



Training schedule for SV ISF sports In TERM III 2008/09 (09.03.2009)

Basketball

Team	Coach	Day	Time	Place
U 14 boys	Mr Gengoglu	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	Mrs Spindel	Tue & Thu	16:30 -18:00	gym
U 16 girls (plus Varsity GISST players)	Mr Gengoglu	Tue & Thu	16:30 -18:00	gym

Conditioning

Team	Coach	Day	Time	Place
All GISST Teams	Ms Draper	Thu	6 th period	gym
All GISST Teams	Mr Stenzel	Thu	6 th period	track

Cross Country

Team	Coach	Day	Time	Place
Primary	Mr. Stenzel	Tue	15:30 - 16:15	fields
Secondary	Mr. Stenzel	Tue	16:15 - 17:15	fields

Golf

Team	Coach	Day	Time	Place
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* 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*
Beginner WITH Kurzplatzreife	Mr. Forrester	Tue	16:30-17:30	GC*
Handicap 45 and better	Mr. Forrester	Mon	17:30-18:30	GC*

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**.

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

Costs:

€ 140.00 for May and June

€ 140.00 for September and October

€ 260.00 for May, June, September and October.

Please pay the trainer directly.

GISST Team (HCP 36 upwards)	Mr. Forrester	Sat	09:00-11:00	GC*
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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	Ms. Heese	Mon	15:30 - 17:00	small gym
Upper Primary	Ms. Hietel	Tue	15.30 - 17.00	small gym

Nordic Walking

If you are interested please contact Uli Groh.

Soccer

<u>Team</u>	<u>Coach</u>	<u>Day</u>	<u>Time</u>	<u>Place</u>
G2 Team Beginners (under 6's) – no tournaments in the league	Ms. Fawcett	Wed & Fri	15:30 - 16:30	field
G1 – Team (under 7's / DoB 01.01.02 –31.12.02)	Mr Zink/Mr Jassar	Tue & Thu	15:30 - 16:30	field
F2 - Team Assistant: Andree Nowak (7 to 8 year olds / DoB 01.01.01 – 31.12.01)	Mert Kartal	Wed & Fri	15:30 - 17:00	field
F1- Team Assistant: Andree Nowak (8 to 9 year olds / DoB 01.01.00 – 31.12.00)	Mert Kartal	Tue & Thu	15:30 - 17:00	field
E2- Team (9 to 10 year olds / DoB 01.01.99-31-12-99)	Mr. Dean	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
GISST U14 Girls	Mr. Berti	Mon & Thu	16.30 - 18:00	field
GISST VB Soccer	Mr. Gumin	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

Popular Team	Coach Team	Mon /Wed	15.20 -16.20	pool
<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 School and Popular Team will be offered once a week.

Swim Team / GISST U14 and Varsity team

Lower Primary	Mr Eckhardt	Tue & Fri	15:20 -17:00	pool
Upper Primary	Groh/Razeto/Baljet	Tue & Fri	15:20 -17:00	pool
Secondary	Groh/Razeto/Baljet	Tue & Fri	16.30 -18:00	pool
Prim. & Sec.	Ms Groh	Wed	16:15 -17:15	pool
Prim. & Sec.	Ms Baljet	Thu	07:00 - 08:00	pool

Swim Team member requirements: 3 practices per week, two league competitions per term.

GISST swimmer requirements: 2 practices per week

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
Advanced Secondary	Mrs. Groh	Thu	17.00 – 19.30	Bezirkssportanlage Hahnstraße
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)	Mr. Berkmann & his team	Mon	15:30 -16:15	Court 1+2
GISST Junior Team (boy+girls Grades 5-7, must have tennis experience and take part in GISST)	Mr. Berkmann	Mon	16:30 -17:30	Court 1
GISST Senior Team (boys+girls Grades 8-12, must have tennis experience and take part in GISST)	Mr. Berkmann	Mon	16:30 -17:30	Court 2
Tennis Lessons (Max.10 students)	Mr. Berkmann & his team	Tue	15:30 -16:15	Court 1+2
Tennis Lessons (Max.10 students)	Mr. Berkmann & his team	Tue	16:30 -17:30	Court 1+2
Tennis Lessons (Max.10 students)	Mr.Berkmann & his team	Wed	15:30 -16:15	Court 1+2
Tennis Lessons (Max.10 students)	Mr.Berkmann & his team	Wed	16:30 - 17:30	Court 1+2
Tennis Lessons (Max.10 students)	Mr.Berkmann & his team	Thu	15:30 -16:15	Court 1+2
Tennis Lessons (Max.10 students)	Mr.Berkmann & his team	Thu	16:30-17:30	Court 1+2
Tennis Lessons (Max.10 students)	Mr.Berkmann & his team	Fri	15:30-16:15	Court 1+2
Junior Team (boy+girls Grades 5-7, must have tennis experience and take part in GISST)	Mr. Berkmann	Fri	16:30-17:30	Court 1
Senior Team (boys+girls Grades 8-12, must have tennis experience and take part in GISST)	Mr. Berkmann	Fri	16:30-17:30	Court 2

All interested participants should sign up with Mr. Berkmann, who is available from March 17-19 at 15:00 to 17:30 daily in front of the swimming pool.

To cover extra costs, there is an additional one-off charge (on top of SV ISF membership) of €50,00 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 - 954319 747

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 3:20 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).**

Department Leader

Soccer:	Mrs. Baljet	0174-2066567
Basketball:	Mr. Bob	0177-4494876
Track & field	Mrs. Groh	069-954319747/ 0177-2042944
Swimming	Mrs. Groh	069-954319747/ 0177-2042944
Gymnastics	Ms. Hietel	069-9543190
Tennis	Mr. Bergmann	06195-5151
Golf	Mrs. Prokop	e-mail: cmprokop@aol.com
Volleyball	Mrs. Harris	069-954319732
ALL GISST	Mrs. Groh	e-mail: sv-isf@gs-tsc.com