

# Sportverein ISF Sindlingen

Handbook for 2008/2009

Term 1



*As membership of SV ISF demands  
a high level of commitment and a positive attitude,  
students should only join  
if they are willing and able to participate  
for the whole school year*

This handbook is published each term and contains all the  
information for membership, training and  
sporting fixtures in the forthcoming academic year  
plus all GISST fixtures

This information booklet does NOT refer  
to any SLO activities what-so-ever

For further information, please contact Ulrike Groh (SV ISF Manager),  
Contact Address: Sportverein ISF Sindlingen  
Straße zur Internationalen Schule 33  
65931 Frankfurt am Main  
Tel.: 0177-2042944, e-mail: [sv-isf@gs-tsc.com](mailto:sv-isf@gs-tsc.com)

# 1. The Sportverein

## ***The role of the Sportverein(SV) within ISF***

The word *Sportverein* translated literally means *Sport Club* and as such, the SV ISF is the school's official Sports Club. Needless to say, for non-native residents, the concept of having an independent Sports Club to manage the school's sports programme can be a little perplexing but for this reason, it is very important to understand the role of the SV ISF within the context of ISF.

Formerly, as a newly established international school in the early 1990's, one of its major difficulties was in trying to organise a competitive inter-school sporting programme for ISF students, as there was very little synergy with the local State schools in the area. However, in Germany, as all sports are organised and regulated by the German Sports Federation (Deutsche Olympische Sportbund) in a three tier pyramid-like structure (as illustrated below), establishing an independent *Sportverein* within the school, opened up the competitive field considerably.

- Tier 1                                      **German Sports Federation**  
Oversees all 16 German States plus the National Olympic Committee
- Tier 2                                      **Landessportbund**  
In case of ISF, the Landessportbund Hessen administers and promotes all sporting activities between its member Sportvereins
- Tier 3                                      **Official Sport Associations**  
In the State of Hesse, there are 38 different associations that deal directly with the development of their respective sport

## ***How the SV ISF functions***

The function of the SV ISF is to provide a wide range of sporting activities which includes: Basketball, Gymnastics, Soccer, Swimming, Track and Field and Volleyball. The SV ISF recruits coaches and instructors in order to train its teams, who then represent the school in not only friendly matches but also official leagues throughout Hessen and against other International Schools in Germany and Europe.

In addition, it organises tennis and golf teams to compete in the German International Schools Sport Tournaments (GISST) and arranges golf lessons at the golf club "Hof Hausen vor der Sonne" in Hofheim.

By careful management of membership fees, some ISF financial support and kind donations, the SV ISF is able to oversee a comprehensive training programme for all the sports listed here, which are available on a weekly basis during period six, nine and/or after school.

The SV ISF also organises all inter school matches and competitions, which can take place during the week and/or at weekends. All of the relevant training schedules, competition fixtures and contact points depending on the type of sport, age and ability for all SV ISF members are here in this booklet.

## ***Commitment to Excellence***

When a student participates as a SV ISF or GISST team member, they do so as both ISF and SV ISF representatives, which comes with a certain responsibility or *commitment to excellence*. This includes, for example, sportsmanship, academic standing, trust, respect, leadership and team spirit. This commitment should extend to their team-mates, their coach and everyone in SV ISF and ISF throughout the whole season.

## The following sports will be offered this school year:

**Basketball:** Coach Alexander Bob Contact: [andreasbob@gmx.de](mailto:andreasbob@gmx.de)

Teams compete at various age levels (SV ISF: U14 boys, U14 girls) in state-wide leagues divided into competition levels (Oberliga, Bezirksliga, Kreisliga) U14 girls and boys and Varsity girls and boys GISST Tournaments. The season starts in September and runs to April.

For further information check out the Hessischer Basketball Verbands website ([www.hbv-basket.de/ffm](http://www.hbv-basket.de/ffm))

**Golf:** Contact advisor Carina Prokop Contact: [cmProkop@aol.com](mailto:cmProkop@aol.com)

SV ISF coordinates all lessons with the local Golf club "Hof Hausen vor der Sonne" in Hofheim and only available in Terms 1 and 3.

A GISST team of 3 Varsity girls and boys is practicing every Saturday.

