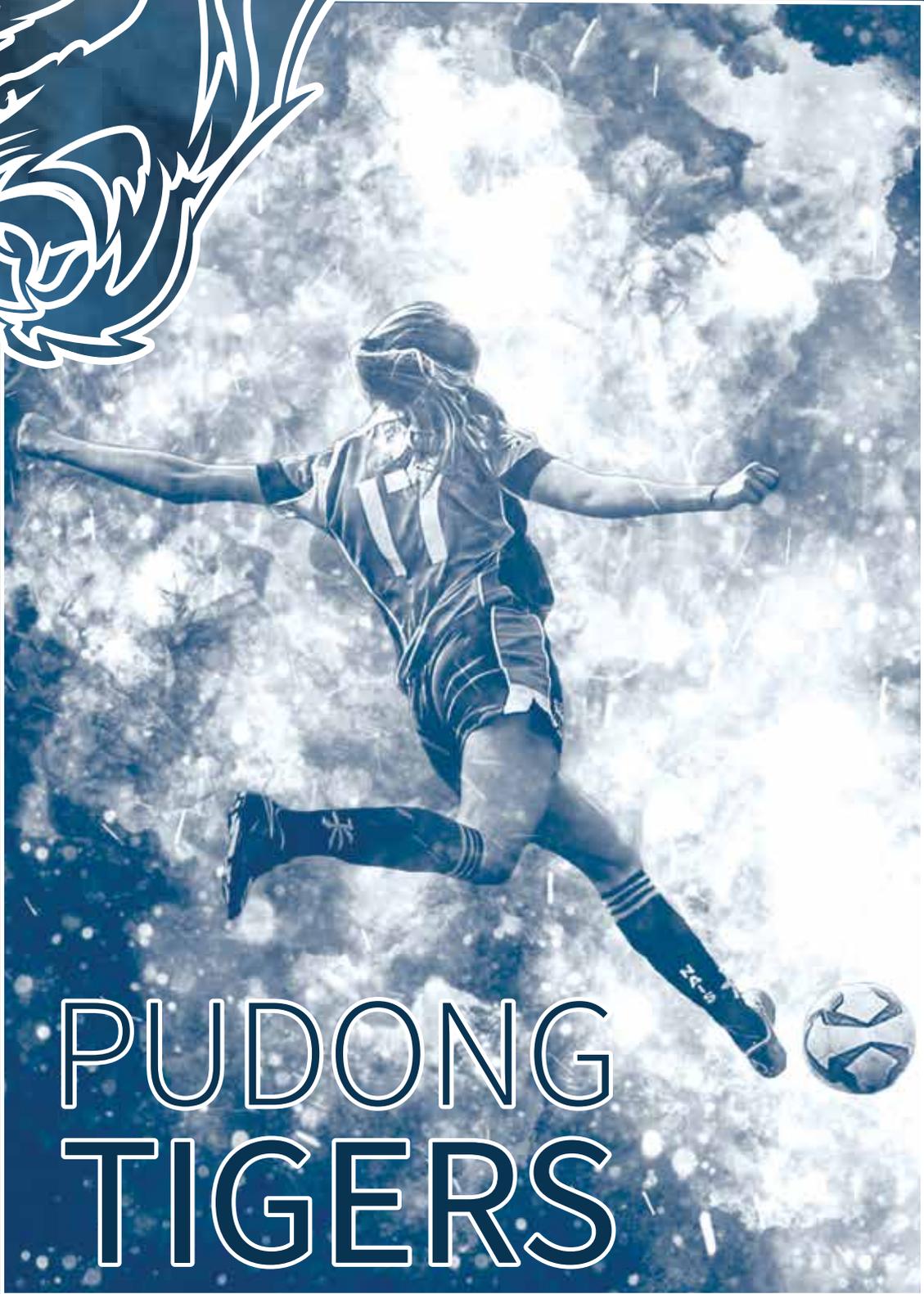


2017/18



PUDONG  
TIGERS

*Sports Programme*



## Foreword

Nord Anglia International School Shanghai, Pudong is committed to excellence in sports as part of a larger commitment to excellence in education. This includes the drive to take one's talents to the highest level of performance; embracing the discipline needed to reach high standards; learning to work with others as a team in pursuit of a common goal; and adherence to codes of fairness and respect. Sports also play an important role in creating a sense of community within the school.

The NAIS Pudong Tiger's mission defines expectations both on and off the field. In the name of excellence, we aim for a level of sports performance that will frequently produce success and the realistic opportunity to compete for team or individual championships. We have a strong and committed coaching staff, with increasing numbers of students competing year on year.

