



ISF SPORTS ACADEMY

2026/2027

Ms. Camila Martinez Valette – Sports Academy Coordinator
Dr. Carlos Puente Torres – Athletics Director

The ISF Sports Academy Philosophy

In line with ISF's continuous commitment to excellence, the ISF Sports Academy offers high- quality sports and fitness activities. While developing their sports skills, the program also supports students by:

- Promoting healthy and active lifestyles as well as personal growth.
- Enhancing community spirit and engagement.
- Preparing students for the future as leaders with integrity and perseverance.
- Developing a good work ethic, increasing motivation to succeed in sport, school and life.
- Learning to prioritize time, become efficient in tasks and strike a balance.
- Being part of a team, practicing compromise and collaboration.
- Older students mentoring younger students, developing their leadership skills.
- Having fun!

We are ISF Bulldogs!

Age groups, Periods, Information

All our student athletes within the ISF Sports Academy are Bulldogs!

Additionally, in order to more easily understand which sports activity is relevant for your child, we have divided our Bulldogs into various group names based on grade and age. Our KGPS Bulldogs, G1-2 Bulldogs and G3-4 Bulldogs will be able to register for sports activities based on grade. U14 Bulldogs and Varsity Bulldogs will register for sports activities based on age. Please have a look at the chart below and use it for reference when looking for activities for your child:

BULLDOGS	Grade / Age
KG/PS BULLDOGS	KG/PS Bulldogs
G1-2 BULLDOGS	G1-G2
G3-4 BULLDOGS	G3-G4
U14 BULLDOGS	Students in G5 & up. Students who are between 10 – 13 years old on September 1, 2026.
VARSITY STUDENTS	Students who are at least 14 years old on September 1, 2026.

KG/PS BULLDOGS

The SA activities will take place in P6 (13:00 – 13:45) and P8 (14:30 – 15:20).

KG/PS SA activities will be all-year-round (except new students ¹, students who leaves ISF before T3 starts ², medical leave ³, Capoeira ⁴) *:

- Each activity will have a different approach, and the details will be included in the all-year-round program that will be shared with parents. Registration for activities will be completed through a form in Term 1.
- Sports Academy activities will be charged per activity and per training day of the week. For example: if your child is enrolled in swimming P6 on Mondays and the cost is €180, this fee covers swimming on Mondays P6 for the entire academic year. All fees will be listed in the Activities Schedule.
- After completing the registrations for the all-year-round SA activities in Term 1, the selected activities will be assigned, aiming to accommodate all students.
- Families will have until week 9 of Term 1 to cancel or change activities. From that date, activities will be considered fixed for the entire year, and no further changes will be allowed.
- Afterwards, an invoice will be sent to each family by email. This invoice will include the cost of each registered activity. The activities in which the student is enrolled will also appear in their digital schedule. It is the responsibility of both parents and students to check the schedule (please check it on a desktop, not on phones) and confirm the registrations. Invoices will be generated based on this record. Please note that invoices must be paid; otherwise, the student will not be permitted to take part in any Sports Academy activity.

¹ **New students who join the school from Week 8 of Term 1** onwards will not be able to participate in SA activities during T1 and will need to wait until T2 to register. They will be charged the proportional fee for each activity.

(Example: if my child starts in T2 and will do swimming on Mondays P6 (€180) and Ballet on Tuesdays (€180), they will be charged €120 for swimming and €120 for swimming)

² **Students who leave ISF before the start of T3** will be refunded the proportional amount of the activities (see example above) they attended during T1 and T2. They must complete this form <https://forms.office.com/e/yQdWXzXgKQ> to confirm their withdrawal and to state that they will not participate in activities in T3.

³ Similarly, **students who need to take a medical leave of absence for a period longer than two months** must inform Sports Academy, and they will be refunded the proportional part of the activities they will not attend during that time.

⁴ **Capoeira** is offered by an external provider and the indicated price is by term 130 €.

Please contact sportsacademy@isf.sabis.net if you have any questions, concerns, or comments.

G1-2 / G3-4 BULLDOGS

Most SA activities will take place in P9 (15:25 – 16:30) and some in P10 (16:30 – 18:00). Please note that SLO activities will be held in P9 and will finish at 16:10.