**Gymnastics:** Coach Andrea Hietel Contact: [sv-isf@gs-tsc.com](mailto:sv-isf@gs-tsc.com)

SV ISF usually caters for two age groups, one for lower and one for upper Primary students

**Soccer:** Contact advisor Judith Baljet Contact: [sv-isf@gs-tsc.com](mailto:sv-isf@gs-tsc.com)

Teams compete at various age levels in state-wide leagues and tournaments. The season is from September to June.

For further information check out the Main-Taunus-Kreis Fussball web page ([www.mtk-jugendfussball.de](http://www.mtk-jugendfussball.de)). U14 girls and boys, Varsity boys team will be sent to GISST tournaments in November.

**Swimming:** Coach Ulrike Groh Contact: [sv-isf@gs-tsc.com](mailto:sv-isf@gs-tsc.com)

Swim School is offered for non-swimmers. Non-competitive swimmers can join the **Popular Team**. Practices are available once a week for Primary and Secondary students.

Students nominated for the **Swim Team** train 2-3 days a week and compete at various age levels. Competitions are held throughout the school year in state-wide leagues and GISST Tournaments.

For further information check out the Hessische Schwimm - Verband website ([www.hessischer-schwimm-verband.de](http://www.hessischer-schwimm-verband.de))

**Tennis:** Coach Bernd Bergmann Contact: [sv-isf@gs-tsc.com](mailto:sv-isf@gs-tsc.com)

Tennis is organised by the Hessischer Tennis Verband but due to scheduling our students are unable to take part in official German leagues. SV ISF teams compete against other the German International Schools in friendly matches or in GISST Tournaments.

**Track & Field:** Coach Ulrike Groh Contact: [sv-isf@gs-tsc.com](mailto:sv-isf@gs-tsc.com)

Track & Field and Cross Country Running Teams compete in the GISST tournaments and competitions organised by the Hessischer Leichtathletik Verband both during the indoor and outdoor seasons throughout the school year.

For further information check out the Track and field web pages. ([www.hlv.de](http://www.hlv.de) or [www.hlv-kreis-frankfurt-main.de](http://www.hlv-kreis-frankfurt-main.de))

**Volleyball:** Coach Adrienne Harris Contact: [sv-isf@gs-tsc.com](mailto:sv-isf@gs-tsc.com)

Hessischer Volleyball Verband organises state-wide leagues and tournaments. SV ISF compete with the Girls U 21 team in the official league ([www.hessen-volley.de](http://www.hessen-volley.de)) and the GISST.

## **How to Join**

All students wishing to participate in an ISF team must be a SV ISF member. Likewise, all non-SLO sporting activities require SV ISF membership.

Adult membership for over 18's is also possible and families wishing to take advantage of the family discount are also welcome (very practical if more than one member of your family is an ISF student) and for some sports, especially those interested in swimming, membership grants pool use at weekends or Nordic walking sessions during the week (times listed in training schedule).

Prior to joining, there is a trial period of one week for all sports, where no fee is charged. After the trial period, all sporting participants are required to fill out a **One Year SV ISF membership form** (available from Uli Groh, at reception and from the school website ) with the relevant bank details.

Please note, as this is a standing order debit, if you wish to terminate your membership, it must be cancelled at the end of the current school year or it will automatically be debited the next year.

### The fees for the school year 2008/09

	<b>Non-ISF Members</b>	<b>ISF Members</b>
Students (age up to 18)	€170 / year	€115 / year
Family memberships*	€330 / year	€240 / year
Sponsorship**	€1000 / year	€500 / year

\*includes all family members irrespective of number

\*\* SV ISF gratefully welcomes any form of sponsorship and issues the required charitable donation tax forms

**Please note that this year, in addition to the fees above, there is a one-off Registration Fee of €10.**

For your information and in order to put the membership fees into some perspective, each team player is issued with a Player's Passport for each individual sport, which allows that student to compete in the German National Leagues.

If a student plays in more than one team, he/she will receive a Passport for each team sport. These Passports, costing between €10 and €30 each - depending on the sport - are paid for by the SV ISF.

