

I.S.W.K ACADEMY



INDIAN SCHOOL AL WADI AL KABIR GAMES & SPORTS ACADEMY



**ABOUT
ISWK OFFER**

TRAIN WITH EXPERTS

GAMES & SPORTS VENUE

COACHING PACKAGES & SCHEDULE

STANDARD OPERATING PROCEDURE

SPORTS ACADEMY FEATURED PROGRAMS

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FOLLOW US ON INSTAGRAM TO STAY UP-TO-DATE ON ALL ACTIVITIES OF SPORTS ACADEMY.

Welcome

TO

I.S.W.K ACADEMY

ISWK SPORTS ACADEMY



ISWK SPORTS ACADEMY started in the year 2019. It included the games and sports - Athletics, Badminton, Basketball, Chess, Cricket, Football, Hockey, Kho-Kho, Skating, Table Tennis, Throwball and Yoga, Facilitated by the venues in Senior school, primary wing and ISWK International.

It is a full-circle facility designed to update the way students and youth approach human performance, by creating a multi-platform environment that activates, educates and provides an opportunity for students to unlock their full potential.

We provide effective, safe and transparent human performance training to develop athletes to the peak of their potential. The Academy enlists diverse experts to support youth, amateur and elite athletes with a full-circle approach that includes body, performance and cognitive training.



FOUNDERS OF ACADEMY



Mr. MANOJ RANADE
Chairman, SSC I.S.W.K



Mr. ALKESH JOSHI
President, SMC I.S.W.K



Mr. D. N. RAO
Principal I.S.W.K



Our Vision



The ISWK Academy is committed to provide a healthy sporting habit among the students. It promotes and improves physical fitness in students and to motivate them to participate in various sports and games. To build students interpersonal skills through indoor and outdoor sports activities/competitions.

MAKE THIS ACADEMY THE TOP MOST PRIORITY IN OMAN



Our Objective



- * Recognizing New Talent: To produce CBSE cluster, National & International Level players.
- * One of the key goals of the ISWK Academy is to see players progressing through our ranks to play for the School.
- * To provide the best training from experienced coaches, and to instill the value of sportsmanship in an athlete.
- * Integrating sport psychology into the training and competition of individual Players and Teams.
- * To Provide Leadership and Healthy Role Models.
- * To Provide Health & Nutritional Guidelines.
- * Personality Development.
- * To Promote & accelerate the development of sport in ISWK.
- * Providing an environment in which students can meet to get involved in new sporting activities.



YOGA



AEROBICS



ATHLETICS



BADMINTON



BASKETBALL



CHESS



THROWBALL



TENNIS



CRICKET



TABLE TENNIS



FOOTBALL



SWIMMING



HANDBALL



SKATING



KHO KHO



HOCKEY



ISWK SPORTS ACADEMY OFFERS



AEROBICS



FREE COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Monday Wednesday	Pr. School Pr. School	2:30 – 4:00 pm 2:30 – 4:00 pm

Register- <https://forms.gle/wkbAbRH9YsCYA5T88>

PAID COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Tuesday Wednesday	Pr. School Pr. School	4:30 – 6:00 pm 4:30 – 6:00 pm

Mrs. Liza Chiong Bomediano
Aerobics And Gymnastics Trainer



ISWK SPORTS ACADEMY

ATHLETICS



FREE COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday Tuesday	Pr. School Pr. School	5:15 – 6:45 am 5:15 – 6:45 am

Register- <https://forms.gle/cQ1wzphXCogEcqyw7>

PAID COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday Tuesday	Pr. School Pr. School	5:00 – 6:30 pm 5:00 – 6:30 pm

Mr. Vikas Dhokne
Coordinator sports Academy



BADMINTON



FREE COACHING			
BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday	Sr. School	3:00 – 4:00 pm
	Tuesday	Sr. School	3:00 – 4:00 pm
	Thursday	Sr. School	3:00 – 4:00 pm

Register- <https://forms.gle/nr17LxvB2eft96dH8>

PAID COACHING			
BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday	Sr. School	6:30 – 7:30 pm
	Tuesday	Sr. School	6:30 – 7:30 pm
	Thursday	Sr. School	6:30 – 7:30 pm
BATCH- 2	Monday	Sr. School	6:30 – 8:00 pm
	Wednesday	Sr. School	6:30 – 8:00 pm
BATCH- 3 Staff, Parent	Monday	Sr. School	8:00 – 9:00 pm
	Wednesday	Sr. School	8:00 – 9:00 pm

Mr. Devid Kennady
Badminton Coach



BASKETBALL



FREE COACHING			
BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Monday Wednesday	Sr. School Sr. School	2:30 – 4:00 pm 2:30 – 4:00 pm

Register- <https://forms.gle/1uZYkjdvhmMyu4MX8>

PAID COACHING			
BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Friday Saturday	Sr. School Sr. School	6:00 – 7:30 pm 6:00 – 7:30 pm
BATCH- 2	Friday Saturday	Sr. School Sr. School	7:30 – 9:00 pm 7:30 – 9:00 pm
BATCH- 3	Tuesday Wednesday	Sr. School Sr. School	6:00 – 7:30 pm 6:00 – 7:30 pm
BATCH-4 Staff, Parent	Sunday Monday	Sr. School Sr. School	7:30 – 8:30 pm 7:30 – 8:30 pm

