

Sportverein ISF Sindlingen e.V.

Handbook 2020/21
Term I



Contact details

The Sportverein ISF handbook is published each term due to changes in the winter season and contains all the information for membership, training and sporting fixtures in the forthcoming academic year.

All activities require a membership and a fee need to be paid.

For further information, please contact the SV ISF Office:

Ulrike Groh (Manager)
Nadine Franz (Registrar)
Sigrid Dillenberger (Swim School Coordinator)

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1. SPORTVEREIN ISF SINDLINGEN e.V.

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 registered in the official head organisations.

The Sportverein ISF constitution is available from the office.

In Germany, all sports are organised and regulated by the German Sports Federation (Deutscher Olympischer Sportbund/DOSB) and official Sports Associations like the State of Hesse Football Federation (HFV), the State of Hesse Swim Federation (HSV) and so on.

Sportverein ISF Sindlingen e.V. Data Protection Conduct for staff dealing with personal data according to GDPR 2018

Personal data is defined as any information relating to a living, identifiable individual.

The Sportverein ISF Sindlingen e.V. holds the data of many categories of people: past and present students and members of staff; job applicants; visitors; the list could go on. We need to ensure that information relating to all these people is treated correctly and with the appropriate degree of confidentiality. Please note that the definition of personal data includes information such as email addresses, date of birth, student ID, date of birth etc. If you are unsure whether particular information falls within the definition of personal data, please consult the ISF Sportverein Data Protection Officer.

How the SV ISF functions

The function of the SV ISF is to provide a wide range of sporting activities which includes: Badminton, Basketball, Cross Country, Golf, Gymnastics, Football, Swimming, Tennis, Track and Field and Volleyball.

The SV ISF is recruiting coaches and instructors in order to train its teams, who then represent the school in not only friendly matches but also official leagues throughout the State of Hesse and against other International Schools in Germany.

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 before and/or after school as well on weekends.

The SV ISF usually organises all inter school matches and competitions, which can take place during the week and/or at weekends.

Due to COVID-19 restrictions we will not offer competitions until further notice. All of the relevant training schedules 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 teammates, their coach and everyone in SV ISF and ISF throughout the whole season.

How to Join

All students wishing to participate in any ISF team require the 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. There is also a group of adult runners sent to half marathons and marathons.

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 **SV ISF membership form** (available from the office, reception, ISF database) with the relevant bank details.

For participation in all team sports we need a **doctor's attest** and a **pass photo**.

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

Fees of the Sportverein ISF Sindlingen e.V. as of August 1, 2014

	ISF members	non-ISF members
	Euro/year***	Euro/year
1st child (up to 18 years) for all team sports	190,00	380,00
2nd child (up to 18 years) for all team sports	165,00	330,00
Families* (children, parents, grandparents)	365,00	730,00
Additional course fee for swim and soccer school per term and tennis school in autumn and spring	50,00	50,00
Supporting members	500,00	1000,00
Registration fee for all new members	20,00	40,00
Half-year-fee for students leaving school before February 1st or starting school after January 31^{st**}: 1st child / more children	95,00 / 82,50	190,00 / 165,00
Half-year-fee for families leaving school before February 1st or starting school after January 31^{st**}	182,50	365,00

* Family membership includes children, parents and grandparents but no extended relatives.

** Families leaving school earlier or starting school later during the school year, please get in touch with us according to requirements.

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 allow that student to compete in the German National Leagues.

In addition, the SV ISF needs to pay for insurance, membership fees for the sports federations, coaches, uniforms and competition fees. These costs are unavoidable and part of the requirements of being a *Sportverein* and a *non-profit organisation*.

Team Practices are running all over the year

Coaches select their team players and these selections - purely the coaches' decision - are final. Registration via link or with the registration form.

1. Current sports offer is reduced due to COVID-19 restrictions, once more sports activities can be offered these will be announced immediately.
2. For Term 1 SV ISF offers only for Grade 1 to 4 activities during SLO; this might change for term 2 and 3 and is also due to COVID-19 restrictions and capacity limitations.
3. **First sport offer does not start before September 7th, 2020.** Due to COVID-19 no try out period can be held, but SV ISF needs the time to allocate best all students to their choices. Any players not selected and still wishing to take part will be placed on the appropriate waiting lists stored in our office.
4. Any new ISF students (entering during the school year) are welcome to contact us and every effort will be made for their inclusion.

