborative celebration of music and movement. Whether you're singing, dancing, or rocking out in the band, no experience is required - just a passion for performance! Earn vital House Cup points across various categories, culminating in a spectacular end-of-term show.

MIXED SCHOOL ACTIVITIES

Sports for Fun *Y7,8,9,10,12*

Golf Club: Ready to take your swing to the next level? Join our Golf Activity this Term at the prestigious Hong Kong Golf Club! Whether you're new to the sport or looking to refine your skills, this is a fantastic opportunity to learn, play, and enjoy the game in a world-class setting.

HK$2,600/term

Activity *Y7,8,9,10,12*

Jazz Big Band : Jazz Big Band is a jazz ensemble open to all players of Trumpet, Saxophone and Trombone. If you are interested to join on Piano, Bass, Drums or Guitar, contact Mr Price to arrange an audition.

Activity *Y7,8,9,10,12*

Knit a Square : Come to 251 on Monday lunch times to turn your hand to some knitting. We will aim to knit one square each every week. The goal is to create at least one blanket for the knit a square charity in South Africa. https://knit-a-square.com/ This activity promises to be a mindful de-stressing session, with peaceful music and the odd treat.

Activity *Y9,10,12*

Leather Making Workshop : Learn a new craft and join our leather-making workshop. You will learn the fundamentals of leatherworking and bring home a finished product you can use. Faux leather is also available for those who require. This will be a fun session for you to relax and be hands-on.

MIXED SCHOOL ACTIVITIES

Activity *Y7,8,9,10,12*

Mathe-magicians : A fun and engaging maths club for students who want to explore the “weird” side of logic beyond the classroom. We dive into classic puzzles like the Tower of Hanoi as well as more complex theories such as Cantor’s diagonalisation. Every other session we will host a debate where we battle over famous paradoxes and mathematical controversies - test your intuition against your peers!

Activity *Y7,8,9,10,12*

Mock Trial Club: Join us for a dynamic exploration of speeches, debates, and essential skills for a career in law. Whether you aspire to be a lawyer or simply want to discuss today’s important issues, this club is perfect for anyone interested in law. Our engaging activities will help you develop vital soft skills like communication, teamwork, and public speaking through lively cases and debates, all without lengthy lectures.

Activity *Y7,8,9,10,12*

Music Therapy Club: Discover the power of sound with the Music Therapy Club! It is a creative, supportive space where students use music to relax, express emotions, and boost mental well-being. Through different fun activities with music, this club can help you unwind, connect with others, and explore the side of music where it can heal your mind and lift your spirit. Whether you’re a musician or just love music, join us to experience how rhythm and melody can bring peace, joy, and balance to your everyday life.

MIXED SCHOOL ACTIVITIES

Sports for Fun *Y7,8,9,10,12*

Netball for Fun: Come along and have fun while playing Netball

Activity *Y7,8,9,10*

Physics Olympiad Club: To ignite a passion for physics in students, by preparing them for the HKPhO held in May annually. Novel concepts will be taught through interactive sessions offering a balance between theoretical knowledge and experimental demonstrations.

Sports for Fun *Y7,8,9,10,12*

Pickleball (Drop in): Ready to try something new, fast-paced, and super fun? Pickleball is the perfect mix of tennis, badminton, and ping-pong! Whether you're a seasoned player or a total beginner, come along for exciting matches, great vibes, and a chance to meet new friends.

Activity *Y7,8,9,10,12*

Rock School : Practice in two teams for performances during school events. **You must be able to commit to all lessons as this is provided by an external provider.**

MIXED SCHOOL ACTIVITIES

Sports for Fun *Y7,8,9,10,12*

Running Club: Improve your running skills and endurance by running circuits or hill sprints on Friday lunches weekly.

Activity *Y7,8,9,10*

Spanish Club: An activity designed to build confidence in speaking Spanish through fun, low-pressure games, music, culture, and simple real-life communication. Students explore traditions across the Spanish-speaking world while learning useful phrases for travel and everyday conversation. Ideal for beginners and those interested in the Spanish language.