We are committed to the physical and emotional well-being of student athletes and to the social development of the whole person. We recognise that great demands are placed on students who participate in interschool sport, and we are committed to providing support to help them manage these demands and get the most out of their experience, via leagues, tournaments and international tours. Athletes are expected to adhere to a level of conduct that brings credit to themselves and the school and upholds the values of citizenship and service.

In addition to the NAIS interschool sports programmes, we deliver a variety of sports activities within the PE Curriculum that will allow the students to find a sport they will enjoy and want to continue to play into adult life. We offer opportunities for the students to participate in team sports, House Tournaments and the aim of the Physical Education Department is to instill in all students a desire to live a healthy lifestyle into adult life, focusing on a balanced diet and participating in recreational sporting activities and including exercise in their daily routine.



Noel Wallace  
Director of Sport



# Introduction

Welcome to the NAIS Pudong Sports Team Programme.

The aim of this booklet is to give parents a flavour of what sports teams will be representing the school on the field, on the court and in the pool. The aim of our sports programme is to offer as much information on the inter school fixtures and tournaments for the school teams we run from U9 up to and including our U19 school teams. As you go through the handbook you will see that we have a major emphasis on being a positive member of our teams. Sportsmanship is so important to instill in our school teams, having respect for rules, peers, opponents, umpires and coaches, and to always uphold our high standards when we are successful or when we have been beaten by a stronger opponent.

## **Sportsmanship**

At NAIS Pudong, we understand that success in sport is not merely a matter of achieving victory, and victory without sportsmanship, dignity and honour is hollow. Good sportsmanship is when teammates, opponents, coaches and officials treat each other with respect, and we expect those students representing our school to uphold our high standards. The real winners in sports are those who know how to persevere and to behave with dignity, whether they win or lose a game.

## **Communication and Cancellation of Games or Practices**

All sports have set days on which they will train and play their fixtures however, at times there may be reason to change or add sessions. On these occasions, the coach and or Director of Sport will directly email parents in advance to inform them of the changes. The students are expected to monitor, on a regular basis, the information board outside the Activities Office in S block for any changes.

## **School Team Fixtures**

Sports fixtures will be emailed to all parents and students from Year 7 upwards. The fixtures will also be advertised on the school's website as far in advance as is possible, as well being advertised on the regular news email.

## **Late Bus Service**

The majority of our sports team training runs from 3.15 - 4.30pm. We run an extensive bus service from Monday to Friday. This service is more limited than the normal after-school services and you may need to select an alternative bus stop to the one you usually use. These buses leave school at approximately 4.30pm. There is **NO** additional charge for these buses. If there is demand, we may look at a late bus leaving school after 5.30pm.



# Pudong Tigers

## *Inter School Sports Organisation's Membership*

### **Association of China and Mongolia International Schools (ACAMIS)**

For our older students from Year 10 – 13 the highlight of the sporting year is the end of season ACAMIS tournament. Teams travel across China to compete in Volleyball, Basketball, Netball, Rugby, Swimming and Football tournaments. The students will enjoy three days of intense competition with students from other schools and different cities. This is a great learning experience that not only builds teamwork but also draws outstanding performances from students.

### **Federation of British International Schools in Asia (FOBISIA)**

Students from Year 5 to Year 10 have the opportunity to compete in the Red Group FOBISIA games, these are international sporting events held three times each year in a variety of locations. A team of multi-talented students is selected to compete in football, athletics, swimming and basketball in the U13 and U15 FOBISIA games and the Primary FOBISIA games sees the students competing in swimming, athletics, football and tee-ball. Being a member of FOBISIA allows the students to take part in competitive sport, make new friends and the FOBISIA games are a real experience for all those students who are fortunate enough to represent the school.

### **China International Schools Sports Association (CISSA)**

Our Middle School students from Year 6 - 9 play against other schools on a weekly basis in a range of sports as part of the CISSA programme. Different sports operate at different times of the year, with opportunities for teams of boys and girls in football, volleyball and basketball, as well as boys' rugby and girls' netball teams. There are also competitions for table tennis, badminton and cross-country running. This gives our students the maximum possible exposure to their favourite sports in a competitive but friendly atmosphere, preparing them for the tough sporting challenges they will face later on.

### **Shanghai International Schools Athletics Conference (SISAC)**

The Secondary students in Years 10 -13 have the opportunity to play high quality competitive sport in the SISAC leagues, with opportunities in Division One and Division Two ensuring that young sportsmen and sportswomen are playing at the right level to challenge and develop them. Students have the experience of hosting and playing away in football, volleyball, rugby, netball and basketball, as well as competing in cross-country, table tennis, badminton and athletics tournaments. Intense but friendly rivalries with other schools help to build team spirit and our students learn to win well and lose with good grace and determination to learn.