In addition, the SV ISF needs to pay for all individual team player's entry into all competitions such as, for example, a €4 starting block dive for all swimmers for each race entry at each Swim Meet. These costs are unavoidable and part of the requirements of being a *Sportverein*. Needless to say, membership fees can only go so far and are quickly used up throughout the course of the sporting calendar.

## ***Practices***

To ensure player and team competitiveness, a team selection process occurs after the **Try-outs Week - which will take place on 25<sup>th</sup> Aug. to the 2<sup>nd</sup> Sept. 2008.**

Coaches select their team players and these selections - purely the coaches' decision - are FINAL.

Any players not selected and still wishing to take part will be placed on the appropriate waiting lists.

### All Team Practices Begin on 1st of September

Team practice may be once or twice a week, depending. In addition to this booklet, practice timetables are posted on the *Sportverein* Bulletin Board opposite reception.

Any new ISF students (entering during the school year) are welcome to tryout and every effort will be made for their inclusion.

In order to be successful both as individuals and as a team, team members must attend all practice sessions and games. Anyone who cannot attend a practice or competition must tell his/her coach within 48 hours of the proposed absence. Failure to do so, jeopardizes future team participation. The only accepted reasons for non-attendance are academic and family emergencies.

## ***Rules and Regulations***

Adherence to the Rules and Regulations governing all the International Schools participating in athletic competition is mandatory. Needless to say, these rules apply throughout the season, at home games, when travelling and as guest athletes. Students must abide by all rules such as **no alcohol or tobacco use**, curfews or any rule set forth by the host schools (as for example those found in the ISF Student-Parent Handbook ).

If there are any doubts as to what these may be, please confer with the GISST Sports Coordinator or the GISST Sports Manual.

## 2. INTERNATIONAL SCHOOLS SPORTS

ISF has regularly participated in sporting events with various other international schools in Germany and Europe, which are currently organised by the SV ISF. In addition, the SV ISF has been a member of the German Schools Sports Tournament (GISST) organisation since its beginning.

These are the participating international schools:

Bavarian International School (BIS)	Internationale Schule Frankfurt-Rhein-Main (ISFRM)
Berlin Brandenburg International School (BBIS)	Berlin International School( BerIS)*
Berlin British School (BBS)	International School Stuttgart (ISS)*
Bonn International School (BONN)	Leipzig International School (LIS)*
Dresden International School(DIS)	Internationale Schule am Rhein in Neuss (ISR)*
International School Hannover Region (ISHR)	* Associate Members ( on probation for the next two years)

All of the above international schools meet for a series of interschool Championship Tournaments (for both boys and girls) depending on the sport. These tournaments are organised for teams in two age groups – the under 14 and Varsity teams. Cross-Country and Swim Meets are also arranged for Grades 2 to 5.

The list of fixtures where ISFRM applied for participation and respective Host School for the 2008/09 school year are as follows:

<b>GISST Tournaments for 2008-2009</b>	<b>Date</b>	<b>Venue</b>
Cross Country	17/18 Oct.	Berlin British School
Varsity Boys Soccer	14/15 Nov.	Berlin Brandenburg International School
U14 Girls Soccer	21/22 Nov.	International School Hannover Region
U14 Boys Soccer	21/22 Nov.	Berlin (BBIS, BBS, BERIS)
Varsity Girls Volleyball	28/29 Nov.	Dresden International School
Swimming	30 Jan-1 Feb.	International School Frankfurt-Rhein-Main
Varsity Boys Basketball	20/21 March	Bavarian International School
U14 Boys Basketball	20/21 March	Bonn International School
Varsity Girls Basketball	27/28 March	Berlin Brandenburg International School
U14 Girls Basketball	27/28 March	Berlin International School
Tennis	15/16 May	Leipzig International School
Golf	16/17 May	Bavarian International School
Track&Field	7/8 June	Bonn International School (or ISF?)

## Eligibility for SV ISF Team and GISST participation

**Only students who are fully paid up members of the SV ISF and meet the required academic and socially accepted behavioural standards are eligible to become SV ISF Team members and participate in the GISST.**

Participation in the above mentioned tournaments is open to all students, however decisions to exclude certain students for reasons above are made by the respective team Coaches, GISST Sports Coordinator and/or ISF Principal. Although eligibility for each sport varies depending on age, these basic guidelines apply.