Primary SA activities will be all-year-round (except new students ¹, students who leaves ISF before T3 starts ², medical leave ³, tennis P10 ⁴ and Capoeira & Tai Chi -external providers- ⁵) *:

- Each activity will have a different approach, and the details will be included in the all-year-round program that will be shared with parents. Registration for activities will be completed through a form in Term 1.
- Sports Academy activities will be charged per activity and per training day of the week. For example: if your child is enrolled in swimming P9 on Mondays and the cost is €180, this fee covers swimming on Mondays P9 for the entire academic year. All fees will be listed in the Activities Schedule.
- After completing the registrations for the all-year-round SA activities in Term 1, the selected activities will be assigned, aiming to accommodate all students.
- Families will have until week 9 of Term 1 to cancel or change activities. From that date, activities will be considered fixed for the entire year, and no further changes will be allowed.
- Afterwards, an invoice will be sent to each family by email. This invoice will include the cost of each registered activity. The activities in which the student is enrolled will also appear in their digital schedule. It is the responsibility of both parents and students to check the schedule (please check it on a desktop, not on phones) and confirm the registrations. Invoices will be generated based on this record. Please note that invoices must be paid; otherwise, the student will not be permitted to take part in any Sports Academy activity.

¹ **New students who join the school from Week 8 of Term 1** onwards will not be able to participate in SA activities during T1 and will need to wait until T2 to register. They will be charged the proportional fee for each activity.

(Example: if my child starts in T2 and will do swimming on Mondays P9 (€180) and cheerleading on Tuesdays (€120), they will be charged €120 for swimming and €80 for cheerleading.)

² **Students who leave ISF before the start of T3** will be refunded the proportional amount of the activities (see example above) they attended during T1 and T2. They must complete this form <https://forms.office.com/e/yQdWXzXgKQ> to confirm their withdrawal and to state that they will not participate in activities in T3.

³ Similarly, **students who need to take a medical leave of absence for a period longer than two months** must inform Sports Academy, and they will be refunded the proportional part of the activities they will not attend during that time.

⁴ **Tennis** will only be offered in Term 1 and Term 3 in P10 and will be invoiced separately. During Term 1 enrollment, families will be able to choose tennis for T1, and another form will be opened before the start of T3 for those interested.

⁵ **Capoeira & Tai Chi** are offered by an external provider and the indicated price is by term 130 € for Capoeira and 100 € for Tai Chi.

Please contact sportsacademy@isf.sabis.net if you have any questions, concerns, or comments.

G5-9/U14 BULLDOGS

Only U14 students: G5 & up students who are between 10–13 years old on September 1, 2026. G8–9 students who are already 14 years old on September 1, 2026, must attend Varsity activities in P10.

Most SA activities will take place in P5 (12:05 – 13:10) and some in P10 (16:30 – 18:00). Please note that SLO activities will also be held in P5 but will finish at 12:50. SA activities in Period 5 will continue until 13:10 (the first part of P6), after which students will go directly to lunch.

All activities will run on a termly basis. Schedules, enrollments and payments will be renewed each term so that students have the opportunity to change their chosen sport if they wish.

Each activity will have a different approach, and the details will be included in the termly program that will be shared with parents. Registration for activities will be completed through a form each term.

Sports Academy activities will be charged per activity and training day of the week. For example: *if tennis is scheduled in P5-6 on Tuesdays during Term 1, and the cost is €60, this fee covers tennis on Mondays P5 for the whole of Term 1.* All fees will be listed in the Term 1 Schedule.

Once students are enrolled in their chosen sports and activities, an invoice will be sent to each family by mail. This invoice will include the cost of each registered activity and the cost of the uniform, if applicable. The activities in which the student is enrolled will also appear in their digital schedule. It is the responsibility of both parents and students to check the schedule (please, check it on a desktop, not on phones) and confirm the registrations. Invoices will be generated based on this record. Please note that invoices must be paid; otherwise, the student will not be permitted to take part in any Sports Academy activity.

Please contact sportsacademy@isf.sabis.net if you have any questions, concerns, or comments.

G10-12/VARSITY BULLDOGS

Varsity students - students who are already 14 years old on September 1, 2026, regardless of their academic grade.