### **Shanghai Swim League (SSL)**

We have a very strong swimming programme and swimmers from Year 3 up train hard and compete regularly in high level competitions throughout the year. The Swim team will be entering into the FOBISIA and ACAMIS Swim meets this year on top of the SSL swim meets. The swimmers understand, perhaps as much as anybody, that hard work in training pays off in competition.

### **Shanghai Primary Soccer League (SPSL)**

The Shanghai Primary Soccer League is committed to providing a safe, fun, and progressive learning environment to develop competitive soccer players to the best of their ability. The goal of the league is the development of mental and physical talent of all players to the highest level possible, both as an individual and as a team player. The league runs one season from September to the end of November

### **The British Schools League (BSL)**

The British International Schools in Shanghai have set up an organisation to have competitive one day tournaments for U14 school teams in football, basketball, volleyball and athletics. The philosophy of the organisation is to be able to prepare the students for the rigour and competitiveness of Secondary School sport.

# Football

## 2017/18 Football Seasons and Tournaments

### CISSA - Start Date 5<sup>th</sup> September

Age Group	Training Days	Training Day	Time	Competition Date
Years 8 - 9 (Girls)	Thursdays 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> Sept	Thursday	3.15pm - 4.30pm   Games 3.15 – 5.00pm	18 <sup>th</sup> Nov
Years 6 - 7 (Girls)	Thursdays 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> Sept	Thursday	3.15pm - 4.30pm   Games 3.15 – 5.00pm	18 <sup>th</sup> Nov
Years 8 - 9 (Boys)	Tuesdays 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> Sept	Tuesday	3.15pm - 4.30pm   Games 3.15 – 5.00pm	18 <sup>th</sup> Nov
Years 6 - 7 (Boys)	Tuesdays 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> Sept	Tuesday	3.15pm - 4.30pm   Games 3.15 – 5.00pm	18 <sup>th</sup> Nov

### SISAC / ACAMIS Pre-Season Training

Age Group	Trial Date	Training Day	Start Date	Time
Years 10 - 13 (Boys)	2 <sup>nd</sup> & 9 <sup>th</sup> December	Monday, Wednesdays & Fridays	10 <sup>th</sup> January	3.15pm - 5pm
Years 10 - 13 (Girls)	2 <sup>nd</sup> & 9 <sup>th</sup> December	Tuesday Wednesdays & Fridays	11 <sup>th</sup> January	3.15pm - 5pm

### SISAC / ACAMIS

Age Group	Training Day	Start Date	Time	SISAC Tournament	ACAMIS Tournament BCIS Beijing
Years 10 - 13 (Boys) D1 and D2 SISAC 7 A-side	Monday, Weds & Fridays	22 <sup>nd</sup> January 2018	3.15pm - 5pm	14 <sup>th</sup> April	19 <sup>th</sup> – 21 <sup>st</sup> April
Years 10 - 13 (Girls) D1 SISAC 7-a-side	Tues, Weds & Friday	22 <sup>nd</sup> January 2018	3.15pm - 5pm	14 <sup>th</sup> April	19 <sup>th</sup> – 21 <sup>st</sup> April

## Introduction

Our football programmes are well organised offering continuity through the teams and year groups. The structure of our football programmes allow our best players access to high class coaching and allows those who are developing their skills plenty of opportunity to progress through the teams.

The traditional values of hard work, dedication and sportsmanship are all held in high esteem, complemented by the commitment of the coaching staff to individual needs, personal welfare and every student's enjoyment of the game.

Football is an integral part of the curriculum and is played competitively throughout the school from Year 3. For the Junior teams, the emphasis is on enjoying the game and each session is planned to challenge the players, whilst emphasising core skills at all times. As the players progress into the Secondary School, their basic skills are supplemented with more complex concepts as their understanding of the game grows. The emphasis for the U14 and U19 teams lies in developing greater consistency and improving performance through more structured practices and increased coaching time. The competitive aspect of the game is a prime focus for our senior footballers, and the teams will set their targets towards competing in the SISAC and ACAMIS tournaments at the end of the season.



