



SV ISF/GISST Training schedule

TERM III 2011/12 (OUTDOOR SOCCER and TENNIS start from April 16th)

Badminton

Team	Coach	Day	Time	Place
GISST Boys and Girls				
Grade 5/6	S. Dockter	Fri	15:30-16:15	small gym
U14	S. Dockter	Fri	16:15-17:15	small gym
Varisty	S. Dockter	Fri	16:15-17:15	big gym

Basketball

Team	Coach	Day	Time	Place
GISST & League				
U 16 boys	T. Price	Mon & Wed	16:30 -18:00	big gym
U 20 boys	A. Javadi/ F. Gagliano	Mon & Wed	16:30 -18:00	big gym
U 14/15 girls	K. Schnebel	Tue & Thu	16:30 -18:00	big gym
U 17/Var girls	F. Gagliano	Tue & Thu	16:30 -18:00	big gym

Cross Country

Team	Coach	Day	Time	Place
GISST & League				
Primary	U. Groh	Mon	15:30 - 16:15	gym
Secondary	G. Berti	Tue&Fri	16:15 - 17:15	fields

Golf School and GISST

Professional: J. Forrester

Starts from March 2012 again

Team	Coach	Day	Time	Place
Beginner- Hcp 54	Mr. Forrester	Mon	16:30-17:30	GC*
Hcp 0-54	Mr. Forrester	Mon	17:30-18:30	GC*
Beginner- Hcp 54	Mr. Forrester	Thu	16:30-17:30	GC*
Hcp 0-45	Mr. Forrester	Thu	17:30-18:30	GC*

* All golf practices are arranged through the **GC Hof Hausen vor der Sonne, 65719 Hofheim/Ts.**

A maximum of 6 students per course, age: 6 – 16, all equipment golf clubs and golf balls are included in the tuition fee. **No transport is provided from school to the golf club.**

Registration by e-mail ONLY: sportsverein@isf-sabis.net stating your child's name, class, age, home phone number and ability or handicap or latest by March 20th 2012.

Costs: € 175.00 for Term III / 8 sessions. Please pay Mr Forrester directly at the very first lesson.

Lessons in Term III: From March 26/29 to June 04/07

Golf GISST Team

Professional: J. Forrester

Applicants must play a HCP 36 or better. Please register with the ISF GISST Coordinator.

GISST Players Contract must be filled out.

GISST Golf Training: 6 x 120 mins Training. €145

Saturday 03/03/12	Time 10.30-12.30
Friday. 16/03/12	Time 17.00-19.00
Friday 30/03/12	Time 17.00-19.00
Saturday 14/04/12	Time 10.30-12.30
Saturday 21/04/12	Time 10.30-12.30
Saturday 28/04/12	Time 10.30-12.30

May 1st: 2nd ISF Fundraising Golf tournament at Golfclub t.b.a.

Students, parents, staff are welcome to join this special event including the Award Ceremony with a dinner.

Gymnastics

<u>Team</u>	<u>Coach</u>	<u>Day</u>	<u>Time</u>	<u>Place</u>
Beginner/Grade 1	A. Welman	Thu	15:30 – 17:00	small gym
Lower Primary	B. Dallner/S. Dockter	Mon	15:30 – 17:00	small gym
Upper Primary	S. Dockter/R. Noakes	Tue	15.30 – 17:00	small gym

Nordic Walking

<u>Coach</u>	<u>Day</u>	<u>Time</u>	<u>Place</u>
U. Groh	Fri	08:30 - 09:30	fields

Soccer League Team (schedule starts from April 16th)

<u>Team</u>	<u>Coach</u>	<u>Day</u>	<u>Time</u>	<u>Place</u>
G Team (U6 and U7 / DoB 2005 and younger)	S. Dacy & Soccer School	Wed & Fri	15:30 - 16:30	field
F - Team (U8 and U9 / DoB 01.01.04 –31.12.03)	P. Schuelke	Tue & Thu	15:30 - 17:00	field
E2- Team (U 10 / DoB 01.01.02 – 31.12.02)	F. Zink	Tue & Thu	15:30 - 17:30	field
E1 - Team (U11 / DoB 01.01.01-31.12.01)	M. Müller	Wed & Fri	15:30 - 17:00	field
D 7-Team (U13 and U12 / DoB 01.01.00– 31.12.01)	J. Skenderovics	Wed & Fri	16:30 - 18:00	field

Soccer GISST Team

Team	Coach	Day	Time	Place
GISST U14 & Varsity Girls	G. Berti	Thu	16.30 - 18:00	field
GISST U14 Boys	J. Skenderovics	Mon	16.30 - 18:00	field
	P. Schülke	Wed	16.30 - 18:00	field
GISST Varsity Boys	R. Koffi/K. Hagan	Mon & Fri	16:30 – 18:00	field

Swim School

Team	Coach	Day	Time	Place
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Non-swimmers will achieve the certificate “Seepferdchen/Seehorse”. In each of these basic courses KG2 and Grade 1 students are getting used to the water and confident to learn their first swim stroke. Costs 50 €.

Non-swimmer 1a	S. Eckhardt	Mon	15:30 -16:15	lane 1
Non-swimmer 1b	S. Dillenberger	Wed	15:30 -16:15	lane 5
Non-swimmer 1c	J. Baljet	Thu	15:30 -16:15	lane 5

Basic course for Grade 2 and 3 students. Costs 50 €.

Non-swimmer 2a	S. Dillenberger	Mon	15:30 -16:15	lane 5
Non-swimmer 2b	S. Eckhardt	Wed	16:15 -17:15	lane 1

Older Non-swimmer (grades 4-6) done Sundays upon request.