SA activities will take place in P10 (16:30 – 18:00). All activities will run on a termly basis. Schedules, enrollments and payments will be renewed each term so that students have the opportunity to change their chosen sport if they wish.

Each activity will have a different approach, and the details will be included in the termly program that will be shared with parents. Students will register for activities themselves by attending the sessions and informing their parents directly about their enrollment. Parents are expected to be aware of the activities their children choose and of the related costs.

Sports Academy activities will be charged per activity and training day of the week. *For example: if volleyball is scheduled in P10 on Mondays during Term 1, and the cost is €60, this fee covers volleyball on Mondays P10 for the whole of Term 1. All fees will be listed in the Term 1 Schedule.*

Once students are enrolled in their chosen sports and activities, an invoice will be sent to each family by mail. This invoice will include the cost of each registered activity and the cost of the uniform, if applicable. The activities in which the student is enrolled will also appear in their digital schedule. It is the responsibility of both parents and students to check the schedule (please, check it on a desktop, not on phones) and confirm the registrations. Invoices will be generated based on this record. Please note that invoices must be paid; otherwise, the student will not be permitted to take part in any Sports Academy activity.

Please contact sportsacademy@isf.sabis.net if you have any questions, concerns, or comments.

SLO & SA Term 1 Schedule

Week 1 August 24 – 28	KG/PS: no SA/SLO activities. The KG/PS team will organize their own activities G1-4: games and activities will be planned by SLO in P9 for students who are staying on campus in P9 (from 15:25 onwards). Week 1 Schedule will be shared in advanced. G5-9: games and activities will be planned by SLO in P5. Week 1 Schedule will be shared in advanced. Week 1 Schedule will be shared in advanced. G10-12: no SA/SLO activities.
Week 2 August 31- September 4	KG/PS: no SA/SLO activities. The KG/PS team will organize their own activities. Registration for the SA & SLO Term 1 activities will be available from Friday, September 4 to Sunday, September 6. T1 activities will start in Week 4. Week 3 is a trial week. G1-4: Students will follow Week 2-3 Trial Week Schedule (please see below). Parallel to these activities, they will have other SLO activities that they can join. G5-9: Students will follow Week 2-3 Trial Week Schedule (please see below). Parallel to these activities, they will have other SLO activities that they can join. G10-12: Students will follow Week 2-3 Trial Week Schedule (please see below). <i>*For Sports Academy activities, students who are between 10 – 13 years old on September 1 (2026) should go to U14 activities (P5) and students who are at least 14 years old on September 1 (2026) must go to the Varsity Activities (P10).</i>
Week 3 September 7-11	KG/PS: SA/SLO Activities Trial Week. Swimming start in Week 4. G1-4: Students will follow Week 2-3 Trial Week Schedule (please see below). Parallel to these activities, they will have other SLO activities that they can join. Registration form for the SA & SLO Term 1 activities will be available from Monday, September 7 to Friday, September 11. G5-9: Students will follow Week 2-3 Trial Week Schedule (please see below). Parallel to these activities, they will have other SLO activities that they can join. Registration for the SA & SLO Term 1 activities will be available from Monday, September 7 to Friday, September 11. A form will sent for SA activities, and SLO activities will be self-enrollment during SLO assemblies and SLO fair. G10-12: Students will follow Week 2-3 Trial Week Schedule (please see below)
Week 4 September 14-18	G1-12: Term 1 SA/SLO activities will start this week on Monday, September 14.
Week 5 September 21-25	G5-12: Last day to change or cancel SA activities is on Friday, September 25. ¹ No cancellations will be accepted after this date and invoices will be sent to the families.
Fall Break (October 12-16)	
Week 9 October 26-30	G1-4: Last day to change or cancel SA activities is on Monday, October 26. ¹ No cancellations will be accepted after this date and invoices will be sent to the families.
Week 10 November 2 – 6	Last day of MS and HS SA/SLO activities is on Friday, November 6. ² Some sports trainings may run longer due to preparation for the GISST tournament.
Week 11 November 9 – 13	Last day of KG/PS and G1-4 SA/SLO activities is on Friday, November 13.