## Successes

The development of girls' and boys' football continues to improve quickly. In all years, participation has increased and along with it, so has the standard of football. At the younger levels, the dedicated teachers have helped dramatically to boost the skill and ability level of players. Though winning is not the prime focus in CISSA Football, all of our teams have experienced success through their various age groups. Our U13 and U15 FOBISIA Teams played well in their football tournaments. The U15 boys and girls teams were 3<sup>rd</sup> place in their tournament. The U13 boys were very disappointed to finish runners-up in their tournament as they were without a doubt the best footballing team in the tournament. The U13 girls team performed well to finish 4<sup>th</sup> in their tournament.

At the U19 level, this season proved to be a rewarding season. The U19 D1 Boys 7 A-Side teams won their Pudong Leagues and the D1 boys' team won their SISAC D1 Tournament. The U19 D1 Girls 7 A-Side team won the Pudong league scoring 62 goals and conceded none. They also won their SISAC tournament beating SCIS Puxi by 5 goals to one in the final. Our U19 boys and girls teams performed exceptionally well in the ACAMIS Tournament in Beijing. The boys and girls both won their tournaments, playing some wonderful football with both teams outplaying their opponents. The success of both teams winning "the treble" and dominating the 7 A-Side Football in Shanghai has been a direct result of the players' dedication and commitment to training.

# Netball

## 2017/2018 Netball Seasons and Tournaments

### CISSA

Age Group	Trial Date	Training Day	Start Date	Time	Competition Date & Season End
U11	18 <sup>th</sup> Jan	Wednesday	18 <sup>th</sup> Jan	3.15pm - 4.15pm	Saturday 10 <sup>th</sup> March
U15	22 <sup>nd</sup> March	Weds & Fridays	14 <sup>th</sup> March	3.15pm - 4.15pm	May (Beijing Tour TBA) CISSA Tournament Saturday 26 <sup>th</sup> May
U13	22 <sup>nd</sup> March	Weds & Fridays	14 <sup>th</sup> March	3.15pm - 4.15pm	May (Beijing Tour TBA) CISSA Tournament Saturday 26 <sup>th</sup> May

### SISAC / ACAMIS

Age Group	Trial Date	Training Day	Start Date	Time	SISAC Tournament	ACAMIS Tournament NAIS Pudong
Years 10 - 13	22 <sup>nd</sup> & 24 <sup>th</sup> Aug	Tues & Thurs	2 <sup>nd</sup> September	3.15pm - 5pm	Sunday 15 <sup>th</sup> Oct	27 <sup>th</sup> -28 <sup>th</sup> Oct @ NAIS Pudong

## Introduction

When playing Netball we aim to maximise talent and performance through the development of core skills, tactical knowledge and games sense, alongside positive attitudes which value respect, commitment, determination and team work. NAIS Pudong encourages pupils of all abilities to enjoy netball. Although we strive for excellence both in performance and attitude, we cater for all students regardless of their level of knowledge and understanding of the game.

Five age groups operate in total, with teams competing in U9, U11, U13, U15 and U19 age groups in CISSA, SISAC and ACAMIS sports leagues and tournaments. There are plenty of opportunities for players to compete against other international schools from Shanghai and Asia. During the 2016/2017 Netball season, the Pudong Tigers performed extremely well in these leagues, and all teams performed well at their respective end-of-season tournaments. We look forward to seeing our teams continue to improve their performances this year.

It is our aim to provide every student in Years 3 to 13 with the opportunity to represent the school in netball fixtures. We field teams in the CISSA league and SISAC leagues where we play against other international schools in Shanghai and surrounding provinces. The U19 teams have the opportunity to compete in the annual ACAMIS tournament – it is a fantastic experience for all of the students involved.

Fixtures are played throughout each term in a competitive and sporting spirit. Teams play a strong and well established fixture list, which is becoming more competitive as the popularity of netball at the school and across Shanghai gains strength. We also host and attend regular tournaments which involve a full day's schedule of competitive games.



# Rugby



## Introduction

Our rugby programmes are well organised offering continuity through the teams and year groups. The structure allows our best players access to good coaching and allows those who are developing their skills plenty of opportunity to progress through the teams. All sides will have the opportunity to train each week, with matches taking place on Saturday mornings. The rugby club is designed to give everyone an opportunity to train and learn the sport with a competitive fixture at the weekend for all abilities.

In Term 1, our U19s boys will take part in SISAC and ACAMIS competitions. They compete in both 10-a-side and 7-a-side games. During Term 2, our Minis (U11s and U9s) participate in their season. This is open to all abilities aimed at both boys and girls. Term 3 is for all our Year 7 - 10 boys (U15s and U13s) and runs until the end of May.

We aim to field teams in the following age groups: U9, U11, U13, U15 and U19s who compete in local leagues with other Shanghai international schools. The U19s compete in the Shanghai International Athletic Conference (SISAC) and in ACAMIS, which involves schools from Hong Kong, South Korea and Beijing.



