

# Sportverein ISF / GISST Training time table

## TERM II 2019/2020

### Period 8 / Preschool Activities (14:40-15:25)

#### All Sports

*(Children wear track suit, shirt, shirt and sports shoes)*

Team	Coach	Day	Time	Place
<b>PS</b>	U.Groh/N. Tüm L. Knaup	Wed	14:40-15:25	Field/ Small Gym

#### Swim School (Additional fee of 50€ per term)

*(Swimmer wear a swimsuit, cap, flip-flops and take a towel to the pool)*

Team	Coach	Day	Time	Place
<b>PS I</b>	S. Merdal S. Golubic	Mon	14:40-15:25	Pool
<b>PS III</b>	S. Eckhardt S. Dillenberger	Mon	14:40-15:25	Pool
<b>PS II</b>	S. Merdal S. Golubic	Fri	14:40-15:25	Pool

### Period 8 / SLO-G7/8/9 (14:40-15:25)

#### GISST Stretch and Strength (15 max)

Note: Urban Fitness in Term III again

Team	Coach	Day	Time	Place
Grade 7/8/9	U. Groh	Mon	14:40-15:25	Small Gym

#### GISST Basketball (15 max)

Team	Coach	Day	Time	Place
Girls/Boys	J.-L. Knaup	Mon	14:40-15:25	Big Gym

### Period 9 / G1-6 Activities (15:30-16:30)

#### Badminton

Team	Coach	Day	Time	Place
Grade 5/6	J. Morton	Tue	15:30-16:30	Big Gym
		Fri	15:30-16:30	Big Gym

#### Basketball

Team	Coach	Day	Time	Place
<b>German League</b>				
U10/U12 mixed	M. Colvin/C.Colvin	Mon	15:30-16:30	Big Gym
	M. Colvin/N. Tüm	Wed	15:30-16:30	Big Gym

#### Football (15 max per group)

*(Football players MUST wear shin pads, football shoes and sports clothes)*

Team	Coach	Day	Time	Place
<b>G Youth I</b>	J.-L. Knaup	Mon	15:30-16:30	Football Field
<b>G Youth II</b>	J.-L. Knaup	Wed	15:30-16:30	Football Field
(U6 and U7 / DOB 01.01.2013 and younger)				
<b>F Youth</b>	J.-L. Knaup/S. Sinha	Tue	15:30-16:30	Football Field
	J.-L. Knaup/S. Sinha	Thu	15:30-16:30	Football Field
(U8 and U9 / DoB 01.01.11–31.12.12)				

<b>Boys &amp; Girls G4/5</b>	P. Stewart	Wed	15:30-16:30	Football Field
------------------------------	------------	-----	-------------	----------------

**Gymnastics (15 max per group; entry test for intermediate and advanced)**

Team	Coach	Day	Time	Place
<b>Boys and Girls</b>				
Intermediate	D. Wilhelm	Mon	15:30-16:30	Small Gym
Beginner	D. Wilhelm	Tue	15:30-16:30	Small Gym
Advanced	U. Groh/t.b.a.	Thu	15:30-16:30	Small Gym

**Swimming (ISF Pool)****A. Swim School**

**“Non-swimmer Basic course” will achieve the certificate “Seepferdchen/Seahorse”. In each of these basic courses for Grade 1 students will be adapted to the water to get more confidence to learn their first swim stroke (breaststroke). Additional fee of 50€ per term.**

Team	Coach	Day	Time	Place
Non-swimmer 1a	S. Eckhardt	Mon	15:30-16:30	Lane 5
Non-swimmer 1c	S. Merdal	Wed	15:30-16:30	Lane 5
Non-swimmer 1d	S. Dillenberger	Thu	15:30-16:30	Lane 1
Older Beginner	A. Schutt	Thu	15:30-16:30	Lane 1

**The basic course “Advanced beginner” costs 50 € per Term.**

Team	Coach	Day	Time	Place
Adv. Beginners 4a	S. Eckhardt	Wed	15:30-16:30	Lane 1

**B. Swimming / Popular Teams****Primary Popular Team (grade 2-6)**

**Swimmers with Seahorse will be trained for “Bronze” Badge, front crawl and backstroke.**

Team	Coach	Day	Time	Place
Seahorse 6a	S. Dillenberger	Mon	15:30-16:30	Lane 2
Seahorse 6b	S. Dillenberger	Wed	15:30-16:30	Lane 2
Seahorse 6c	S. Merdal	Thu	15:30-16:30	Lane 4 und 5