Week 2 and Week 3

August 31 – September 11

In addition to SLO offering activities in Primary and MS, in Week 2 and 3 Sports Academy will also offer activities for PS–12 (please see the W2-W3 SA schedule described below). These will be the **Trial Weeks**:

PS: Trial Weeks. Week 2: Capoeira; Week 3: Capoeira, Ballet, Gymnastics; Week 4: All SA activities including swimming.

P5–6 (MS Activities – U14): SLO activities (except Drama) will take place during Period 5 (12:10–12:55), and Sports Academy and Drama activities will run during Period 5 and part of Period 6 (12:10–13:15). Students do not need to register for these W2-3 activities, they are just required to go to the meeting points indicated below in the table.

P9 (Primary Activities): All SLO and SA activities will run until 16:10 during Week 2 and Week 3 of school, and participation is voluntary for those students who choose to stay at school after 15:25. Student who are willing to participate do not need to register, they just have to go downstairs with their homeroom teachers to the playground's main gate, all the coaches will be waiting and taking the students to the respective activities.

P10 (HS Activities – Varsity): The SA activities described below will take place from 16:30 to 18:00. Students do not need to register for these W2-3 activities, they are just required to go to the meeting points indicated below in the table.

**For Sports Academy activities, students who are between 10 – 13 years old on September 1 (2025) should go to U14 activities (P5) and students who are at least 14 years old on September 1 (2025) must go to the Varsity Activities (P10).*

Week 2-3 Sports Academy Schedule

ACTIVITY	BULLDOGS	DAY/PERIOD	ROOM	COACHES
MONDAYS				
Football (season)	U14 Boys (G7-9)	M/P5-6	Football Pitch	Mr. Gibney
Badminton (season)	U14 (G7-9)	M/P5-6	Gym	Mr. Robert & Ms. Kim
Ballet	G1-2	M/P9	Gym	Ms. Dawson
Field Hockey	G3-4	M/P9	Football Pitch	Mr. Gibney
Volleyball (season)	Varsity Girls	M/P10	Gym	Ms. Martinez & Mr. Colvin
Volleyball (season)	Varsity Boys	M/P10	Gym	Ms. Treppenhauer
TUESDAY				
Tennis	U14 (G7-8)	T/P5-6	Tennis Courts	Mr. Robert
Football	U14 (G5-6)	T/P5-6	Football Pitch	Mr. Carberry
Football (season)	U14 Girls	T/P5-6	Football Pitch	Ms. Moreno
Volleyball SLO league	U14	T/P5	Gym	Ms. Treppenhauer
Ballet (No Week 2, only Week 3)	KG/PS	T/P8	Green 505	Ms. Dawson
Football	G3-4	F/P9	Football Pitch	Mr. Gibney
Cheerleading	G1-4	T/P9	Gym	Ms. Dawson
All Sports	G1-2	T/P9	Gym	Ms. Luniewski
Tennis	G1-4	T/P10	Tennis Courts	Mr. Robert & Mr. Colvin
Cross Country (season)**	U14 & Varsity	T/P10	Fields	Ms. Moreno & Mr. Carberry
Football (season)	Varsity Boys	T/P10	Football Pitch	Mr. Gibney & Mr. Coates
Badminton (season)	Varsity	T/P10	Gym	Mr. Carberry & Ms. Varade
Swimming (preseason)	U14 & Varsity	T/P10	Pool	Ms. Colvin, Mr. Galvan & Ms. Groh
WEDNESDAY				
Badminton (season)	U14 (G7-9)	W/P5-6	Gym	Mr. Carberry
Tai Chi	G1-4	W/P9	Ballet Room (P204)	Ms. Meng Wu
Athletics	G3-4	W/P9	Track	Ms. Moreno
Gymnastics	G1-2	W/P9	Gym	Ms. Colvin
Gymnastics	G3-4	W/P9	Gym	Ms. Dawson
Tai Chi	U14 & Varsity	W/P10	Ballet Room (P204)	Ms. Meng Wu
Swimming (preseason)	U14 & Varsity	W/P10	Pool	Ms. Colvin, Ms. Buch & Ms. Groh
Volleyball (season)	Varsity Girls	W/P10	Gym	Ms. Martinez & Mr. Colvin
Volleyball (season)	Varsity Boys	W/P10	Gym	Ms. Treppenhauer
THURSDAY				
Tennis	U14 (G5-6)	Th/P5-6	Tennis Courts	Mr. Robert
Football (season)	U14 Boys (G7-9)	Th/P5-6	Football Pitch	Mr. Gibney
Gymnastics (No Week 2, only Week 3)	KG/PS	Th/P8	Gym	Ms. Dawson & Ms. Colvin
Motor Skills	G1-2	Th/P9	Gym	Mr. Carberry
Irish Dance	G1-4	Th/P9	Ballet Room	Ms. Luniewski
Basketball	G3-4	Th/P9	Gym	Mr. Colvin
GymAcrobatics/Cheer	U14	Th/P10	Gym	Ms. Dawson
Cross Country (season)**	U14 & Varsity	Th/P10	Fields	Ms. Moreno & Mr. Carberry
Swimming (preseason)	U14 & Varsity	Th/P10	Pool	Ms. Groh & Ms. Moreno
Tennis	Varsity	Th/P10	Tennis Courts	Mr. Robert
Basketball (preseason)	U14 & Varsity	Th/P10	Gym	Mr. Colvin
Football (season)	Varsity Boys	Th/P10	Football Pitch	Mr. Gibney & Mr. Coates
FRIDAY				
Football (season)	U14 Girls	F/P5-6	Football Pitch	Ms. Moreno
Capoeira	U14	F/P5-6	Gym	Mr. Marinho
Yoga	U14	F/P5-6	Gym	Ms. Beaubien
Volleyball	U14 (G5-6)	F/P5-6	Gym	Ms. Treppenhauer
Capoeira	KG/PS	F/P8	Green 505	Mr. Marinho
Capoeira	G1-4	F/P9	Ballet Room	Mr. Marinho
Badminton (season)	Varsity	F/P10	Gym	Mr. Robert & Ms. Varade