Team practice may be once, twice or even three times a week, depending. In addition to this booklet, practice timetables and further information's are posted on our board in the entrance hall as well on ISF SABIS® Digital Platform.

Rules for SAFE SPORT during COVID-19 contact restrictions

A TRAVEL DECLARATION form need to be filled out whenever athletes and coaches and/or member of his/her household travel to any destination.

The following conditions need to be met by every player and coach for every single training session:

- Do not come to practice if you are sick. Check your temperature every morning at home. If you have a temperature above 37.8C you must not come.
- FIXED EXERCISE GROUPS are to be formed. Switching between different exercise groups is not possible.
- Follow PHYSICAL DISTANCE of 1.5 - 2 m between one another at all times. Sport and exercise should be performed without contact. No hugging team-mates, cheering together, handshaking, exchange of high fives or kissing allowed. Make sure that access control procedures to the sports facilities do not lead to queues being formed. Do try to avoid one-on-one duels against opponents in team sports.
- Follow PROPER SNEEZE AND COUGH HYGIENE PRINCIPLE. Remember to cover nose and mouth whilst coughing or sneezing by using *the Vampire Cough* - cross an arm over the nose and mouth and sneeze.
- Follow HYGIENE RULES:
 1. More frequent hand washing for at least 30 seconds with liquid soap and water.
 2. Hygiene and disinfection measures for shared sports equipment must be observed with particular care.
 3. In hallways, changing rooms, restrooms the use of FACE MASKS is mandatory.
 4. Only 1 student in time is allowed in the toilet/restroom.
 5. Gymnasium doors will be kept open to avoid touching handles and for airing.
 6. Everyone to bring his/her own water bottle; limited use of water dispenser.
 7. Keep your clothing in your sports bag and store all your personal items in a personal designated "zone", e.g. hula hoop provided by coaches.

Competitions, League Games and friendly tournaments

In order to be successful both as individuals and as a team, all team members must attend all practice sessions and games and competitions for the German league all over the year. GISST sports can be offered in seasons. To prepare the athletes for an annual GISST competitions, we will set up friendly games.

We appreciate a written note from the parents (for instance by email) in any case of missing practice.

Please note the competition schedule for each sport sent directly to the team players. The coach of each team is supposed to inform all team players about the fixtures by email. A player's contact will must be signed. German League games are normally scheduled for the beginning of September. All competitors need to hand in each school year a valid health certificate.

FALL SEASON: Due to Covid-19 SV ISF is not taking part in German league competitions (e.g. basketball, football, swimming). We are restricted not to offer GISST championships, friendly GISST games and competitions between international local schools (RMAC) until January 31st, 2021.

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 and GISST Handbook). If there are any doubts as to what these may be, please confer with the ISF Sports Coordinator, Ulrike Groh.

Lost Property

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

Personal valuables (iphones, jewelleries etc.) and large amounts of money must never be brought to SV ISF practice. All students and parents should be aware that SV ISF athletes **MUST** use the ISF LOCKERS next to the changing rooms or in the swim changing rooms to store all of their valuables during training and games.

Coaches offer the use of additionally valuables boxes.

2. INTERNATIONAL SPORTS

ISF has regularly participated in sporting events with various other international schools in Germany. In addition, the SV ISF has been a member of the **German Schools Sports Tournament (G.I.S.S.T.)** organisation since its beginning.



These are the participating international schools in G.I.S.S.T.:

Bavarian International School (BIS)	Berlin International School (BerIS)
Berlin Brandenburg International School (BBIS)	International School Stuttgart (ISS)
Berlin British School (BBS)	Leipzig International School (LIS)
Dresden International School (DIS)	Franconian International School (FIS)
International School Hannover Region (ISHR)	St. George's School Duisburg/Düsseldorf (STG)
Internationale Schule Frankfurt-Rhein-Main (ISFRM)	

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 (Interschool)

A special point scoring system allows the German School Sports Tournaments organisation to present an **Overall Winner** by the end of the school year.

GISST Annual Championships Schedule

The schedule is postponed until further notice! There will be no competitions due to COVID-19 restrictions until January 31st, 2021.