**Intermediate swimmers must have a bronze badge, emphasis on breaststroke technique.**

Team	Coach	Day	Time	Place
Intermediate 7a	S. Merdal	Mon	15:30-16:30	Lane 3/4

**C. Swim Team / Competitive Teams / DSV swim pass requested**

**“Junior Swim Team” member requirements: three strokes, diving, at least 2 practices per week, training camp.**

Team	Coach	Day	Time	Place
<b>German League &amp; GISST</b>				
Lower Primary G1-4	M. Kreuzig	Tue	15:30-17:15	Lane 3/4/5
	F. Motel	Fri	15:30-16:30	Lane 3/4/5
	U. Groh			
G5-6/U14	U. Groh E. Halimier	Tue & Fri	15:30-16:30	Lane 1/2
All Grades	S. Dillenberger/	Mon	07:00-08:00	Lane 1-5
	P. O’Toole			
	U. Groh/S. Dillenberger	Wed	07:00-08:00	Lane 1-5
All Grades	M. Kreuzig/F. Motel	Sun	11:00-13:00	Lane 5

**Tennis and Golf School starts from Term III again.**

For registration contact the SV ISF office via mail: [sportsverein@isf-sabis.net](mailto:sportsverein@isf-sabis.net)

**Track & field / Cross Country**

Team	Coach	Day	Time	Place
Boys and Girls Primary				
Grade 1-3	U. Groh	Mon	15:30-16:30	Sports field
Grade 4-5	U. Groh	Wed	15:30-16:30	Sports field

**AFTER SCHOOL / Grade 7-12 Activities (16:30-18:00)**

**Badminton**

Team	Coach	Day	Time	Place
<b>GISST</b>				
Team U14/Varsity	J. Morton	Tue	16:30-18:00	Big Gym
	J. Morton/ S. Bao	Fri	16:30-18:00	Gym

**Basketball**

Team	Coach	Day	Time	Place
<b>German League &amp; GISST</b>				
U14 Boys & Varsity Boys	M.Colvin / C. Dixon	Mon & Wed	16:30-18:00 16:30-18:00	Big Gym Entire Gym

**Together with**

U14 Girls & Varsity Girls	M.Colvin / A. Kukla	Mon & Wed	16:30-18:00 16:30-18:00	Big Gym Entire Gym
---------------------------	---------------------	-----------	----------------------------	-----------------------

**Football**

(Football players MUST wear shin pads, football shoes and sports clothes)

Team	Coach	Day	Time	Place
<b>GISST</b>				
U14 Boys	J.-L. Knaup	Thu	16:30-18:00	Football Field
Varsity Boys	J.-L. Knaup	Wed	16:30-18:00	Football Field

*Girls football will be offered again in Term III after the Basketball. All football girls will hopefully support Girls Basketball.*

**Swimming (ISF Pool)**

**B. Primary Popular Team (grade 2-6)**

**“Intermediate” swimmers must have a bronze badge, capable of 2-3 strokes, dive and jump. Swimmer will be trained for “Silver” badge.**

Team	Coach	Day	Time	Place
Intermediate 8a	S. Eckhardt/	Mon	16:30-17:30	Lane
Intermediate 8b	S. Eckhardt	Wed	16:30-17:30	Lane 2

**“Intermediate +” swimmers must have a bronze badge, capable of 2-3 strokes, dive and jump. Preparation for Junior Swim Team**

Team	Coach	Day	Time	Place
Intermediate 8+	S. Dillenberger	Wed	16:30-17:30	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.**

Team	Coach	Day	Time	Place
Advanced 9a (NEW!)	S. Eckhardt	Mon	16:30-17:30	Lane 3
Advanced 9b	S. Merdal	Wed	16:30-17:30	Lane 4/5

**“Advanced” swimmers must have a silver badge, capable of 3 strokes, willing to learn dolphin technique and train for the gold badge.**

Team	Coach	Day	Time	Place
Advanced 10a	S. Dillenberger	Mon	16:30-17:30	Lane 1/2

### **B1. Secondary Popular Team (Grade 7-12)**

**Technique Refinement and Conditioning training for “non-competitive swimmers”.**

Team	Coach	Day	Time	Place
Senior Advanced 11	S. Merdal	Thu	16:30-17:30	Lane 1/2

### **C. Swim Team**

**Competitive Team requirements: all four strokes, diving, 3-4 practices per week or even more, training camp required, application for the DSV license or participation in GISST.**

