

HIGH SCHOOL – OFS TIGERS					
AGE CATEGORIES/AGE GUIDELINES FOR ACADEMIC YEAR 2024-2025					
Season 1	Registration Open: 1 August 2024 (via Student's Program Manager)				
	Registration Close: 12 August at 2024 12:00pm				
HS	Sports	Age	Training Days	Duration	
Morning Trainings 7:00 - 8:30am	16U Boys Volleyball	Students born in 1 June 2008 - 31 May 2010	Monday, Wednesday & Friday	26 August to 9 November 2024	
	16U Girls Volleyball	Students born in 1 June 2008 - 31 May 2010	Monday & Friday		
	19U Boys Volleyball	Students born in 1 June 2005 - 31 May 2008	Monday, Wednesday & Friday		
	19U Girls Volleyball	Students born in 1 June 2005 - 31 May 2008	Monday & Friday		
Afternoon Trainings 3:30 - 5:00pm	14U Boys Badminton	Students born in 1 June 2010 - 31 May 2012	Monday & Tuesday		
	14U Girls Badminton	Students born in 1 June 2010 - 31 May 2012	Monday & Tuesday		
	14U Mixed Cricket	Students born in 1 June 2010 - 31 May 2012	Tuesday & Thursday		
	14U Boys Rugby	Students born in 1 June 2010 - 31 May 2013	Tuesday & Thursday		
	14U Girls Touch	Students born in 1 June 2010 - 31 May 2012	Tuesday & Thursday		
	16U Boys Football	Students born in 1 June 2008 - 31 May 2010	Monday & Wednesday		
	16U Girls Football	Students born in 1 June 2008 - 31 May 2010	Monday & Wednesday		
	19U Boys Football	Students born in 1 June 2005 - 31 May 2008	Monday & Wednesday		
	19U Girls Football	Students born in 1 June 2005 - 31 May 2008	Monday & Wednesday		
	14U Boys Table Tennis (Pre-Season)	Students born in 1 June 2010 - 31 May 2012	Monday & Wednesday		
	14U Girls Table Tennis (Pre-Season)	Students born in 1 June 2010 - 31 May 2012	Monday & Wednesday		
	16U Boys Basketball (Pre-Season)	Students born in 1 June 2008 - 31 May 2010	Tuesday & Thursday		
	19U Boys Basketball (Pre-Season)	Students born in 1 June 2005 - 31 May 2008	Tuesday & Thursday		
Trainings	Gymnastics	Grades 9 - 12	3 Sessions a week	Full Year	
	Swimming	Grades 9 - 12	Min. 6 Sessions a week		
Season 2	Registration Open: 21 October 2024 (via Student's Program Manager)				
	Registration Close: 7 November 2024 at 12:00pm				
HS	Sports	Age	Training Days	Duration	
Morning Trainings 7:00 - 8:30am	19U Boys Tennis	Students born in 1 June 2005 - 31 May 2008	Tuesday & Thursday	18 November 2024 to 22 February 2025	
	19U Girls Tennis	Students born in 1 June 2005 - 31 May 2008	Tuesday & Thursday		
Afternoon Trainings 3:30 - 5:00pm	14U Boys Volleyball	Students born in 1 June 2010 - 31 May 2012	Tuesday & Thursday		
	14U Girls Volleyball	Students born in 1 June 2010 - 31 May 2012	Tuesday & Thursday		
	14U Boys Table Tennis	Students born in 1 June 2010 - 31 May 2012	Monday & Wednesday		
	14U Girls Table Tennis	Students born in 1 June 2010 - 31 May 2012	Monday & Wednesday		
	14U Girls Netball	Students born in 1 June 2010 - 31 May 2012	Tuesday & Thursday		
	14U Boys Football	Students born in 1 June 2010 - 31 May 2012	Tuesday & Thursday		
	14U Girls Football	Students born in 1 June 2010 - 31 May 2012	Monday & Wednesday		
	16U Boys Basketball	Students born in 1 June 2008 - 31 May 2010	Monday & Wednesday		
	16U Girls Basketball	Students born in 1 June 2008 - 31 May 2010	Monday & Wednesday		
	16U Boys Rugby	Students born in 1 June 2008 - 31 May 2010	Monday & Wednesday		
	16U Girls Touch	Students born in 1 June 2008 - 31 May 2010	Monday & Wednesday		
	19U Boys Basketball	Students born in 1 June 2005 - 31 May 2008	Monday & Wednesday		
	19U Girls Basketball	Students born in 1 June 2005 - 31 May 2008	Monday & Wednesday		
	19U Boys Rugby	Students born in 1 June 2005 - 31 May 2008	Monday & Wednesday		
	19U Girls Touch	Students born in 1 June 2005 - 31 May 2008	Monday & Wednesday		
	16U Boys Badminton (Pre-Season)	Students born in 1 June 2008 - 31 May 2010	Wednesday		
	16U Girls Badminton (Pre-Season)	Students born in 1 June 2008 - 31 May 2010	Wednesday		
	19U Boys Badminton (Pre-Season)	Students born in 1 June 2005 - 31 May 2008	Wednesday		
	19U Girls Badminton (Pre-Season)	Students born in 1 June 2005 - 31 May 2008	Wednesday		
Season 3	Registration Open: 10 February 2025 (via Student's Program Manager)				
	Registration Close: 20 February 2025 at 12:00pm				
HS	Sports	Age	Training Days	Duration	
Morning Trainings 7:00 - 8:30am	14U Boys Tennis	Students born in 1 June 2010 - 31 May 2012	Tuesday & Thursday	3 March to 17 May 2025	
	14U Girls Tennis	Students born in 1 June 2010 - 31 May 2012	Tuesday & Thursday		
	16U Boys Volleyball (Pre-Season)	Students born in 1 June 2008 - 31 May 2010	Monday & Friday		
	16U Girls Volleyball (Pre-Season)	Students born in 1 June 2008 - 31 May 2010	Monday & Friday		
	19U Boys Volleyball (Pre-Season)	Students born in 1 June 2005 - 31 May 2008	Monday & Friday		
	19U Girls Volleyball (Pre-Season)	Students born in 1 June 2005 - 31 May 2008	Monday & Friday		
Afternoon Trainings 3:30 - 5:00pm	14U Boys Basketball	Students born in 1 June 2010 - 31 May 2012	Tuesday & Thursday		
	14U Girls Basketball	Students born in 1 June 2010 - 31 May 2012	Tuesday & Thursday		
	16U Boys Badminton	Students born in 1 June 2008 - 31 May 2010	Monday & Tuesday		
	16U Girls Badminton	Students born in 1 June 2008 - 31 May 2010	Monday & Tuesday		
	16U Girls Netball	Students born in 1 June 2008 - 31 May 2010	Monday & Wednesday		
	16U Boys Table Tennis	Students born in 1 June 2008 - 31 May 2010	Monday & Wednesday		
	16U Girls Table Tennis	Students born in 1 June 2008 - 31 May 2010	Monday & Wednesday		
	19U Boys Badminton	Students born in 1 June 2005 - 31 May 2008	Monday & Tuesday		
	19U Girls Badminton	Students born in 1 June 2005 - 31 May 2008	Monday & Tuesday		
	19U Girls Netball	Students born in 1 June 2005 - 31 May 2008	Monday & Wednesday		
	19U Boys Table Tennis	Students born in 1 June 2005 - 31 May 2008	Monday & Wednesday		
	19U Girls Table Tennis	Students born in 1 June 2005 - 31 May 2008	Monday & Wednesday		