The advanced beginners without the “Seepferdchen/Seehorse” certificate will be trained for the “Bronze” badge. Costs 50 €.

Advanced Beginners	S. Dillenberger	Thu	16:15 -17:15	lane 5
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The advanced beginners who passed the “Seepferdchen” test will be trained for the “Bronze” badge. No costs.

Seepferdchen 2a	S. Dillenberger	Mon	16:15 -17:15	lane 5
Seepferdchen 2b	S. Eckhardt	Wed	15:30 -16:15	lane 1
Seepferdchen 2c	S. Dillenberger	Wed	16:15 -17:15	lane 5

Swimming

Primary Popular Team (grade 2-6)

Team	Coach	Day	Time	Place
Intermediate swimmers must have a bronze badge, emphasis on Breaststroke technique.				
Intermediate 1a	J. Baljet	Mon	15:30 -16:15	lane 2/3

Intermediate swimmers must have a bronze badge, capable of 2-3 strokes

Intermediate 2a	S. Eckhardt	Mon	16:15 -17:15	lane 1/2
Intermediate 2b	J. Skenderovics	Wed	15:30 -16:15	lane 4
Intermediate 2c	J. Eisenhuber	Thu	15:30 -16:15	lane 1

Advanced swimmers must have a silver badge, capable of 3 strokes, willing to work on their condition and train for the gold badge.

Advanced 1a	S. Eckhardt	Thu	15:30 -16:15	lane 4/5
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Advanced swimmers must have a silver badge, capable of 3 strokes, willing to learn Dolphin technique and train for the gold badge.

Advanced 2a	J. Baljet	Mon	16:15 -17:15	lane 3/4
Advanced 2b	S. Eckhardt	Thu	15:30 -16:15	lane 2/3

Secondary Popular Team (Grade 7-12)

Non-competitive swimmers must have a silver or gold badge.

Conditioning training

Senior Advanced 1	J. Eisenhuber	Thu	16:15 - 17:15	lane 2/3
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Technique Refinement

Senior Advanced 2	J. Baljet	Thu	16:15 - 17:15	lane 4/5
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SWIM TEAM

Team	Coach	Day	Time	Place
League & GISST				
Junior Swim Team	J. Baljet/	Tue	15:30 -16:30	lane 4/5
(Lower Primary)	J. Eisenhuber	Fri	15:30 -16:30	lane 4/5
U14 Swim Team	M. Morris	Tue & Fri	15:30 -17:00	lane 1-3
(Upper Primary)				
Varsity Swim Team	U. Groh	Tue&Fri	16:30 -18:00	all lanes
U14 and Varsity	U. Groh	Wed	16:30 -18:00	lane 2-4

Family Swimming

The pool is open every Sunday from 11:00 to 15:00 except during school breaks.

From **11:15 to 12:00 am** we will offer **swim lessons**.

Please contact S. Eckhardt via email: sportsverein@isf-sabis.net.

Life Guards are supporting you with getting swim certificates.

Track & field

<u>Team</u>	<u>Coach</u>	<u>Day</u>	<u>Time</u>	<u>Place</u>
GISST & League				
Primary Boys and Girls				
	H. Dittrich + helper	Tue	15.30 - 16.30	ISF track& field
	Coaches Team	Thu	15.30 - 16.30	ISF track& field
U14 and Varsity Boys and Girls				
GISST	H. Dittrich/ U.Groh	Wed	17.00 – 18.30	Hahnstraße
GISST	P. Scholz	Thu	16:15 – 17:45	ISF track& field

Tennis (schedule starts from April 16th)

<u>Team</u>	<u>Coach</u>	<u>Day</u>	<u>Time</u>	<u>Place</u>
Tennis Lessons Tennis Lessons	B. Berkmann & Coaches Team	Mon-Fri	15:30 -16:15	Court 1+2
GISST Girls Team	“	Wed/Fri	16:30 –17:30	Court 1
GISST Boys Team	“	Tue/Thu	16:30 –17:30	Court 1

To cover extra costs, there is an additional one-off charge (on top of SV ISF membership) of €25,00 per tennis student for all tennis lessons. This money should be paid directly to the coach.

Volleyball

<u>Team</u>	<u>Coach</u>	<u>Day</u>	<u>Time</u>	<u>Place</u>
GISST				
Varsity Girls	M. Jackson	Mon	16:30 - 18:00	small gym
G 8-12	K. Treppenhauer	Wed	16.30 - 18.00	small gym
Varsity Boys	L. Schuck	Tue	16:30 – 18:00	small gym
G 8-12				

Registration for all the above listed Sport Activities:

During the try-out period (Term III: March 20-29) all **NEW** participants should sign up directly with **SV ISF Sindlingen** if they would like to commit for the rest school year. Students can sign up for more than one team but must consider that without a continuous practice and competition experience he or she might not be nominated to represent **ISF/ SV ISF**. The **SV ISF Manager** will forward all applications to **SLO** who will register **SV ISF** athletes.

Contact details:

Phone: 069 - 954319 747
Mobile: 0175 – 568 4403
Fax: 069 - 954319 799
Email: sportsverein@isf-sabis.net

Office hours:

Mon/Tue/Wed 08:00 – 09:00 am
Thu 03:00 – 04:00 pm

You will find the **SV ISF** office at end of gymnasium corridor, room 0602.

SLO:

Please note that **all SLO activities start during period 9, at 3:30 p.m.**
If your particular sport practice does not start at this time,
IT IS NOT CONSIDERED AN SLO ACTIVITY
(important for all **Grade 5** students and above).

Important:

SV ISF cannot take responsibility for loss of money or any personal belongings!