Activity *Y7,8,9,10,12*

STC Choir: Welcomes all students who love singing and making music together. Through joyful rehearsals and performances, we create a warm, inclusive community where every voice is valued. Students grow in vocal technique, confidence, teamwork, and musical expression as they experience the joy of singing as one united ensemble.

MIXED SCHOOL ACTIVITIES

Activity *Y7,8,9,10,12*

STC Nature and Biodiversity Society: Are you curious or passionate about the natural world? Fascinated by animals and plants? Or simply looking to explore the intriguing mix of urban environments and nature surrounding our school? Look no further than the STC Nature and Biodiversity Society, where we take you on a term-long adventure through Hong Kong's amazing natural world! Our city is one of the most biodiverse in Asia, and we hope to introduce students in the community to various aspects surrounding such wonder. We encourage people to drop by freely on Thursdays to participate in fun focused lectures, help educate others in the community and have a fun time developing ways we as a school can support and promote conservation and biodiversity. Activities include: focused lectures, fun challenges and an end-of-year documentary watch party to celebrate our achievements. This is a great way to network and build connections with people who are just as wild about nature as you!

Activity *Y7,8,9,10,12*

STC Orchestra: Open to players of all orchestral instruments.

Sports for Fun *Y7,8,9,10,12*

Swimming Fun & Skills: Dive into a world of confidence and excitement with our Swimming Fun and Skills Activity! Designed especially for beginner swimmers, this afterschool session helps students learn essential swimming techniques, gain water confidence, and enjoy playful activities in a safe and encouraging environment. A great way to build skills while having a splashingly good time!

MIXED SCHOOL ACTIVITIES

Sports for Fun *Y7,8,9,10,12*

Tennis: Ready to hit the court and sharpen your skills? Join our Tennis Activity this Term and enjoy a mix of coaching, match play, and fitness — all in a fun and supportive environment. Whether you're just starting out or already love the game, there's a place for you!

Sports for Fun *Y7,8,9,10,12*

Ultimate Frisbee: A chance to learn skills and have low-stakes practice games of Ultimate Frisbee.

Sports for Fun *Y8,9,10*

Volleyball Club: Serve, set, and spike your way into our Volleyball Club this Term! Ideal for students keen to learn the fundamentals, develop teamwork, and enjoy friendly matches during lunchtime. Whether you're new to the sport or looking to sharpen your skills, you'll find a fun, positive, and active environment waiting for you on the court.

Activity *Y8,9,10,12*

Yoga: Yoga offers students a space to slow down, connect mind and body, and nurture their wellbeing. Through guided movement and mindful breathing, participants will learn techniques that support focus, emotional regulation, and build strength and flexibility. Suitable for beginners and experienced students alike.

SABRES SPORTS TEAMS OVERVIEW

STC is the home of the SABRES. Our competitive sports program ensures students at STC gain a deeper understanding of what it means to be a team player. They learn to work for each other. They are encouraged to take responsibility for their actions and always try their best. Through our sports program students have the opportunity to achieve success, but they are also taught how to deal with adversity. STC students are recognized for their strong school spirit, their high standards of sportsmanship and dedication to fair and healthy competition. While we celebrate victory, STC students at all times remain gracious in defeat.

At STC we value the fact that many of our teachers are coaches and our coaches are teachers. The strength of school spirit at all levels of athletic competition is a testament to the values instilled and modelled by our dedicated coaches.

KEY DATES - SABRES SPORTS TEAMS

Season 4 - ISSFHK

Action	Date
Sign-ups for tryouts begin on SOCS	Finalised
Trials for Sports Teams	Starts Wednesday, 4th March 2026
Teams and Squads confirmed on SOCS. Sports Administrators to add squad lists for each team	Thursday, 26th March 2026

Season 4 Sports

Team Sports
U14 boys & girls, U20 mixed Touch Rugby U12 boys & girls Football, U14 Girls Netball
Individual Sports
-

Details may be subject to change*

KEY DATES - SABRES SPORTS TEAMS

HKSSF team competitions

Sport	Date
Gymnastics	24th & 31st May 2026

Details may be subject to change*

We challenge our students to make meaningful contributions to the world.

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