

HIGH SCHOOL – OFS TIGERS				
AGE CATEGORIES/AGE GUIDELINES FOR ACADEMIC YEAR 2025-2026				
Season 1	Registration Open: 1 August 2025 (via Student's Program Manager)			
	Registration Close: 12 August 2025 at 12:00pm			
HS	Sports	Age	Training Days	Duration
Afternoon Trainings 3:30 - 5:00pm	14U Boys Badminton	Students born in 1 June 2011 - 31 May 2013	Monday & Tuesday	25 August to 8 November 2025
	14U Girls Badminton	Students born in 1 June 2011 - 31 May 2013	Monday & Tuesday	
	14U Mixed Cricket	Students born in 1 June 2011 - 31 May 2013	Tuesday & Thursday	
	14U Boys Rugby	Students born in 1 June 2011 - 31 May 2013	Tuesday & Thursday	
	14U Girls Touch	Students born in 1 June 2011 - 31 May 2013	Tuesday & Thursday	
	16U Boys Football	Students born in 1 June 2009 - 31 May 2011	Monday & Wednesday	
	16U Girls Football	Students born in 1 June 2009 - 31 May 2011	Monday & Wednesday	
	16U Boys Volleyball	Students born in 1 June 2009 - 31 May 2011	Monday & Wednesday	
	16U Girls Volleyball	Students born in 1 June 2009 - 31 May 2011	Monday & Wednesday	
	19U Boys Football	Students born in 1 June 2006 - 31 May 2009	Monday & Wednesday	
	19U Girls Football	Students born in 1 June 2006 - 31 May 2009	Monday & Wednesday	
	19U Boys Volleyball	Students born in 1 June 2006 - 31 May 2009	Monday & Wednesday	
	19U Girls Volleyball	Students born in 1 June 2006 - 31 May 2009	Monday & Wednesday	
	14U Boys Table Tennis (Pre-Season)	Students born in 1 June 2011 - 31 May 2013	Monday & Wednesday	
	14U Girls Table Tennis (Pre-Season)	Students born in 1 June 2011 - 31 May 2013	Monday & Wednesday	
	16U Boys Basketball (Pre-Season)	Students born in 1 June 2009 - 31 May 2011	Tuesday & Thursday	
	19U Boys Basketball (Pre-Season)	Students born in 1 June 2006 - 31 May 2009	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: 14 October 2025 (via Student's Program Manager)			
	Registration Close: 2 November 2025 at 12:00pm			
HS	Sports	Age	Training Days	Duration
Morning Trainings 7:00 - 8:30am	19U Boys Tennis	Students born in 1 June 2006 - 31 May 2009	Tuesday & Thursday	17 November 2025 to 14 February 2026
	19U Girls Tennis	Students born in 1 June 2006 - 31 May 2009	Tuesday & Thursday	
Afternoon Trainings 3:30 - 5:00pm	14U Boys Volleyball	Students born in 1 June 2011 - 31 May 2013	Tuesday & Thursday	
	14U Girls Volleyball	Students born in 1 June 2011 - 31 May 2013	Tuesday & Thursday	
	14U Boys Table Tennis	Students born in 1 June 2011 - 31 May 2013	Monday & Wednesday	
	14U Girls Table Tennis	Students born in 1 June 2011 - 31 May 2013	Monday & Wednesday	
	14U Girls Netball	Students born in 1 June 2011 - 31 May 2013	Tuesday & Thursday	
	14U Boys Football	Students born in 1 June 2011 - 31 May 2013	Tuesday & Thursday	
	14U Girls Football	Students born in 1 June 2011 - 31 May 2013	Monday & Wednesday	
	16U Boys Basketball	Students born in 1 June 2009 - 31 May 2011	Monday & Wednesday	
	16U Girls Basketball	Students born in 1 June 2009 - 31 May 2011	Monday & Wednesday	
	16U Boys Rugby	Students born in 1 June 2009 - 31 May 2011	Monday & Wednesday	
	16U Girls Touch	Students born in 1 June 2009 - 31 May 2011	Monday & Wednesday	
	19U Boys Basketball	Students born in 1 June 2006 - 31 May 2009	Monday & Wednesday	
	19U Girls Basketball	Students born in 1 June 2006 - 31 May 2009	Monday & Wednesday	
	19U Boys Rugby	Students born in 1 June 2006 - 31 May 2009	Monday & Wednesday	
	19U Girls Touch	Students born in 1 June 2006 - 31 May 2009	Monday & Wednesday	
	16U Boys Badminton (Pre-Season)	Students born in 1 June 2009 - 31 May 2011	Wednesday	
	16U Girls Badminton (Pre-Season)	Students born in 1 June 2009 - 31 May 2011	Wednesday	
	19U Boys Badminton (Pre-Season)	Students born in 1 June 2006 - 31 May 2009	Wednesday	
19U Girls Badminton (Pre-Season)	Students born in 1 June 2006 - 31 May 2009	Wednesday		
Season 3	Registration Open: 26 January 2026 (via Student's Program Manager)			
	Registration Close: 8 February 2026 at 12:00pm			
HS	Sports	Age	Training Days	Duration
Morning Trainings 7:00 - 8:30am	14U Boys Tennis	Students born in 1 June 2011 - 31 May 2013	Tuesday & Thursday	16 February to 16 May 2026
	14U Girls Tennis	Students born in 1 June 2011 - 31 May 2013	Tuesday & Thursday	
	19U Boys Softball	Students born in 1 June 2006 - 31 May 2009	Wednesday	
Afternoon Trainings 3:30 - 5:00pm	14U Boys Basketball	Students born in 1 June 2011 - 31 May 2013	Tuesday & Thursday	
	14U Girls Basketball	Students born in 1 June 2011 - 31 May 2013	Tuesday & Thursday	
	16U Boys Badminton	Students born in 1 June 2009 - 31 May 2011	Monday & Tuesday	
	16U Girls Badminton	Students born in 1 June 2009 - 31 May 2011	Monday & Tuesday	
	16U Girls Netball	Students born in 1 June 2009 - 31 May 2011	Monday & Wednesday	
	16U Boys Table Tennis	Students born in 1 June 2009 - 31 May 2011	Monday & Wednesday	
	16U Girls Table Tennis	Students born in 1 June 2009 - 31 May 2011	Monday & Wednesday	
	19U Boys Badminton	Students born in 1 June 2006 - 31 May 2009	Monday & Tuesday	
	19U Girls Badminton	Students born in 1 June 2006 - 31 May 2009	Monday & Tuesday	
	19U Girls Netball	Students born in 1 June 2006 - 31 May 2009	Monday & Wednesday	
	19U Boys Table Tennis	Students born in 1 June 2006 - 31 May 2009	Monday & Wednesday	
	19U Girls Table Tennis	Students born in 1 June 2006 - 31 May 2009	Monday & Wednesday	
	19U Boys Softball	Students born in 1 June 2006 - 31 May 2009	Friday	

	16U Boys Volleyball (Pre-Season)	Students born in 1 June 2009 - 31 May 2011	Monday & Friday
	16U Girls Volleyball (Pre-Season)	Students born in 1 June 2009 - 31 May 2011	Monday & Friday
	19U Boys Volleyball (Pre-Season)	Students born in 1 June 2006 - 31 May 2009	Monday & Friday
	19U Girls Volleyball (Pre-Season)	Students born in 1 June 2006 - 31 May 2009	Monday & Friday