## 2017/18 Rugby Seasons and Tournaments

### SISAC / ACAMIS

Age Group	Trial Date	Training Day	Start Date	Time	SISAC Tournament	ACAMIS Tournament NAIS Pudong
Years 10 - 13	23 <sup>rd</sup> & 24 <sup>th</sup> Aug	Weds & Fridays	2 <sup>nd</sup> September	3.15pm - 5pm	Thursday 13 <sup>th</sup> Oct	27 <sup>th</sup> -28 <sup>th</sup> Oct

### CISSA

Age Group	Trial Date	Training Day	Start Date	Time	Competition Date & Season End
U9	18 <sup>th</sup> & 25 <sup>th</sup> Jan	Thurs	19 <sup>th</sup> Jan	3.15 - 4.20pm	TBA
U11	18 <sup>th</sup> & 25 <sup>th</sup> Jan	Thurs	19 <sup>th</sup> Jan	3.15 - 4.20pm	TBA
U13	22 <sup>nd</sup> March	Weds & Fridays	22 <sup>nd</sup> March	3.15pm - 4.30pm	CISSA Tournament Saturday 26 <sup>th</sup> May
U15	22 <sup>nd</sup> March	Weds & Fridays	22 <sup>nd</sup> March	3.15pm - 4.30pm	CISSA Tournament Saturday 26 <sup>th</sup> May

# Volleyball

## 2017/18 Volleyball Seasons

### CISSA – Start Date for Season 17<sup>th</sup> January

Age Group	Trial Date	Training Day	Time	Competition Date	Season End Tournaments
Years 7 - 9 (Boys)	Tuesdays; 16 <sup>th</sup> , 23 <sup>rd</sup> Jan	Tuesday (Term 2)	3.15 – 4.30pm Games 3.15 – 5.00pm	17 <sup>th</sup> March	CISSA C1 CRE – CIS; CISSA C2 CRE SAS Puxi
Years 7 - 9 (Girls)	Thursdays; 18 <sup>th</sup> , 25 <sup>th</sup> Jan	Thursday (Term 2)	3.15 – 4.30pm Games 3.15 – 5.00pm	17 <sup>th</sup> March	CISSA C1 CRE – CIS; CISSA C2 CRE SAS Puxi

### SISAC / ACAMIS

Age Group	Trial Date	Training Day	Start Date	Time	SISAC Tournament	ACAMIS Tournament SCIS HQ
Years 10 - 13 Boys D1 SISAC	23 <sup>rd</sup> & 25 <sup>th</sup> Aug	Mondays, Wed & Fri	31 <sup>st</sup> Aug	3.15pm - 5.00pm	14 <sup>th</sup> Oct	18 <sup>th</sup> – 22 <sup>nd</sup> October
Years 10 - 13 Boys D1 SISAC	23 <sup>rd</sup> & 25 <sup>th</sup> Aug	Mondays, Wed & Fri	31 <sup>st</sup> Aug	3.15pm - 5.00pm	14 <sup>th</sup> Oct	N/A
Years 10 - 13 Girls	23 <sup>rd</sup> & 25 <sup>th</sup> Aug	Mondays, Wed & Fri	31 <sup>st</sup> Aug	3.15pm - 5.00pm	14 <sup>th</sup> Oct	18 <sup>th</sup> – 22 <sup>nd</sup> October
Years 10 - 13 Girls	23 <sup>rd</sup> & 25 <sup>th</sup> Aug	Mondays, Wed & Fri	31 <sup>st</sup> Aug	3.15pm - 5.00pm	14 <sup>th</sup> Oct	N/A

## Introduction

Volleyball is played by both girls and boys and has gone from strength to strength over the last few years. Both the boys' and girls' senior teams have had great success, which can be attributed to their commitment, dedication and team spirit.

The NAIS Pudong Tigers compete in the East Division of SISAC and in the ACAMIS tournament. In 2014, the boys' won the ACAMIS tournament as well as been the SISAC champions. In 2016 the boys team finished 6th in the ACAMIS tournament and lost in the SISAC Plate tournament. The girls team were very competitive and performed well both in SISAC and ACAMIS league and tournaments. In 2016 the girls lost in the plate final in the SISAC tournament and were 3<sup>rd</sup> place in the ACAMIS tournament.