**Coaches Team:** U. Groh, S. Dillenberger, M. Kreuzig, F. Motel, E. Halimler

Team	Coach	Day	Time	Place
<b>German League &amp; GISST</b> U14 and Varsity		Mon & Wed	07:00-08:00	Lane 1-5
		Tue & Fri	16:30-18:00	Lane 1-5
		Thu	16:30-18:00	Lane 4/5
		Sun	11:00-13:00	Lane 5

**Tennis and Golf School starts from Term III again.**

For registration contact the SV ISF office via mail: [sportsverein@isf-sabis.net](mailto:sportsverein@isf-sabis.net)

### **Track & field / Cross Country**

Team	Coach	Day	Time	Place
<b>German League &amp; GISST</b>				
G6, U14 and Varsity	U. Groh	Thu	16:30-18:00	Sports field

### **Volleyball**

Team	Coach	Day	Time	Place
<b>GISST</b>				
U14 Girls	A. Hannon	Mon	16:30-18:00	Small Gym
U14 Boys	K. Treppenhauer	Tue	16:30-18:00	Small Gym
U14 Girls and Boys	K. Treppenhauer/ A. Hannon	Thu	16:30-18:00	Big Gym

**Varsity Volleyball will be coached again from May 2020.**

## **Family Sports on Sundays from 11.00 to 15:00**

### **Swimming**

The pool is open every Sunday from 11:00 to 3:00pm except during school breaks for all SV ISF members.

Certificate tests can be taken on Sunday between 12:00 and 2:00pm

Lane 5 is reserved for competitive swimmers/SWIM TEAM: 11:00–13:00 M. Kreuzig / T. Kreuzig or F. Motel / E. Halimler.

**For your participation please contact us via e-mail: [sportsverein@isf-sabis.net](mailto:sportsverein@isf-sabis.net)**

### **Personal belongings**

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

***Please use the lockers in the sports hallway and bring your own locker for the swim changing rooms. Padlocks can be achieved from the bookstore.***

***We do practice if it is raining. We cancel the practice during thunderstorm.***

### **Dress code**

***Team wear selling will be offered each Wednesday after school in the entrance hall.***

#### **GYMNASIUM:**

For all practices in the gymnasium we request indoor shoes and sports clothing (shorts and shirt).

#### **POOL:**

For all swim classes we request bathing costume, cap, goggles, towel and slippers as well a water bottle.

#### **TENNIS COURT:**

For all tennis classes we request tennis shoes and sports clothing.

#### **FOOTBALL PITCH:**

For all football classes on the outdoor pitch please provide your child always with shin pads, astroturf football shoes and sports clothes

#### **INDOOR FOOTBALL:**

Indoor football shoes or trainers with white soles, shin pads, shorts and shirt

#### **GYMNASTICS:**

Classic sleeveless smooth velour leotard in Royal Blue.

Please order directly: <http://www.zone-gym.de>

***Thank you for your kind understanding.***

**SV ISF Staff**

## **Any other forthcoming events 2019/2020**

The ISF Sportsverein also organises the following events here at ISF for you to watch out for:

### **Annual General Meeting**

*t.b.a.*

### **SV ISF Gymnastics Gala: t.b.a.**

## **SV ISF Training Camps**

- ▶ ***Athletics: June 29 - July 3, 2020 @ ISF, 09:00-16:00 €200***
- ▶ ***Football: June 29 - July 3, 2020 @ ISF, 09:00-16:00 €200***
- ▶ ***Tennis Camp for beginners: June 29 - July 3, 2020 @ ISF, 09:00-16:00 €200 (max 12 students)***
- ▶ ***Tennis Camp for experienced players: July 6-10, 2020 @ ISF, 09:00-16:00 €200 (max 12 students)***
- ▶ ***Swim Camp for Advanced Swimmers / Swim Team: June 29-July 3, 2020 @ ISF, 09:00-16:00 €200 (max 12 students)***
- ▶ ***Swim Camp for Non Swimmers #1: June 29-July 3, 2020 @ ISF, 09:00-16:00 €200 (max 12 students)***
- ▶ ***Swim Camp for Non Swimmers #2: July 6-10, 2020 @ ISF, 09:00-16:00 €200 (max 12 students)***
- ▶ ***All Sports Camp: July 6-10, 2020 @ ISF, 09:00-16:00, €230 (external trips)***
- ▶ ***Golf Camp: July 13-17, 2020 @ GC Hof Hausen, 10:30-16:30 €335***
- ▶ ***Basketball Camp: July 13-17, 2020 @ ISF, 09:00-16:00, €200***
- ▶ ***Athletics: July 13-17, 2020 @ ISF, 09:00-16:00 €200***