Week 4 onwards

September 15 – onwards

Term 1 SLO & Sports Academy Activities (G1-12) will officially start on Monday, September 15th. All students at these grades will be allocated in their activities after the enrollment process has happened (September 5 to September 9). Please see below the Sports Academy offerings for Term 1.

P5–6: same as in Week 2 and Week 3: SLO activities (except Drama) will take place during Period 5 (12:10–12:55), and Sports Academy and Drama activities will run during Period 5 and part of Period 6 (12:10–13:15).

P9: SLO activities will end at 16:10 and Sports Academy activities at 16:30.

P10: same as in Week 2 and Week 3: The SA activities described below will take place from 16:30 to 18:00.

The prices listed for G1-4 Sports Academy Activities are for the entire academic year. Please, check the explained G1-4 section above.

**For Sports Academy activities, students who are between 10 – 13 years old on September 1 (2025) should go to U14 activities (P5) and students who are at least 14 years old on September 1 (2025) must go to the Varsity Activities (P10).*

**** Cross Country** is a **seasonal sport**, and this year our GISST Cross Country competition takes place very early in the academic year, on **October 8–9 at the International School Leipzig**.

For this reason, Cross Country will run on a shorter and more intensive schedule during Term 1, with **11 training sessions in total**:

- **Week 2:** September 1 & 3 – Tuesday / Thursday
- **Week 3:** September 8 & 10 – Tuesday / Thursday
- **Week 4:** September 15 & 17 – Tuesday / Thursday
- **Week 5:** September 22 & 24 – Tuesday / Thursday
- **Week 6:** September 29 & October 1 – Tuesday / Thursday
- **Week 7:** October 6 – Tuesday

The **fee for the full Cross-Country program is €60**, covering both weekly training sessions and all 11 practices.

We strongly recommend that students attend **both practices each week**, especially as we have a limited number of sessions before the competition. However, we understand that some students may only be able to attend **one practice per week**, and they are still very welcome to join.

Please note that registration for Cross-Country training is independent from participation in the GISST competition. We aim to take as many committed runners as possible to Leipzig, within the number of places available in each category. Participation in the competition is not compulsory, and families will receive a **separate communication before GISST** with all the information and confirmation regarding the trip.

Cross-Country is **not only for our strongest runners**. We encourage any student who enjoys running, wants to improve their fitness, challenge themselves, and be part of the team to sign up.

