

# REGISTRATION FORM

Name: ..... Class/Sec: ..... DOB: .....

Blood Group: ..... Gender: M/F Cheque No: ..... No. of days: .....

Session: Morning/Evening/Both ..... Parent Name .....

Contact No: ..... , ..... Address .....

Sign.....

Date of registration:..... Coach Sign ..... Principal Sign .....

**Note:-** Demand Draft may please be favoured on the name "Sri Santhinikethana Vidya Mandira"

## COACHING STAFF

### Athletic Coach:

#### BEST PLAYERS

Under 16 —

PRAVEEN

SUJAN

Under 14

SUPRITHA

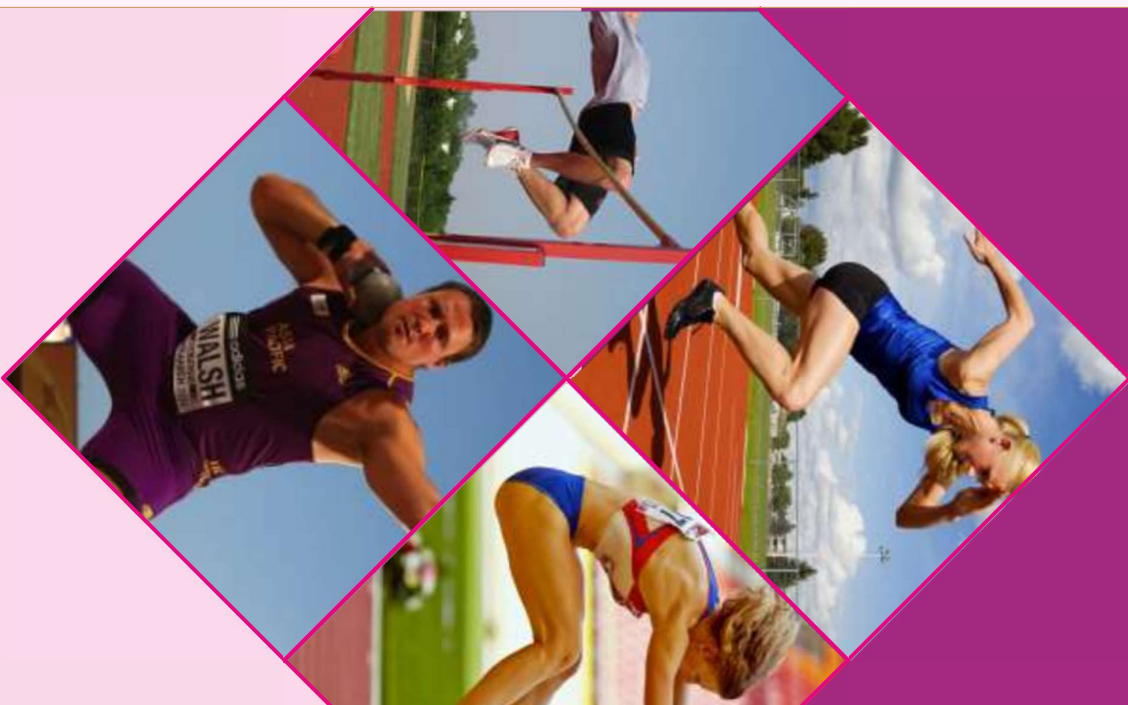
Under 12

Samanvi

### Rules

- Student should be in sports attire for their respective sports.
- Student should be 5 minutes before the class start their warmup.
- Student should maintain discipline during coaching. No uncomplimentary language to be used.
- Student should carry jump rope, water bottle, practice book.
- Student should not carry valuable items, vis mobile phone, watches, jewelleries etc.
- Student should not carry any carbonated drinks.
- Student must bring their fitness and practice book for each class.
- Student must arrange sports equipments to its place after the class.
- Keep the facility clean.

# ATHLETICS



## ATHLETICS

**Mission:** SHANTHINIKETHANA sports system is a holistic approach to child development, the approach is to ensure a sustained, committed and intensive program to fulfil a child's potential.

SHANTHINIKETHANA Sports system emphasizes proper behavior and academic performance. The sports system is structured as an academic subject. The primary purpose of sports is to provide the children with a forum for fun, conditioning/fitness, discipline, character building and to develop competitiveness to reach state, national and international level.