Mr. Shifas PB
Coordinator sports Primary School



BASKETBALL



FREE COACHING			
BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday to Thursday	ISWK i Ground ISWK i Ground	6:30 – 7:45 am

Register- <https://forms.gle/abeNJmoNTm7GdUZ66>

PAID COACHING			
BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday Thursday	ISWK Main School	5:00 – 6:30 pm 5:00 – 6:30 pm

Mr. Mahmudshakil
Basketball Coach



ISWK SPORTS ACADEMY

CHESS



FREE COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Monday Tuesday	Sr. School Sr. School	2:30 – 4:00 pm 2:30 – 4:00 pm

Register- <https://forms.gle/tkA7VH9a4PJagd9o9>

PAID COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday Wednesday	Sr. School Sr. School	5:00 – 6:30 pm 5:00 – 6:30 pm

Mr. S. Nageshwaran
Chess Trainer



CRICKET



FREE COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Monday Thursday	Pr. School Pr. School	2:30 – 4:00 pm 2:30 – 4:00 pm

Register- <https://forms.gle/vmu8YpMGaiVKfsUZ6>

PAID COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1 Junior	Sunday Wednesday	Pr. School Pr. School	6:00 – 7:30 pm 6:00 – 7:30 pm
BATCH- 2 junior	Sunday Wednesday	Pr. School Pr. School	7:30 – 9:00 pm 7:30 – 9:00 pm
BATCH- 3 Senior	Monday Thursday	Pr. School Pr. School	6:00 – 7:30 pm 6:00 – 7:30 pm
BATCH- 4 Senior	Monday Thursday	Pr. School Pr. School	7:30 – 9:00 pm 7:30 – 9:00 pm
Staff and Parents can join any one of the senior batch.			

Mr. Sijo T. R.
Cricket Coach



CRICKET



FREE COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Monday Thursday	Pr. School Pr. School	2:30 – 4:00 pm 2:30 – 4:00 pm

Register- <https://forms.gle/vmu8YpMGaiVKfsUZ6>

PAID COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1 Junior	Sunday Wednesday	Pr. School Pr. School	6:00 – 7:30 pm 6:00 – 7:30 pm
BATCH- 2 Junior	Sunday Wednesday	Pr. School Pr. School	7:30 – 9:00 pm 7:30 – 9:00 pm
BATCH- 3 Senior	Monday Thursday	Pr. School Pr. School	6:00 – 7:30 pm 6:00 – 7:30 pm
BATCH- 4 Senior	Monday Thursday	Pr. School Pr. School	7:30 – 9:00 pm 7:30 – 9:00 pm
Staff and Parents can join any one of the senior batch.			

Mr. Nitish Raikar
Cricket Coach



CRICKET



FREE COACHING			
BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday, Thursday	ISWK Pr. Ground	2:30 – 4:00 pm

Register-<https://forms.gle/AHdMvhzYzfJBwwwZA>

PAID COACHING			
BATCH	DAY	VENUE	TIMINGS
BATCH- 1 Junior	Tuesday Wednesday	ISWK Pri. Ground	9:00 – 10:30 pm

Mr. Anil Kumar
Cricket Coach



FOOTBALL



FREE COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Monday Thursday	Sr. School Sr. School	5:30 – 7:00 am 5:30 – 7:00 am

Register- <https://forms.gle/B3oZLhnYrub5U2oQ9>

PAID COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday Monday	Sr. School Sr. School	5:30 – 7:00 pm 5:30 – 7:00 pm
BATCH- 2	Sunday Monday	Sr. School Sr. School	7:00 – 8:30 pm 7:00 – 8:30 pm
BATCH- 3	Friday Saturday	Sr. School Sr. School	5:00 – 6:30 pm 5:00 – 6:30 pm
BATCH- 4 Primary class	Tuesday Wednesday	Pr. School Pr. School	6:30 – 8:00 pm 6:30 – 8:00 pm
BATCH- 5 Staff, Parent	Tuesday Wednesday	Pr. School Pr. School	8:00 – 9:00 pm 8:00 – 9:00 pm

Mr. Anup Gopalan
Football Coach



FOOTBALL



FREE COACHING			
BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday, Thursday	ISWki Ground	2:30 – 4:30 Pm

PAID COACHING			
BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday Tuesday Thursday	ISWki Ground	6:00 – 7:30 pm 6:00 – 7:30 pm 6:00 – 7:30 pm

Register- <https://forms.gle/Vp6FJXyVQRpt1fVX6>

Mr. Bikram Mishra
Football Coach



HANDBALL



FREE COACHING			
BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday Monday	Sr. School Sr. School	2:30 – 4:00 pm 2:30 – 4:00 pm

Register- <https://forms.gle/PF27vDchLywmpdbL9>

PAID COACHING			
BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday Monday	Sr. School Sr. School	6:00 – 7:30 pm 6:00 – 7:30 pm