3. TRAINING TIMETABLE TERM I

Period 0 (07:00-08:00)

- Outdoor activities: maximum of 15 students arriving already in sports clothes and sports shoes
- Swimming: Max 5 swimmers per lane and coach; swimming until 8 am; no shower possible, 5 min changing; 10 min airing changing room

Badminton (10 max)

Team	Coach	Day	Time	Place
Varsity	J. Morton	Mon	07:00-08:00	Gym

Swim Team (10 max)

Team	Coach	Day	Time	Place
Grade 9-12	S.Dillenberger/F. Motel	Mon	07:00-08:00	Pool

Swim Team (10 max)

Team	Coach	Day	Time	Place
Grade U14	S.Dillenberger/F. Motel	Wed	07:00-08:00	Pool

Period 8 / Preschool Activities (14:40-15:20)

- Outdoor activities: maximum of 15 students arriving already in sports clothes and sports shoes; 3 coaches for 15 students
- Swimming: Max 5 swimmers per lane and coach; swimming until 15:10; no shower possible, changing; 10 min airing changing room

All Sports (max 15)

(Children come in track suit, shirt and sports shoes)

Team	Coach	Day	Time	Place
PS outdoor	C. Colvin/S. Merdal	Wed	14:40-15:25	Field

Swim School (max 15 - additional fee of 50€ per term)

(Children arrive already changed with cap, flip-flops and towel in the pool area)

Team	Coach	Day	Time	Place
PS A	S. Golubic S. Eckhardt S. Dillenberger	Mon	14:40-15:25	Pool

Swim School (max 15 - additional fee of 50€ per term)

(Children arrive already changed with cap, flip-flops and towel in the pool area)

Team	Coach	Day	Time	Place
PS B	S. Golubic S. Dillenberger S. Merdal	Fri	14:40-15:25	Pool

Period 9 (15:30-16:30)

- *Indoor activities: maximum of 10 students in a changing room; class must be finished by 16:10; 5 min for changing; airing the gymnasium and changing rooms required*
- *Outdoor activities: maximum of 10 students arriving already in sports clothes - just changing shoes*
- *Swimming: Max 5 swimmers per lane and coach; Swim School registration according to school grades; swimming until 16:15; no shower possible, changing must be finished by 16:20; 10 min airing changing room*

Badminton (max 10)

(One way entrance/exit. Players MUST wear indoor shoes and sports clothes)

Team	Coach	Day	Time	Place
Grade 3	J. Morton	Tue	15:30-16:30	Big Gym
Grade 4	J. Morton	Fri	15:30-16:30	Big Gym

Basketball (10 max)

(One way entrance/exit. Players MUST wear indoor shoes and sports clothes)

Team	Coach	Day	Time	Place
Grade 1	C. Colvin	Mon	15:30-16:30	Big Gym
Grade 2	M. Colvin	Mon	15:30-16:30	Big Gym
Grade 3	C. Colvin	Wed	15:30-16:30	Big Gym
Grade 4	M. Colvin	Wed	15:30-16:30	Big Gym

Football (10 max)

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

Team	Coach	Day	Time	Place
Grade 1	S. Sinha	Mon	15:30-16:30	Field
Grade 2	S. Sinha	Wed	15:30-16:30	Field
Grade 5-6	H.Lucas /K. Assenov	Tue	15:30-16:30	Field
Grade 3-4	F. Busch/P. Matos	Thu	15:30-16:30	Field

Gymnastics (10 max)

(One way entrance/exit. Players MUST wear indoor shoes and sports clothes)

Team	Coach	Day	Time	Place
Grade 5-6	U. Groh	Mon	15:30-16:30	Small Gym
Grade 1-2	C. Colvin	Tue	15:30-16:30	Small Gym
Grade 3-4	U. Groh	Thu	15:30-16:30	Small Gym

Swimming (5 max)

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
Grade 3	S. Dillenberger	Thu	15:30-16:30	Lane 1
Intermed 6+				
Grade 4	S. Eckhardt	Mon	15:30-16:30	Lane 1
Seahorse 5a				

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

Team	Coach	Day	Time	Place
Grade 2	C. Schlarbaum	Wed	15:30-16:30	Lane 1/2
Adv. Beginners 4				

