



ISF

International School
Frankfurt Rhein-Main

ISF

SPORTS ACADEMY

AT-A-GLANCE

- 60+ activity slots available throughout the year
- Competitive and recreational pathways
- GISST member school with a strong tradition of success
- Semi-Olympic indoor swimming pool and extensive sports facilities
- Opportunities for students of all ages and abilities

Focus on well-being, character development, leadership, and teamwork



ISF SPORTS ACADEMY PROGRAM OVERVIEW

The information below provides a general overview of the opportunities available to students through the ISF Sports Academy. Sports, schedules, and fees may vary throughout the year.

KG–GRADE 4 (YEAR-ROUND ACTIVITIES)			
GRADE LEVEL	ACTIVITIES OFFERED	SCHEDULE	APPROXIMATE COST
KG/PS	Swimming*, Ballet, Capoeira*, Team Games	Weekly during school hours	€120 per activity/year (Swimming €180/year) Each activity takes place once per week.
GRADES 1–2	All Sports, Ballet, Swimming*, Cheerleading, Gymnastics, Irish Dance, Capoeira*	Weekly during school hours or after school	€120 per activity/year (Swimming €180/year) Each activity takes place once per week. Students participating in these programs also have opportunities to represent ISF in external competitions and events.
GRADES 3–4	Football, Basketball, Field Hockey, Swimming*, Cheerleading, Gymnastics, Irish Dance, Capoeira*	Weekly during school hours or after school	€120 per activity/year (Swimming €180/year) Each activity takes place once per week. Students participating in these programs also have opportunities to represent ISF in external competitions and events.

* Some activities may be delivered by external providers.

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GRADE 5+ SEASONAL SPORTS PROGRAM (U14)		
TERM	ACTIVITIES OFFERED	APPROXIMATE COST
FALL (TERM 1)	• Cross Country • Football • Badminton	Activities during school hours: €40 per day of training per season (during school hours – 60 min) Activities after school: €60 per day of training per season (after school – 90 min)
SPRING (TERM 2)	• Basketball • Table Tennis • Swimming	Activities during school hours: €40 per day of training per season (during school hours – 60 min) Activities after school: €60 per day of training per season (after school – 90 min) Swimming*: €80 per day of training per season
SUMMER (TERM 3)	• Track & Field • Volleyball	Activities during school hours: €40 per day of training per season (during school hours – 60 min) Activities after school: €60 per day of training per season (after school – 90 min)



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VARSITY (AGE 14+)		
TERM	ACTIVITIES OFFERED	APPROXIMATE COST
FALL (TERM 1)	• Cross Country • Football • Badminton • Volleyball	Activities during school hours: €40 per day of training per season (during school hours – 60 min) Activities after school: €60 per day of training per season (after school – 90 min)
SPRING (TERM 2)	• Basketball • Table Tennis • Swimming	Activities during school hours: €40 per day of training per season (during school hours – 60 min) Activities after school: €60 per day of training per season (after school – 90 min) Swimming*: €80 per day of training per season
SUMMER (TERM 3)	• Track & Field	Activities during school hours: €40 per day of training per season (during school hours – 60 min) Activities after school: €60 per day of training per season (after school – 90 min)

During **German International Schools Sports Tournament (GISST)** competition seasons, student-athletes typically participate in a minimum of two training sessions per week. Depending on demand, these sports are also offered during pre-season and off-season periods to provide additional development and participation opportunities.

ADDITIONAL SPORTS OPPORTUNITIES

ISF also offer opportunities in:

- Golf
- Tennis
- Cheerleading
- Rugby
- Baseball
- Other emerging sports and activities

Students participating in these programs may also have opportunities to represent ISF at competitions and events.

Please note: This document is intended as a general overview. Sports offered, schedules, fees, and competition opportunities may vary throughout the year and may be expanded based on student interest.

The information provided is intended as a general overview. Specific sports, schedules, and competition opportunities may vary throughout the year and are always being added to.