The success of senior volleyball has made our younger CISSA squad hungry for victory with a larger number of players than ever before. It is also positive to see the senior players attending training in a coaching capacity and seeking to develop the skills of junior squads that will stand the school in good stead for the future. It is our aim to provide the students in Years 7 to 13 with the opportunity to represent the school in volleyball fixtures. We field teams in the CISSA league and SISAC leagues where we play against other international schools in Shanghai and surrounding provinces. Teams play a strong and well established fixture list. We also host and attend regular tournaments which involve a full day's schedule of competitive games.



# Basketball

## 2017/18 Basketball Season and Tournaments

CISSA					
Age Group	Trial Date	Training Day	Time	CISSA Competition Date	Season End Tournaments
Year 6 – 7 (Boys)	20 <sup>th</sup> , 27 <sup>th</sup> March	Tuesday	3.15 – 4.30pm Games 3.15 – 5.00pm	19 <sup>th</sup> May	CISSA Jr CRE SAS Pudong
Years 8 - 9 (Boys)	20 <sup>th</sup> , 27 <sup>th</sup> March	Tuesday	3.15 – 4.30pm Games 3.15 – 5.00pm	19 <sup>th</sup> May	CISSA C1 CRE – CIS; CISSA C2 CRE SAS Puxi BSL 6 <sup>th</sup> May BISS Puxi
Year 6 – 7 (Girls)	22 <sup>nd</sup> , 29 <sup>th</sup> March	Thursday	3.15 – 4.30pm Games 3.15 – 5.00pm	19 <sup>th</sup> May	CISSA Jr CRE BISS Puxi
Years 8 - 9 (Girls)	22 <sup>nd</sup> , 29 <sup>th</sup> March	Thursday	3.15 – 4.30pm Games 3.15 – 5.00pm	19 <sup>th</sup> May	CISSA C1 CRE – CIS; CISSA C2 CRE SSIS Suzhou BSL 6 <sup>th</sup> May @ DC Suzhou

SISAC / ACAMIS							
Age Group	Trial Date	Training Day	Season Start Date	Time	Team	SISAC Tournament	ACAMIS Tournament Discovery Bay, HK
Years 10 - 13 Boys D1 SISAC	17 <sup>th</sup> & 23 <sup>rd</sup> October	Monday, Weds, Fridays	6 <sup>th</sup> November	3.15pm - 5pm	SISAC D1	20 <sup>th</sup> January	1 <sup>st</sup> – 3 <sup>rd</sup> February
Years 10 - 13 Boys D2 SISAC	17 <sup>th</sup> & 23 <sup>rd</sup> October	Monday, Weds, Fridays	6 <sup>th</sup> November	3.15pm - 5pm	SISAC D2	20 <sup>th</sup> January	N/A
Years 10 - 13 Girls D1 SISAC	17 <sup>th</sup> & 23 <sup>rd</sup> October	Monday, Weds, Fridays	6 <sup>th</sup> November	3.15pm - 5pm	SISAC D1	20 <sup>th</sup> January	1 <sup>st</sup> – 3 <sup>rd</sup> February
Years 10 - 13 Girls D2 SISAC	17 <sup>th</sup> & 23 <sup>rd</sup> October	Monday, Weds, Fridays	6 <sup>th</sup> November	3.15pm - 5pm	SISAC D2	20 <sup>th</sup> January	N/A

## Introduction

Basketball is offered for both boys and girls to play as part of a team. We focus on developing the core skills, tactical knowledge and game sense, alongside positive attitudes which value respect, commitment, determination and team work. Basketball is one of our six main sports. It is popular amongst students who enjoy participating and competing at a level suitable to their ability. Although we strive for excellence both in performance and attitude, we cater for all students regardless of their level.

The school basketball teams will compete in CISSA, FOBISIA, SISAC and ACAMIS. Each team will have the opportunity to be involved in pre-season training in preparation for the competitions. The commitment of the students has seen a huge improvement of the teams over the last few years. It is our aim to provide the students in Years 6 to 13 with the opportunity to represent the school in basketball. We field boys and girls teams both in Division 1 and Division 2 in the SISAC league and we will be fielding C1, C2 and Junior teams for the CISSA season.

The basketball school team fixtures are played from November – January for the SISAC level and from April to May for the CISSA league. Teams play a strong and well-established fixture list, which is becoming more competitive as basketball gains popularity at the school. We also host and attend regular tournaments which involve a full day's schedule of competitive games. Tours provide the opportunity to play high quality opposition as well as experience a different culture.





# Swimming

## Introduction

Swimming takes place in the school Swimming pool year-round. The focus for swimming, both as part of the curriculum and as a club and competitive sport, is on safe participation in the water to competitive swimming within the South East Asian swimming circuit.

