

## **SPORTS EXCELLENCE**

The competitive sports programme runs in addition and parallel to the “You-Time!” programme. It is staffed by teachers and coaches and is coordinated by the Director of Sport and Activities.

The term 3 Sports Excellence Programme takes the form of pre-season training in the various sports for Term 1 2011-2012. Students will again trial for these sports as it is a developmental training programme where students are expected to demonstrate dedication and focus throughout the sport. Junior FOBISSEA, Gymnastics and Swimming continue team training for term 3.

**Athletics training is by selection only and is only until May 21 when the BISAC Championships are held at the International School Bangkok.**

### **Term 3**

Pre-Season training will commence on **2 May 2011** after Season 3 BISAC.

### **Term 3 Pre-Season Sports 2011- 2012**

	<b>Pre-Season</b>	<b>COACHES</b>	<b>TRAINING DAYS</b>
<b>Junior FOBISSEA TEAM</b>	Y4/5/6 selected	Sally Weston, James Hughes, Thomas Foster, Chai, Megan Jones, Nicky Page	Monday (Football) Thursday (Swimming ) Wednesday ( Tee Ball ) Friday (Athletics )
<b>Year 5/6/7 Futsal Football</b>	Football	IAN SQUIRES	Thursday ( Main Gym Court 1 & 2 )
<b>Year 3 / 4 Football</b>	Football	GARETH CLARKE	Monday (Chatrium Pitch)
<b>Under 13 BOYS</b>	Basketball	PAUL JACKSON	Monday: Basketball ( court 1)
<b>Under 13 GIRLS</b>	Basketball Football	PJ ROZARIO SIMONE O'CONNOR	Monday: Basketball ( court 2 ) Thursday: Football ( pitch 2 Canterbury )
<b>Under 15/17 BOYS</b>	Basketball Football	KEVIN HALL MIKE TWEDDLE	Wednesday and Friday: Basketball ( court 1 ) Thursday: Football ( pitch 1 Canterbury )
<b>Under 15/17 GIRLS</b>	Basketball Football	PJ ROZARIO SIMONE O'CONNOR	Wednesday and Friday: Basketball ( court 1 ) Thursday: Football ( pitch 2 Canterbury )
<b>Open Volleyball</b>	Volleyball	MARK STINGLE PAUL JACKSON	Monday and Friday ( court 1 )

<b>Y5/6/7 BOYS RUGBY</b>	RUGBY	STEVE KELLY / PAUL JACKSON	Thursday: Rugby ( pitch 1& 2 Chatrium )
<b>SENIOR RUGBY</b>	RUGBY	STEVE KELLY	Monday: Rugby ( pitch 1& 2 Chatrium )
<b>ATHLETICS</b>	BISAC	NICK DUNN	Tuesday & Friday
<b>GYMNASTICS</b>		NICK DUNN THAI COACHES	MONDAY, TUESDAY, WEDNESDAY, THURSDAY & FRIDAY
<b>JUNIOR SWIM TEAM</b>  <b>YEAR 3/4/5</b>		Chai, Wendy	MONDAY & WEDNESDAY 2.30 – 3.40pm
<b>JUNIOR SWIM TEAM</b>  <b>YEAR 1/2</b>		Chai, One, Fon	TUESDAY (Year 2 only ) THURSDAY (Year 1 & 2) 2.30 – 3.40pm
<b>BEGINNER SWIM</b>	EY2 invitation	Chai, Wendy, One, Fon	FRIDAY (invitation only )
<b>SENIOR SWIM TEAM</b>		Vicky Gill	MONDAY, TUESDAY, WEDNESDAY, THURSDAY 3.40 – 5.00pm
<b>WATERPOLO</b>	Year 6 -12	Vicky Gill	FRIDAY 3.30-4.30pm
<b>Team Shrewsbury</b>		Nick Dunn	Monday (court 3)

### Running Club

**Wednesday 6.30 – 7.15am**

Do you enjoy running or would like to improve your fitness? Shrewsbury is in the unique position of offering a running club in the morning before school using our outside track. This is a great opportunity of improving your cardiovascular fitness and to start your day. Invitations will be made to select runners, but all students are invited to participate.

Teacher: Ms Mason