The Cross-Country activity will **finish after the GISST competition on October 8–9**.

Term 1 Sports Academy Schedule

ACTIVITY	BULLDOGS	DAY/PERIOD	ROOM	PRICE	PLACES		COACHES
MONDAYS							
Football (season)	U14 Boys (G7-9)	M/P5-6	Football Pitch	€ 40,00	25	Also offered on Thursdays. Students can register one or both days (we recommend both days since that is a team sport). A tryout will be done if there are too many students interested.	Mr. Gibney
Badminton (season)	U14 (G7-9)	M/P5-6	Gym	€ 40,00	20	Also offered on Wednesdays. Students can register one or both days (we recommend both days). A tryout will be done if there are too many students interested.	Mr. Robert & Ms. Kim
PSB Swimming	PS	M/P6	Pool	€ 180,00	12	PSB students ONLY. Preference by age: from the oldest to the youngest.	Ms. Colvin, Dr. Diana Torres, Mr. Galvan
Advanced Swimmers	G1-4	M/P9	Pool	€ 180,00	24	Register in Advanced Swimmers if you already know how to float and swim 25 m. without equipment. Also offered on Fridays P9. Students can register for ONLY one of the available days.	Ms. Moreno & Ms. Buch
Ballet	G1-2	M/P9	Gym	€ 180,00	20	First-come, first-served basis.	Ms. Dawson
Field Hockey	G3-4	M/P9	Football Pitch	€ 120,00	20	First-come, first-served basis.	Mr. Gibney
Volleyball (season)	Varsity Girls	M/P10	Gym	€ 60,00	15	Also offered on Wednesdays. Students can register one or both days (we recommend both days since that is a team sport). A tryout will be done if there are too many students interested.	Ms. Martinez & Mr. Colvin
Volleyball (season)	Varsity Boys	M/P10	Gym	€ 60,00	15	Also offered on Wednesdays. Students can register one or both days (we recommend both days since that is a team sport). A tryout will be done if there are too many students interested.	Ms. Treppenhauer
TUESDAY							
Tennis	U14 (G7-8)	T/P5-6	Tennis Courts	€ 60,00	6	First-come, first-served basis.	Mr. Robert
Football	U14 (G5-6)	T/P5-6	Football Pitch	€ 40,00	20	First-come, first-served basis.	Mr. Carberry
Football (season)	U14 Girls	T/P5-6	Football Pitch	€ 40,00	25	Also offered on Fridays. Students can register one or both days (we recommend both days since that is a team sport). A tryout will be done if there are too many students interested.	Ms. Moreno
Volleyball SLO league	U14	T/P5	Gym	€ -	30	First-come, first-served basis.	Ms. Treppenhauer
Ballet	KG/PS	T/P8	Green 505	€ 180,00	15	Preference by age: from the oldest to the youngest.	Ms. Dawson
Football	G3-4	F/P9	Football Pitch	€ 120,00	20	First-come, first-served basis.	Mr. Gibney
Cheerleading	G1-4	T/P9	Gym	€ 120,00	20	Preference by age: from the oldest to the youngest.	Ms. Dawson
Swimming for beginners	G1-4	T/P9	Pool	€ 180,00	20	Register in Swimming for Beginners if you need equipment to float or swim. Also offered on Wednesdays P9 and Thursdays P9. Students can register for only one of the available days. First-come, first-served basis.	Mr. Colvin, Ms. Colvin, Mr. Galvan & Ms. Groh
All Sports	G1-2	T/P9	Gym	€ 120,00	20	First-come, first-served basis.	Ms. Luniewski
Tennis	G1-4	T/P10	Tennis Courts	€ 80,00	12	First-come, first-served basis.	Mr. Robert & Mr. Colvin
Cross Country (season)**	U14 & Varsity	T/P10	Fields	**	30	**	Ms. Moreno & Mr. Carberry
Football (season)	Varsity Boys	T/P10	Football Pitch	€ 60,00	25	Also offered on Thursdays. Students can register one or both days (we recommend both days since that is a team sport). A tryout will be done if there are too many students interested.	Mr. Gibney & Mr. Coates
Badminton (season)	Varsity	T/P10	Gym	€ 60,00	25	Also offered on Fridays. Students can register one or both days. A tryout will be done if there are too many students interested.	Mr. Carberry & Ms. Varade
Swimming (preseason)	U14 & Varsity	T/P10	Pool	€ 80,00	30	Also offered on Wednesday and Thursday. Students can register one, two or all three days (two days recommended). A tryout will be done.	Ms. Colvin, Mr. Galvan & Ms. Groh
WEDNESDAY							
Badminton (season)	U14 (G7-9)	W/P5-6	Gym	€ 40,00	20	Also offered on Mondays. Students can register one or both days (we recommend both days). A tryout will be done if there are too many students interested.	Mr. Carberry
Swimming for Beginners	G1-4	W/P9	Pool	€ 180,00	20	Register in Swimming for Beginners if you need equipment to float or swim. Also offered on Tuesdays and Thursdays P9. Students can register for only one of the available days. First-come, first-served basis.	Ms. Treppenhauer, Mr. Colvin & Ms. Groh
Tai Chi	G1-4	W/P9	Ballet Room (P204)	€ 100,00	10	The activity is offered by an external provider. Price is per term.	Ms. Meng Wu