Young athletes are encouraged to try out for the NAIS Tiger Sharks swim teams, and squads train and compete on a regular basis. The coaches are focused on identifying talent and developing performance through highly knowledgeable programming and delivery of sessions. Though swimming is predominantly an individual sport, we work hard to instil the same positive attitudes we do across all sports which value high levels of respect, commitment, determination and teamwork.

The NAIS Tiger Sharks is fast developing a strong reputation within the Shanghai Swimming League (SSL), with some fantastic individual performances from our squad members in the 2015/16 school year. The team are developing into skilled and experienced competitors and we have seen continued progress in the team in 2016/17. This sports programme is very competitive and selections are based on times. If you are interested in becoming a member of the Tiger Sharks, we hold time trials three times per year. . In 2017/18, the school Swim team will attend the Nanjing Swim hosted by Nanjing International School from 19<sup>th</sup> – 20<sup>th</sup> January 2018 and the ACAMIS Swim Meet hosted by Dulwich College Suzhou and Suzhou Singapore International School from 24<sup>th</sup> & 25<sup>th</sup> March 2018.

## Registration and Trial Dates

Activity	Registration Period	Trial Date	Time
NAIS Tiger Sharks Swim Team (Year 3 - 6)	Mon 22 <sup>nd</sup> – 31 <sup>st</sup> August	Sat 26 <sup>th</sup> Aug	1.00 – 2.00pm
NAIS Tiger Sharks Swim Team (Year 7 - 13)	Mon 22 <sup>nd</sup> – 31 <sup>st</sup> August	Sat 26 <sup>th</sup> Aug	1.00 – 2.00pm

## Swimming Squad Structure

Swimming Squad Structure	
NAIS Tiger Sharks Blue Team 1	Development 1
NAIS Tiger Sharks Blue Team 2	Development 2
NAIS Tiger Sharks Black Team	Elite

## Swimming Team Training Days

NAIS Tiger Sharks Blue Team 1 & 2	
Training Day	Training Time
Tuesday	3.15pm - 4.15pm
Thursday	3.15pm - 4.15pm

NAIS Tiger Sharks Black Team	
Training Day	Training Time
Wednesday	3.15pm - 4.15pm
Friday	3.15pm - 4.15pm

There will be additional swim sessions during the week which will be open to all NAIS Tiger Shark members.

These additional squad sessions are aimed at those competing within the NAIS Tiger Sharks Swim team and offer invaluable full-hour sessions with the focus not only based on technique but also on developing the swimmers' interpersonal skills in a sports environment and learning how to become a champion physically and mentally. The aim is to create a limitless environment whereby the swimmer can grow as much as their potential allows. By creating this 'sky's the limit' concept, the swimmer can take these valuable skills and positive personality traits to not only competitive swimming but any chosen sport and into their non-sporting lives.



## Primary FOBISIA Games (U11)

The Primary Games participating school selects a team of ten boys and ten girls to represent in each of the following years groups: strong Year 4s, Year 5 and Year 6, making up a total party size of 40 students.

Selection Policy:

- All Students are permitted to try out for the FOBISIA squads (Years 4, 5 and 6)
- NAIS Pudong will have the strongest team available, and will select the full 40
- A trial will be held for athletics, swimming, football and t-ball, which will take place during PE lessons. The PE department will grade football and t-ball using the suggested assessment criteria in accordance with the NAIS Pudong PE assessment policy
- After the collation of all results, the PE department will select, on the basis of the facts and professional judgment, to decide who makes the final 10 for each section
- Only successful names will be published (plus the name of 1 reserve per group)

### FOBISIA (U11)

Venue	Age Group	Season Start Date	Trial Date	Competition Date
Sports Centre Phuket	U11	January 2018	January 2018	Weds 9 <sup>th</sup> – 13 <sup>th</sup> May

### Primary FOBISIA Training Sessions

Sport	Training Period	Training Day
T-ball	January – May	Fridays
Football	January - May	Mondays
Athletics	January - May	Curriculum Time – and on Saturdays closer to the event
Swimming	January – May	Tuesdays

# FOBISIA

The Federation of British International Schools in South and East Asia

## Introduction

The games are organised as: Under 15, Under 13 and Primary, with invitational events for the Over 15 category. Policies related to the games are determined by the Heads of the 30 member schools, and are based on recommendations by the Heads of PE (HOPE) and HOPE executive committee.

For a trial period of two years, all schools will travel to the Sports Centre in Phuket for their FOBISIA Games.

