Primary Sports Program

Overview and outline of the primary sports program at the Midtown International School
In addition to physical education classes during the school day, Midtown International School (MIS) offers an afterschool sports program that includes soccer and multi-sports in the Fall, basketball and racquet sports in the Winter, and soccer and basketball in the Spring. In keeping with the MIS mission, the athletic department believes that the primary school sports program should offer a nurturing environment consistent with the international character of the school. In collaboration with parents and coaches, the program will instill in all students respect and compassion for others. The program’s goals are to develop self-esteem and enable students to achieve their highest potential.

The primary school sports program philosophy is to provide all students the opportunity to participate in sports outside of the school day. As a result of these opportunities, the students will improve their skill level and learn the values of sportsmanship, teamwork, dedication, and the joy of competition.

It is believed that all students should have an equal opportunity to participate regardless of ability. When dividing teams, the coaches will take several factors into consideration. The factors will include: skill level, previous experience, and social relationships. The MIS primary sports program is focused on teaching young boys and girls the joy and technical aspects of various sports. Games will be played to provide children an outlet to display their skills and promote the fun of the sport.
Primary Sports Mission

The primary sports program looks to model the following to offer a variety of competitive and fun student-focused athletic endeavors that emphasize lifelong values of *fair play, sportsmanship, teamwork, fitness, dedication, integrity*, and friendship that reflect the cultural diversity of the MIS.

OUR COACHES

Coaching and coaches are an important part of the learning process for our primary school students and a coach’s understanding, appreciation and implementation of a program’s philosophy is a key ingredient to a program’s success.

Coaches in the MIS primary sports program will be highly qualified and experienced in their respective fields. Coaches are well versed in the philosophical aspects of MIS’ program and they look to work with our students, parents and peer coaches to offer a high quality of instruction and direction for our students.
5k, Grade 1-2 Soccer

Students will learn soccer through highly active, thoughtfully structured training sessions, and they will play matches against other nearby schools.

COST
$250.00 per season
incl. game uniform, medal or diploma.

SEASONS/ DATES / TIMES
- Fall & Spring (10 weeks each)
- One practice session per week, Thursdays, 75 minutes, from 3:15 – 4:30 PM and 3 or 4 games per season TBD

WHO CAN ATTEND
Any 5K, Grade 1 or 2 student in attendance at MIS

WHAT TO BRING
Students should bring
· A pair of suitable sneakers
· Appropriate pants or shorts to be active in
· A water bottle

PROGRAM
The overall curriculum is based on individual techniques with a new 1v1 move or turn being taught at each session, followed by a fun game to explore and try the moves out and a 3v3/4v4 scrimmage.

Practice sessions will focus on the most important technical skills such as dribbling, passing, shooting, and receiving the ball. Each practice session will end with a challenge of those developing skills through organized, small-sided, low-pressure games.

REGISTRATION
Registration will be online through the MIS website.
For the upcoming fall season, registration will open on August 19, 2013. For the spring season of 2014, registration will open on January 6.

REFUND POLICY
Any refunds must be processed through the MIS administration office.

MIS MIDTOWN INTERNATIONAL SCHOOL
Grade 3–5 Soccer

COST
$250.00 per season
incl. game uniform,
medal or diploma.

SEASONS/ DATES / TIMES
- Fall & Spring (10 weeks each)
- One practice session per week,
  Tuesday, 75 minutes , from 3:15 – 4:30 PM
  and 3 or 4 games per season TBD

WHO CAN ATTEND
Any Grade 3, 4 or 5 student in attendance at MIS

WHAT TO BRING
Students should bring
· A pair of suitable sneakers
· Appropriate pants or shorts to be active in
· A water bottle

COACHING & SUPERVISION
Players will be coached by experienced soccer coaches

PROGRAM
The overall curriculum is based on individual techniques with a new 1v1 move or turn being taught at each session, followed by a fun game to explore and try the moves out and a 3v3/4v4 scrimmage.

Practice sessions will focus on the most important technical skills such as dribbling, passing, shooting, and receiving the ball. Each practice session will end with a challenge of those developing skills through organized, small-sided, low-pressure games.

REGISTRATION
Registration will be online through the MIS website.

For the upcoming fall season, registration will open on August 19, 2013. For the spring season of 2014, registration will open on January 6.

REFUND POLICY
Any refunds must be processed through the MIS administration office.
Basketball Academy

Academy Basketball Philosophy

Basketball is a great sport for children of all ages. Basketball teaches teamwork and individual skills. Coaches who are working with elementary school children will focus on improving individual skills, techniques and teamwork rather than having to win every game.

Teaching the players to be responsible and be at basketball practice will set a positive tone as they become involved in not only basketball, but other activities as they grow, whether they are involved in basketball, other athletic teams, or in activities that are not related to sports. Teaching the skills of listening to and being respectful of coaches, their teammates, and themselves will lead to future enjoyment and success.

Sportsmanship, acting with humility and grace are not always automatic reactions and are often not learned unless they are taught. Sports can have a very positive influence at this young age in terms of grades and behavior in school, attitude at home, and citizenship in general. We want to make sure to take advantage of the opportunity to in these areas as well as the teaching that you do in terms of basketball skills and strategy.