Athletics	G3-4	W/P9	Track	€ 120,00	20	First-come, first-served basis.	Ms. Moreno
Gymnastics	G1-2	W/P9	Gym	€ 120,00	25	First-come, first-served basis.	Ms. Colvin
Gymnastics	G3-4	W/P9	Gym	€ 120,00	25	First-come, first-served basis.	Ms. Dawson
Tai Chi	U14 & Varsity	W/P10	Ballet Room (P204)	€ 100,00	10	First-come, first-served basis.	Ms. Meng Wu
Swimming (preseason)	U14 & Varsity	W/P10	Pool	€ 80,00	30	Also offered on Tuesdays and Thursdays. Students can register one, two or all three days (two days recommended). A tryout will be done.	Ms. Colvin, Ms. Buch & Ms. Groh
Volleyball (season)	Varsity Girls	W/P10	Gym	€ 60,00	15	Also offered on Mondays. Students can register one or both days (we recommend both days since that is a team sport). A tryout will be done if there are too many students interested.	Ms. Martinez & Mr. Colvin
Volleyball (season)	Varsity Boys	W/P10	Gym	€ 60,00	15	Also offered on Mondays. Students can register one or both days (we recommend both days since that is a team sport). A tryout will be done if there are too many students interested.	Ms. Treppenhauer
THURSDAY							
Tennis	U14 (G5-6)	Th/P5-6	Tennis Courts	€ 60,00	6	First-come, first-served basis.	Mr. Robert
Football (season)	U14 Boys (G7-9)	Th/P5-6	Football Pitch	€ 40,00	25	Also offered on Mondays. Students can register one or both days (we recommend both days since that is a team sport). A tryout will be done if there are too many students interested.	Mr. Gibney
PSA Swimming	PS	Th/P6	Pool	€ 180,00	12	PSA students ONLY. Preference by age: from the oldest to the youngest.	Ms. Colvin, Mr. Carberry & Dr. Diana Torres
Gymnastics	KG/PS	Th/P8	Gym	€ 120,00	12	Preference by age: from the oldest to the youngest.	Ms. Dawson & Ms. Colvin
Motor Skills	G1-2	Th/P9	Gym	€ 120,00	20	First-come, first-served basis.	Mr. Carberry
Irish Dance	G1-4	Th/P9	Ballet Room	€ 120,00	15	Preference by age: from the oldest to the youngest.	Ms. Luniewski
Swimming for Beginners	G1-4	Th/P9	Pool	€ 180,00	20	Register in Swimming for Beginners if you need equipment to float or swim. Also offered on Tuesdays and Wednesdays P9. Students can register for only one of the available days. First-come, first-served basis.	Ms. Colvin, Ms. Groh & Ms. Dawson
Basketball	G3-4	Th/P9	Gym	€ 120,00	20	First-come, first-served basis.	Mr. Colvin
GymAcrobatics/Cheer	U14	Th/P10	Gym	€ 60,00	20	First-come, first-served basis.	Ms. Dawson
Cross Country (season)**	U14 & Varsity	Th/P10	Fields	**	30	**	Ms. Moreno & Mr. Carberry
Swimming (preseason)	U14 & Varsity	Th/P10	Pool	€ 80,00	30	Also offered on Tuesdays and Wednesdays. Students can register one, two or all three days (two days recommended). A tryout will be done.	Dr. Diana Torres, Ms. Groh & Ms. Colvin
Tennis	Varsity	Th/P10	Tennis Courts	€ 80,00	6	A tryout will be done if there are too many students interested.	Mr. Robert
Basketball (preseason)	U14 & Varsity	Th/P10	Gym	€ 60,00	30	First-come, first-served basis.	Mr. Colvin
Football (season)	Varsity Boys	Th/P10	Football Pitch	€ 60,00	25	Also offered on Tuesdays. Students can register one or both days (we recommend both days since it's a team sport). A tryout will be done if there are too many students interested.	Mr. Gibney & Mr. Coates
FRIDAY							
Football (season)	U14 Girls	F/P5-6	Football Pitch	€ 40,00	25	Also offered on Tuesdays. Students can register one or both days (we recommend both days since that is a team sport). A tryout will be done if there are too many students interested.	Ms. Moreno
Capoeira	U14	F/P5-6	Gym	€ 130,00	20	This activity is offered by an external provider. Price is per term.	Mr. Marinho
Yoga	U14	F/P5-6	Gym	€ 40,00	15	First-come, first-served basis.	Ms. Beaubien
Volleyball	U14 (G5-6)	F/P5-6	Gym	€ 40,00	20	First-come, first-served basis.	Ms. Treppenhauer
Capoeira	KG/PS	F/P8	Green 505	€ 130,00	15	This activity is offered by an external provider. Price is per term.	Mr. Marinho
Capoeira	G1-4	F/P9	Ballet Room	€ 130,00	15	This activity is offered by an external provider. Price is per term.	Mr. Marinho
Advanced Swimmers	G1-4	F/P9	Pool	€ 180,00	24	Register in Advanced Swimmers if you already know how to float and swim 25 m. without equipment. Also offered on Mondays P9. Students can register for ONLY one of the available days. First-come, first-served basis.	Ms. Colvin & Ms. Moreno
Badminton (season)	Varsity	F/P10	Gym	€ 60,00	25	Also offered on Tuesdays. Students can register one or both days. A tryout will be done if there are too many students interested.	Mr. Robert & Ms. Varade