## Under 15's and U13 Games

The U15's (Year 9 and 10) and U13 (Year 7 and 8) follow the same sports format competing in Swimming, Athletics, Football and Basketball. A maximum of 24 students will be selected (12 boys and 12 girls) for each of the FOBISIA Games, against very strong and experienced opposition.

### Selection Policy:

- All students are permitted to try out for the FOBISIA squads (Years 7 and 8 for U13 and Years 9 to 10 for U15)
- Students must fall within the eligibility age criteria. A student in Year 10, for instance, but of Year 11 age cannot compete (FOBISIA rules). Equally no primary student may compete in the U13 games (FOBISIA rules)
- NAIS Pudong will take the strongest team possible
- All students if selected for FOBISIA must be able to offer more than one sport.

FOBISIA (U15s)				
Host School	Age Group	Season Start Date	Trial Date	Competition Date
Sports Centre Phuket	U15	22 <sup>nd</sup> Aug	26 <sup>th</sup> Aug	Monday 6 <sup>th</sup> Nov – Friday 10 <sup>th</sup> Nov

U15 FOBISIA Training Sessions			
Sport	Start Date	Training Day	Time
Basketball	28 <sup>th</sup> Aug	Curriculum Time	
Football	28 <sup>th</sup> Aug	Curriculum Time	
Athletics	31 <sup>st</sup> Aug	Curriculum Time	
Swimming	Monday 4 <sup>th</sup> September	Mondays	7.00am – 8.00am

FOBISIA U13				
Location	Age Group	Season Start Date	Trial Date	Competition Date
Sports Centre Phuket	U13	Monday 28 <sup>th</sup> November	16 <sup>th</sup> Sept	Sunday 25 <sup>th</sup> February – 1 <sup>st</sup> March

U15 FOBISIA Training Sessions			
Sport	Start Date	Training Day	Time
Basketball	13 <sup>th</sup> Oct	Fridays	7.00 – 8.00am
Football	Boys 12 <sup>th</sup> Oct; Girls 10 <sup>th</sup> Oct	Boys Tuesday & Girls Thursday	3.15 – 5.00pm
Athletics	Curriculum Time		
Swimming	9 <sup>th</sup> Oct	Mondays	7.00 – 8.00am



## Table Tennis

### CISSA

Age Group	Trial Date	Training Day	Time	Competition Date	CISSA & SISAC
Years 7 - 9 (Mixed)	September Continuous Assessment on Tuesdays	Tuesday	3.15 – 4.30pm	2 <sup>nd</sup> December 2017	SAS Puxi

### SISAC

Age Group	Trial Date	Training Day	Time	SISAC Competition Date	SISAC Tournament
Years 7 - 9 (Mixed)	Continuous Assessment on Tuesdays	Tuesday	3.15 – 4.30	18 <sup>th</sup> November 2017	YCIS Puxi

# Badminton

## Introduction

This year is the third year that the school will be submitting teams to compete in badminton competitions, and so ample opportunity for students to play and practice is being provided. Players are encouraged to attend as many of the three practice sessions as they can, which will take place during lunchtimes and after school in the second term. The badminton teams will be selected from those students attending the open sessions who will be invited to participate in coaching sessions at different points in the year to help prepare them for competitive matches.

## 2017/ 18 Tournaments

CISSA					
Age Group	Trial Date	Training Day	Time	Competition Date	Competition Date & Season End
Years 7 - 9 (Boys and Girls)	January TBA Continuous Assessment on Thursdays	Thursday	3.15 – 4.30	10 <sup>th</sup> March 2018	Senior boys Suzhou SSIS Senior girls@ Dulwich College

SISAC					
Age Group	Trial Date	Training Day	Time	Competition Date	SISAC Tournament
Years 10 - 13 (Boys and Girls)	January TBA Continuous Assessment on Thursdays	Thursday	3.15 – 4.30	14 <sup>th</sup> April 2018	Suzhou SSIS

## Competition-Only Sports

These events have not previously been on the sports calendar. They are one-day events, which do not have leagues attached. CCAs will be arranged for these events in the buildup, to ensure that students are prepared and a squad mentality is developed.

## Cross country

SISAC		
Age Group	Registration Period	SISAC Tournament
Years 10 – 13 (Mixed)	Mon 22 <sup>nd</sup> – 31 <sup>st</sup> August	10 <sup>th</sup> October 2017

**Contact Us**

Nord Anglia International School Shanghai, Pudong  
2888 Junmin Road  
Pudong New District, Shanghai, 201315

**Email**

admissions@naispudong.com

**School Website**

www.naispudong.com

**General Enquiries**

+86 0-21 58127455



<https://www.facebook.com/NAISPudong>



PUDONG  
TIGERS