(For exact guidelines, please confer with respective teams coach or the GISST Sports Coordinator.)

Inter School league participants	Grades 2 to 5
Under 14 participants	Grades 6 to 8
Varsity participants	Grades 9 to 12

In addition, all SV ISF members have to sign a GISST player's contract.

### Accommodation

In general, when ISF teams travel to competitions requiring overnight accommodation, the host teams find host families for our athletes. Therefore, when ISF plays host, **SV ISF members and their families are expected to provide housing for guest athletes.**

As a pre-requirement for membership, families of ISF athletes are **duty bound to host two (or more) athletes from other schools at home competition matches.** This is a condition of their son/daughter's participation in the *Sportverein* program. Needless to say, this is an excellent opportunity for the athletes and their families to develop friendships with other schools both at home and abroad. Further, as this is a reciprocal agreement among the competing schools, **the success of all organised competitions rests upon the promised co-operation, participation and involvement of all concerned.**

The SV ISF coaches and GISST Sports Coordinator make all the accommodation arrangements by conferring with both the athletes and their families. Naturally, a schedule and important information is published and handed out prior to any of the major sporting event.

Please note that these arrangements differ for our younger students (primary grades 2 to 5) attending GISST tournaments. In this case, all students and accompanying adults stay overnight in youth hostel accommodation.

### Travel

Parents are required to pay **All COSTS** associated with transportation and lodging of their individual SV ISF member. These fees **must be paid in full to the SV ISF Bank account prior to the trip.** If a student withdraws or is withdrawn for any reason, any resulting cost to the school or SV ISF must still be paid, even in the event of non-participation.

Obviously, SV ISF and the GISST Sports Coordinator try to secure the best possible transport for these events and ones, which place the least amount of financial burden on the participants and their families.

## Forthcoming Events

***This year the SV ISF is celebrating its  
10<sup>th</sup> Anniversary  
- March to June 2009 -  
Help us to do it in style***

The SV ISF also organise the following events for you to watch out for:

*Soccer Camp in Grünberg (August 18-22)  
Swim Camp in Laubach (Oct 24-26)  
Family Ski Trip Bad Hofgastein/Austria (Feb 7-14)  
Track&Field (Easter Break)  
Golf (May 1-3)  
Soccer Camp at ISF (June 29 - July 3)  
Sports Camp (July 6-10)  
(if demand is sufficient)*

Please note, there are SV ISF membership discounts.

*And finally.....*

*SV ISF fulfils an essential role providing an excellent programme of  
extracurricular activities for your child to enjoy  
whilst fostering a sense of dedication and responsibility.*

*None of which is possible without your continued support  
Thank you.*

Ulrike Groh  
SV ISF Manager  
GISST Sports Coordinator  
August 2008

# SV ISF Training Schedule 2008-2009 Term I

All those involved in the activities below MUST be SV ISF Members

## Basketball

Team	Coach	Day	Time	Place
U 14 boys	t.b.a.	Mon & Wed	16:30 -18:00	gym
U 16 boys (plus Varsity GISST players)	Mr. Bob	Mon & Wed	16:30 -18:00	gym
U 14 girls	Ms. Harris	Tue & Thu	16:30 -18:00	gym
U 16 girls (plus Varsity GISST players)	Mrs. Spindel	Tue & Thu	16:30 -18:00	gym

## Conditioning

Team	Coach	Day	Time	Place
All GISST Teams	Mrs. Groh	Thu	6th period	track

## Cross Country

Team	Coach	Day	Time	Place
Primary	Mr. Stenzel	Tue	15:20 - 16:15	fields
Secondary	Mr. Stenzel	Tue	16:20 - 17:15	fields

## Golf

Team	Coach	Day	Time	Place
------	-------	-----	------	-------

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

Beginner with NO Kurzplatzreife Mr. Forrester Mon 16:30-17:30 GC \*  
Unfortunately, this course is at present FULL

Beginner WITH Kurzplatzreife Mr. Forrester Tue 16:30-17:30 GC\*  
There are 3 places still available

Handicap 45 and better Mr. Forrester Mon 17:30-18:30 GC\*  
There are 3 places still available

Großplatzreife – Handicap 46 Mr. Forrester Tue 17:30-18.30 GC\*  
There are 6 places still available

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

Costs: € 145.00 for 7 training sessions September and October, non available in the Autumn Break. Please pay the instructor directly.