GISST

(German International Schools Sports Tournament)

ISF Sports Academy will continue to be a member of GISST, an organization that facilitates friendly but competitive tournaments among 12 small- to medium-sized international schools within Germany. Here you can find all the information and the competition schedule for 24/25 <https://www.gisst.de/>

GISST hosts tournaments for the following sport disciplines: Cross Country, Football, Volleyball, Badminton, Swimming, Table Tennis, Basketball and Track & Field. Every annual sport tournament takes place over a two- to three-day period in one of the member schools.

U14 Bulldogs and Varsity Bulldogs (Girls & Boys) are able to attend the respective GISST tournaments, should they be selected and be academically eligible (please check the Student-Parent Handbook).

Students enrolled in sports at the ISF Sports Academy will have the option to go to the corresponding competition. The GISST competition or any other friendly or competitions incur costs for transportation, accommodation (hostels/hotels), meals, competition fees, etc. The families will be required to pay for these costs.

Information and details for each tournament will be provided by the ISF Sports Academy prior to each event.

ISF came THIRD PLACE GISST OVERALL in 2025-2026!

Let's make it again this year!

LET'S GO BULLDOGS!

UNIFORMS

ISF Sports Academy has designed custom-made uniforms and accessories for our Bulldogs. We have backpacks, t-shirts, tracksuits, swim caps and towels. You can see the prices listed below.

U14 Bulldogs and Varsity Bulldogs are required to have the ISF Sports Academy white t-shirt, a backpack and the official tracksuit and to go to a GISST competition. In case of not having one or more than one of these items, it will be required to purchase it/them.

Any ISF student can purchase either the swim cap if they wish and are available, being only mandatory for the swimmers attending Swim Meets.

ITEM	PRICE
Backpack	30 €
T-Shirt	15 €
Tracksuit	50 €
Swim Cap	10 €