B. Swimming / Popular Teams

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

Team	Coach	Day	Time	Place
Grade 4 Intermediate 6a	S. Dillenberger	Mon	15:30-16:30	Lane 4/5
Grade 3 Seahorse 5c	A. Schutt	Thu	15:30-16:30	Lane 4/5

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

Team	Coach	Day	Time	Place
Grade 2 Seahorse 5b	S. Dillenberger	Wed	15:30-16:30	Lane 4/5
Grade 3 Intermediate 6c	P. Scholz	Thu	15:30-16:30	Lane 3

C. Swim Team / Competitive Teams

“Junior Swim Team” member requirements: three strokes, diving.

Coaches Team: U. Groh, S. Dillenberger, E. Halimier, F. Motel

Team	Coach	Day	Time	Place
German League & GISST				
Grade 2-4	U. Groh&Team	Fri	15:30-16:30	Lane 1-5
Grade 5-6	U. Groh&Team	Tue	15:30-16:30	Lane 1-5
Grade 5-6	U. Groh&Team	Wed	16:30-17:30	Lane 1-5

Tennis School - Additional fee of 25€ per term (6 max)

(Players MUST wear sport shoes and sports clothes)

Team	Coach	Day	Time	Place
G 1-2	M. Walz	Tue	15:30-16:30	Court 2
G 3-4	M. Walz	Fri	15:30-16:30	Court 2
G 5-6	B. Berkmann	Wed	15:30-16:30	Court 2
G 7-8	B. Berkmann/T. Obo	Thu	15:30-16:30	Court 1+2

Track & field / Cross Country (10 max)

(Players MUST wear sport shoes and sports clothes)

Team	Coach	Day	Time	Place
Boys and Girls Primary				
Grade 1-2	S. Golubic	Mon	15:30-16:10	Track/ field
Grade 3-4	U. Groh	Wed	15:30-16:30	Track/ field

After School (16:30-18:30)

- *Indoor activities: maximum of 10 students in a changing room; 5 min for changing. Airing the gymnasium and changing rooms required.*
- *Outdoor activities: maximum of 10 students arriving already in sports clothes - just changing shoes*
- *Swimming: Max 5 swimmers per lane and coach; Swim School registration according to school grades; swimming possible until 18:00; no shower possible, changing must be finished in 5 min; 10 min airing changing room*
- **U14 - Grade 7 and 8**
- **Varsity - Grade 9-12**

Badminton (10 max)

(One way entrance/exit. Players MUST wear indoor shoes and sports clothes)

Team	Coach	Day	Time	Place
Grade 5	J. Morton	Fri	16:30-17:15	Big Gym
Grade 6	J. Morton	Tue	16:30-17:15	Big Gym

Badminton (10 max)

(One way entrance/exit. Players MUST wear indoor shoes and sports clothes)

Team	Coach	Day	Time	Place
GISST U14	J. Morton	Tue	17:30-18:30	Big Gym
GISST Varsity	J. Morton	Fri	17:30-18:30	Big Gym

Second practice possible before school.

Basketball (10 max)

(One way entrance/exit. Players MUST wear indoor shoes and sports clothes)

Team	Coach	Day	Time	Place
Grade 6	C. Colvin	Mon	16:30-17:30	Outdoor
Grade 5	C. Colvin	Wed	16:30-17:30	Outdoor

Basketball (10 max)

(One way entrance/exit. Players MUST wear indoor shoes and sports clothes)

Team	Coach	Day	Time	Place
German League & GISST				
U14	M. Colvin	Mon	16:30-18:30	Big Gym
Varsity	M. Colvin	Wed	16:30-18:30	Big Gym

Football (10 max)

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

Team	Coach	Day	Time	Place
GISST				
U14 Boys	S. Sinha	Mon	16:30-17:30	Field
Varsity Boys	S. Sinha	Wed	16:30-17:30	Field
U14 Girls	t.b.a.	Mon	16:30-17:30	Field
Varsity Girls	t.b.a.	Wed	16:30-17:30	Field

Golf School (6 max) Professional: J. Forrester

GC Hof Hausen

Our Golf practices take part at the GC Hof Hausen vor der Sonne, 65719 Hofheim/Ts.