Registration by e-mail ONLY: cmprokop@aol.com stating your child's name, class, age, home phone number and ability or handicap.

GISST Team (HCP 36 upwards) Mr. Forrester Sat 09:00-11:00 GC\*  
Registration Mrs. Groh (ISF GISST Sports Coordinator).

## Gymnastics

<u>Team</u>	<u>Coach</u>	<u>Day</u>	<u>Time</u>	<u>Place</u>
Lower Primary	t.b.a	Mon	15:30 - 17:00	small gym
Upper Primary	Ms. Hietel	Tue	15.30 - 17.00	small gym
Dancing	t.b.a.	Tue	17:00 - 18:00	small gym

## Nordic Walking

Mrs. Groh	Thu	08:30 - 09:30	Main river
-----------	-----	---------------	------------

## Soccer

<u>Team</u>	<u>Coach</u>	<u>Day</u>	<u>Time</u>	<u>Place</u>
G Team Beginners (under 6's) – no tournaments in the league	Mr. Roberts	Wed & Fri	15:30 - 16:30	field
G – Team (under 7's / DoB 01.01.02 –31.12.02)	t.b.a.	Tue & Thu	15:30 - 16:30	field
F2 - Team (7 to 8 year olds / DoB 01.01.01 – 31.12.01)	t.b.a.	Wed & Fri	15:30 - 17:00	field
F1- Team (8 to 9 year olds / DoB 01.01.00 – 31.12.00)	Mr. Roberts	Tue & Thu	15:30 - 17:00	field
E2- Team (9 to 10 year olds / DoB 01.01.99-31-12-99)	Mr. Piermont	Tue & Thu	16:00 - 17:30	field
E1 - Team (10 to 11 year olds / DoB 01.01.98 – 31.12.98)	Mr. Nozon	Wed & Fri	15:30 - 17:0	field
D-Team (11 to 13 year olds / DoB 01.01.97 - 31.12.96)	Mr. Jassar	Wed & Fri	16:30 - 18:00	field

Please note that all Team players must stay at the correct age level throughout the whole school year e.g. a player in F1 team cannot celebrate his 10<sup>th</sup> birthday in the 2008/09 season, if so, must play in the E2 Team.

GISST U14 Boys	Mr. Jassar	Mon & Fri	16.30 - 18:00	field
GISST U14 Girls	Mr. Berti	Mon & Thu	16.30 - 18:00	field
GISST Varsity Soccer grades 8-12) t.b.a.		Fri	16.30 - 18.00	field

## Swimming

Team	Coach	Day	Time	Place
Swim School	Mrs. Oehler	Mon / Wed	15:20 -16:15	pool
Courses	Mrs. Dillenberger	Mon/Wed/Thu	15:20 -16:15	pool
Primary	Mrs. Oehler	Mon / Wed	16:20 -17:15	pool
	Mrs. Dillenberger & Mrs. Eckhardt	Mon/Wed/Thu	16:20 -17:15	pool
Primary	Mrs. Baljet,	Mon /Wed	15.20 -16.20	pool
Popular Team	Mrs.Eckhardt, Mr Wolf			
<i>Beginner</i> swimmers must have a bronze badge				
<i>Intermediate</i> swimmers must have a silver badge				
<i>Advanced</i> swimmers must have a silver or gold badge and capable of 3 strokes				
Secondary				
Popular Team	Mr. Scholz	Thu	16:15 - 17:15	pool
<i>Intermediate swimmers with silver or gold badge</i>				
Swim Team / GISST U14 and Varsity team				
Lower Primary	Mr. Eckhardt	Tue & Fri	15:20 -17:00	pool
Upper Primary	Mrs. Baljet	Tue & Fri	15:20 -17:00	pool
Prim. & Sec.	Mrs. Baljet	Thu	07:00 - 08:00	pool
Secondary	Mrs.Groh	Tue & Fri	16.30 -18:00	pool

Swim Team member requirements: 3 practices per week, need to attend training camp in Laubach and need to compete in two league competitions per term and the GISST Swim Gala.