- Improvement of physical fitness
- Acquisition of technical efficiency
- Education and improvement of mental capabilities.

We have a fantastic work place, where commitment&innovation drive us to EXCELLENCE. In addition to coaching in Athletics, we are training children to improve quality in fitness constantly. Wonders never cease at SHANTHINIKETHANA School and the fun never stops here.

- SHANTHINIKETHANA has an infrastructure that allow you to practice individuals
- Every sport has club.
- U-10, U-12, U-14 FUTURES tournament is conducted
- Our effort is to produce state & national level players.
  - SANKALP PROGRAM
- Hand and eye coordination.
- Fitness
- Skills and fun activities.

Athletics for everyone  
Open to our school  
Lesson and equipment  
Individual performance evolutions  
Better performance guaranteed

**Beginners:** Starts with warmup

- Fitness
- Speed
- Flexibility
- Endurance

### **Sprints**

- 100 mtr run
- 200 mtr run
- 4 x 50 mtr relay

### **Jump**

- Long Jump
- High Jump

**Intermediate:** Starts with warmup

- Fitness
- Speed
- Flexibility
- Endurance

### **Sprints**

- 100 mtr run
- 200 mtr run
- 400 mtr run
- 4 x 100 mtr relay

### **Jump**

- Long Jump
- High Jump
- Triple Jump

**Advance:** Starts with warmup

- Fitness
- Speed
- Flexibility
- Endurance
- Strength

### **Sprints**

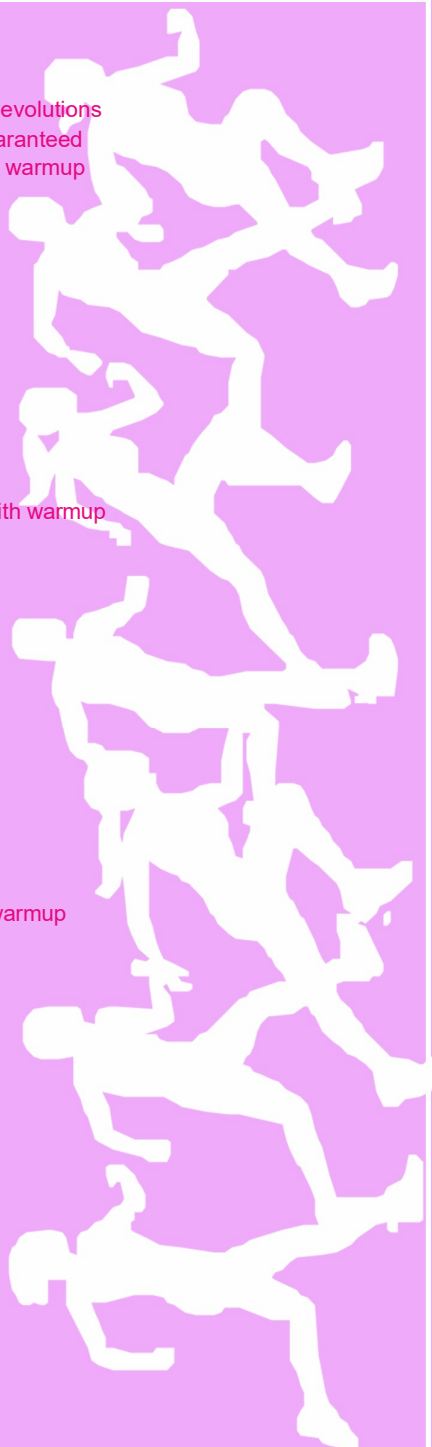
- 100 mtr run
- 200 mtr run
- 400 mtr run
- 4 x 100 mtr relay
- 4 x 400 mtr relay

### **Jump**

- Long Jump
- High Jump
- Triple Jump

### **Throws**

- Shot put
- Discus Throw



Athletics	Children program				Adult program		
	Morning	Evening		Weekend	Week days	Week end	
	3 Days	5 Days	3 Days	5 Days	2 Days	3 Days	5 Days
student				Saturday Sunday			
Batch				Batch			
Morning - 8.00 a.m to 9.00 a.m				Week end			
Evening - 4.00 pm to 5.00 pm				8lr.00 a.m to 9.30 a.m			