The vast majority of time for elementary level players should be devoted to Elementary Dribbling Drills, Elementary Shooting Drills, and to Other Elementary Basketball Drills that teach other basic fundamental basketball skills such as passing, catching, holding, and cutting. These skills should then be used in game situations.
5k, Grade 1 and 2 Basketball

COST
$250.00 per season-
This includes a t-shirt and end of season medal or diploma

SEASONS/ DATES / TIMES
· Winter & Spring (10 weeks each)
  · Dec 2, 2013 - Feb 21, 2013 &
  · Mar 3, 2014 - May 16, 2014
· 1 session per week, for 75 minutes, **Monday** from 3:15 – 4:30 p.m.
  and 3 or 4 games per season TBD

WHO CAN ATTEND
5K- Grade 1 and 2 students.

WHAT TO BRING
Students should bring
· A pair of suitable sneakers
· A water bottle

COACHING & SUPERVISION
Players will be coached by experienced basketball coaches

PROGRAM
Different types of games will be incorporated each training session. Not only are technical and tactical skills developed, but teamwork and leadership skills will be promoted. The players will demonstrate their progression in these areas during the games.

The Academy will focus on the following techniques:
Rules of the game
Basics in offence and defense
Grip, handling and ball control
Lay-up and jump shots
Static and dynamic dribbling
Agile game positioning
Pivot passing
Chest, bounce, hand, and lateral passes
Free throws
1x1, 3x3, 5x5 game play.

REGISTRATION
Registration will be online through the MIS website.

For the upcoming winter season, registration will open on October 21, 2013. For the spring season of 2014, registration will open on January 6.

REFUND POLICY
Any refunds must be processed through the MIS administration office.
Grade 3-5 Basketball

COST
$250.00 per season-
This includes a t-shirt and end of season medal or diploma

SEASONS / DATES / TIMES
· Winter & Spring (10 weeks each)
· 1 session per week, for 75 minutes, Wednesday from 3:15 – 4:30 p.m.
  and 3 or 4 games per season TBD

WHO CAN ATTEND
Grade 3-5 students.

WHAT TO BRING
Students should bring
· A pair of suitable sneakers
· A water bottle

COACHING & SUPERVISION
Players will be coached by experienced basketball coaches

PROGRAM
Different types of games will be incorporated each training session.
Not only are technical and tactical skills developed, but teamwork and leadership skills will be promoted.
The players will demonstrate their progression in these areas during the games.

The Academy will focus on the following techniques:
Rules of the game
Basics in offence and defense
Grip, handling and ball control
Lay-up and jump shots
Static and dynamic dribbling
Agile game positioning
Pivot passing
Chest, bounce, hand, and lateral passes
Free throws
1x1, 3x3, 5x5 game play

REGISTRATION
Registration will be online through the MIS website.

For the upcoming winter season, registration will open on October 21, 2013. For the spring season of 2014, registration will open on January 6.

REFUND POLICY
Any refunds must be processed through the MIS administration office.
Multisport

Multisport activities are a first step in teaching the sport. Sports initiation is the process that provides the first experiences and learning in the world of sports. Sport and physical activity during childhood and youth is an essential stimulus for growth, maturation and optimal health, as well as being an ideal space for social interaction.
COST
$250.00 per season-
This includes a t-shirt and end of season medal or diploma

SEASONS/ DATES / TIMES
· Fall (10 weeks each)
· Sept 9, 2013 - Nov 15, 2013 &
· 1 session per week for 75 minutes,
  Monday from 3:15 – 4:30 p.m.

WHO CAN ATTEND
5K to Grade 5 students.

WHAT TO BRING
· A pair of suitable sneakers
· A water bottle

COACHING & SUPERVISION
Players will be coached by experienced coaches

PROGRAM
With this new activity, the students will develop their habits and physical skills through practice: basketball, handball, badminton, gymnastic, etc.

Multisport will focus on improving the student’s health, working with basic tactical and technical skills, learning the basic rules of different sports, supporting socialization and teamwork, and acquiring sport habits.

REGISTRATION
Registration will be online through the MIS website. For the upcoming winter season, registration will open on August 19, 2013.

REFUND POLICY
Any refunds must be processed through the MIS administration office.
Racquet Sport Academy

COST
$250.00 per season
This includes a t-shirt and end of season medal or diploma

SEASONS / DATES / TIMES
· Winter (10 weeks each)
· Dec 2, 2013 – Feb 21 2014 &
· 1 session per week, Thursday
  for 75 minutes, from 3:15 – 4:30 p.m.
  and 2 or 3 games per season TBD.
We will create an internal league.

WHO CAN ATTEND
· Grade 1 to Grade 5 students.

WHAT TO BRING
· A pair of suitable sneakers
· A water bottle
· Tennis racquet

COACHING & SUPERVISION
 Players will be coached by experienced coaches

PROGRAM
The basic objectives of this program are to initiate students in the skills and basic skills with the racquet and the ball: release, collect, pass, kick ....in an easy and fun using a very basic technique that facilitates a quick learning. The students develop their skills practicing tennis, badminton and wall tennis.

REGISTRATION
Registration will be online through the MIS website.
For the upcoming winter season, registration will open on October 14, 2013.

REFUND POLICY
Any refunds must be processed through the MIS administration office.
Registration & Contact

Registration will be online through the MIS website.  [www.midtowninternationalschool.com](http://www.midtowninternationalschool.com)

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As the Athletic Director at Midtown International School, it will be my pleasure to answer any questions.

I hope our students will be part of the after school activities and they can take advantage of all sport’s values.