GISST swimmer requirements: 2 practices per week, training camp in Laubach and must attend the GISST Swim Gala.

FAMILY SWIMMING - the pool is open every Sunday from 11:00 to 14:00 except during school breaks.

Each month there are various Special Swim Offers such as Aquagym, Aqua Circuit and Backstroke for Adults from 14:00 to 15:00 each month. Please check for further details with Uli Groh.

## Track & field

Team	Coach	Day	Time	Place
Primary	Mrs. Groh Mr.Stenzel	Thu	15.20 - 16.30	ISF track& field
Adv.Secondary	Mrs. Groh	Thu	17.00 – 19.30	LAZ*
*Hahnstraße/Kalbachhalle				
GISST U14 and Varsity girls and boys	Mr. Stenzel	Thu	16:15 – 17:00	ISF track& field

## Tennis

<u>Team</u>	<u>Coach</u>	<u>Day</u>	<u>Time</u>	<u>Place</u>
Tennis Lessons (Max.10 students)& team	Mr. Berkmann	Mon	15:30 -16:15	Court 1+2
<b>GISST Junior Team</b> (boy+girls Grades 5-7, must have tennis experience and take part in GISST)	Mr. Berkmann	Mon	16:30 -17:30	Court 1
<b>GISST Senior Team</b> (boys+girls Grades 8-12, must have tennis experience and take part in GISST)	Mr. Seaberg	Mon	16:30 -17:30	Court 2
Tennis Lessons (Max.10 students) & team	Mr. Berkmann	Tue	15:30 -16:15	Court 1+2
Tennis Lessons (Max.10 students) & team	Mr. Berkmann	Tue	16:30 -17:30	Court 1+2
Tennis Lessons (Max.10 students) & team	Mr. Berkmann	Wed	15:30 -16:15	Court 1+2
Tennis Lessons (Max.10 students) & team	Mr. Berkmann	Wed	16:30 - 17:30	Court 1+2
Tennis Lessons (Max.10 students) & team	Mr. Berkmann	Thu	15:30 -16:15	Court 1+2
Tennis Lessons (Max.10 students) & team	Mr. Berkmann	Thu	16:30-17:30	Court 1+2
Tennis Lessons (Max.10 students) & team	Mr. Berkmann	Fri	15:30-16:15	Court 1+2
<b>Junior Team</b> (boy+girls Grades 5-7, must have tennis experience and take part in GISST)	Mr. Berkmann	Fri	16:30-17:30	Court 1
<b>Senior Team</b> (boys+girls Grades 8-12, must have tennis experience and take part in GISST)	Mr. Seaberg	Fri	16:30-17:30	Court 2

All interested participants should sign up with Mr. Berkmann, who is available from the 21<sup>st</sup> (Open House) to the 29<sup>th</sup> of August, 2008 at 15:00 to 17:30 daily in front of the tennis courts. To cover extra costs, there is an additional one-off charge (on top of SV ISF membership) of €25,00 per tennis student. 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>
Varsity girls	Mrs. Harris	Mon	16:30 - 18:00	small gym
		Wed	16.30 - 18.00	small gym

## Registration for all the above listed Sport Activities

All participants should sign up directly with their coach during try-out week.

After the try-out period, please contact the SV ISF Manager Uli Groh:

Phone: 069 -95431947

Mobile: 0177 -2042944

Fax: 069 -954319 20

Or can often be found in her office at end of Gym corridor.

In addition, students also need to notify the SLO office of all sport participation.

Please note that **all SLO activities start during period 9, at 3:20p.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).**

### Department Leader

Soccer:	Mrs. Baljet	0174-2066567
Basketball:	Mr. Bob	0177-4494876
Track & field	Mrs. Groh	069-95431947/ 0177-2042944
Swimming	Mrs. Groh	069-95431947/ 0177-2042944
Gymnastics	Ms. Hietel	069-9543190
Tennis	Mr. Bergmann	06195-5151
Golf	Mrs. Prokop	e-mail: cmprokop@aol.com
Volleyball	Mrs. Harris	069-95431946