A maximum of 6 students per course, age: 6 – 16, all equipment golf clubs and golf balls are included in the tuition fee: **8 dates 180 €**. Please pay the fee to Mr Forrester directly.

Please look for our special golf camp offers.

No transport is provided from school or SV ISF to the golf club. Registration by e-mail ONLY:

sportsverein@isf-sabis.net stating your child's name, class, age, phone number and ability or handicap

Saturday's 09:30-10:30

starting September 12th, 2020

Swimming (5 max)

A. Swim School

“Non-swimmer Basic course” will achieve the certificate “Seepferdchen/Seahorse”. In each of these basic courses students from Grade 5 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
Grade 5 Non-swimmer 3	S. Eckhardt	Mon	16:30-17:30	Lane 1

B. Primary Popular Team

“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
Grade 6 Intermediate 6a	A. Christie	Wed	16:30-17:30	Lane 1/2

“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
Grade 5 Advanced 7a	S. Dillenberger	Mon	16:30-17:30	Lane 4/5

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

Competitive Team requirements: all four strokes, diving

Team	Coach	Day	Time	Place
German League & GISST				
U 14	U. Groh&Team	Fri	16:30-18:00	Lane 1-5
Varsity	U. Groh&Team	Tue/Thu	16:30-18:00	Lane 1-5

Track & field / Cross Country (10 max)

(Players MUST wear sports shoes and sports clothes)

Team	Coach	Day	Time	Place
German League & GISST				
Grade 5-6	U. Groh	Mon	16:30-18:00	Sports field
U14	S. Hironaka	Tue	16:30-18:00	Fields
Varsity	K. Wobig	Thu	16:30-18:00	Sports field

Tennis School (6 max) - Additional fee of 25€ per term

(Players MUST wear sports shoes and sports clothes)

Team	Coach	Day	Time	Place
Intermediate G 5-6	M. Walz	Tue	16:30-17:30	Court 2
Advanced Varsity	B. Berkmann	Wed	16:30-17:30	Court 2
Advanced U14	B. Berkmann/D. Sarsik	Thu	16:30-17:30	Court 1+2
Intermediate G 3-4	M. Walz	Fri	16:30-17:30	Court 2

Volleyball (10 max)*(One way entrance/exit. Players MUST wear indoor shoes and sports clothes)*

Team	Coach	Day	Time	Place
GISST				
Varsity Girls	A. Hannon	Mon	16:30-18:00	Small Gym
		Thu	16:30-18:00	Small Gym
Varsity Boys	K. Treppenhauer	Tue	16:30-18:00	Big Gym
		Thu	16:30-18:00	Small Gym

Weekend Activities

Saturday Running (<https://www.parkrun.com.de/nidda/>)

Team	Coach	Day	Time	Place
Families	S. Hironaka	Sat	09:00	Park run

Saturday Swim School (max 5 boys and 5 girls):

Team	Coach	Day	Time	Place
Grade 1				
Non Swimmer 1a	K. Reihle	Sat	09:00-10:00	Pool
Grade 1				
Non Swimmer 1b	K. Reihle	Sat	10:00-11:00	Pool
Grade 1				
Non Swimmer 1c	K. Reihle	Sat	11:00-12:00	Pool
Grade 1				
Non Swimmer 1d	F.Motel	Sat	11:00-12:00	Pool
Grade 2				
Seahorse 5e	F.Motel	Sat	09:00-10:00	Pool
Grade 2				
Adv. Beg. 4a	F.Motel	Sat	10:00-11:00	Pool

Sunday Swim Team (max 5 boys and 5 girls):

Team	Coach	Day	Time	Place
Varsity Swim Team	Coaches Team	Sun	11:00-12:30	Pool
Parents	Coaches Team	Sun	13:00-15:00	Pool

Dress code

GYMNASIUM:

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

POOL:

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

TENNIS COURT:

For tennis lessons we request tennis shoes and sports clothing.

FOOTBALL PITCH:

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

GYMNASTICS:

Please provide gymnastics shoes or come barefoot. Please order directly: <http://www.zone-gym.de> a classic sleeveless smooth velour leotard in Royal Blue for girls. Boys shall come with a blue short and white shirt.

Camps

We will come up with Camp offers 2020/21 asap.