Mr. Shifas PB
Coordinator sports Primary School



HOCKEY



ISWK SPORTS ACADEMY

FREE COACHING			
BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday Tuesday	Pr. School Pr. School	2:30 – 4:00 pm 2:30 – 4:00 pm

Register- <https://forms.gle/2PQHV46gu1ntnVmZ6>

PAID COACHING			
BATCH	DAY	VENUE	TIMINGS
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Mr. Sijo T. R.
Hockey Coach



ISWK SPORTS ACADEMY

KHO KHO



FREE COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Monday Wednesday	Pr. School Pr. School	2:30 – 4:00 pm 2:30 – 4:00 pm

Register- <https://forms.gle/QimRNQQPy95gBCZw5>

PAID COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Monday Wednesday	Pr. School Pr. School	5:30 – 7:00 pm 5:30 – 7:00 pm

Mrs. Angeline Alexander
Kho – Kho Coach



SKATING



ISWK SPORTS ACADEMY

FREE COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Monday Wednesday	Pr. School Pr. School	5:15 – 6:45 am 5:15 – 6:45 am

Register- <https://forms.gle/GBZSaVemPzDmyqe4A>

PAID COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Monday Wednesday	Pr. School Pr. School	5:30 – 7:00 pm 5:30 – 7:00 pm
BATCH- 2	Monday Wednesday	Pr. School Pr. School	7:00 – 8:30 pm 7:00 – 8:30 pm
BATCH- 3	Sunday Tuesday	Pr. School Pr. School	6:30 – 8:00 pm 6:30 – 8:00 pm
BATCH-4 Staff, Parent	Sunday Tuesday	Pr. School Pr. School	8:00 – 9:00 pm 8:00 – 9:00 pm

Mr. Vikas Dhokne
Skating Coach



ISWK SPORTS ACADEMY

TABLE TENNIS



FREE COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Tuesday Thursday	Sr. School Sr. School	2:30 – 4 pm 2:30 – 4 pm

Register- <https://forms.gle/TtNdKgx9ZmpkDmZ27>

PAID COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Monday Wednesday	Pr. School Pr. School	5:00 – 6:30 pm 5:00 – 6:30 pm
BATCH - 2 (Staff /Parents)	Monday Wednesday	Pr. School Pr. School	6:30 - 8:00 pm 6:30 - 8:00 pm

Ms. Premlata Thakur
H.O.D – P E
Table Tennis Coach



ISWK SPORTS ACADEMY

TABLE TENNIS



FREE COACHING			
BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday, Thursday	ISWK i School	6:30 – 7:45 am

Register- <https://forms.gle/Jd11TeoBrL8RVyc67>

PAID COACHING			
BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Monday Wednesday	ISWKi Ground	5:00 – 6:30 pm

Mr. Anil Kumar
Table Tennis Coach



ISWK SPORTS ACADEMY

THROWBALL



FREE COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1 Primary	Sunday Thursday	Pr. School Pr. School	2:30 – 4:00 pm 2:30 – 4:00 pm

Register- <https://forms.gle/QVuLLq9d14Jp9LScA>

PAID COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1 Primary	Sunday Thursday	Pr. School Pr. School	5:30 – 7:00 pm 5:30 – 7:00 pm

Mrs. Angeline Alexander
Throwball Coach



ISWK SPORTS ACADEMY

VOLLEYBALL



FREE COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Monday Wednesday	Sr. School Sr. School	5:30 – 7:00 am 5:30 – 7:00 am

Register- <https://forms.gle/wYa468JzoqgnitgN7>

PAID COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday, Monday	Sr. School Sr. School	6:00 – 7:30 pm 6:00 – 7:30 pm

Ms. Vanita Shingare
Coordinator sports Senior school
Volleyball Coach



ISWK SPORTS ACADEMY

VOLLEYBALL



FREE COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Monday, Tuesday,	ISWki Ground	6:30 – 8:00 am

Register- <https://forms.gle/hbXaDCo5Nwp58GfF7>

PAID COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday Tuesday	ISWki Ground	6:00 – 7:30 pm

Mr. Anil Kumar
Volleyball Coach



ISWK SPORTS ACADEMY

YOGA



FREE COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Monday Wednesday	Sr. School Sr. School	5:30 – 7:00 am 5:30 – 7:00 am

Register- <https://forms.gle/JZvXTHromjsZJFgJ7>

PAID COACHING

BATCH	DAY	VENUE	TIMINGS
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Mrs. Resham Kundnanai
Yoga Instructor Senior School



ISWK SPORTS ACADEMY

YOGA



FREE COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Sunday Wednesday	Pr. School Pr. School	5:30 – 7:00 am 5:30 – 7:00 am

Register- <https://forms.gle/Wqvz6FsKueHyHwFW7>

PAID COACHING

BATCH	DAY	VENUE	TIMINGS
BATCH- 1	Friday Saturday	Pr. School Pr. School	4:30 – 6:00 pm 4:30 – 6:00 pm
BATCH- 2 Staff, Parent	Friday Saturday	Pr. School Pr. School	6:00 – 7:30 pm 6:00 – 7:30 pm

Mr. Pranav Sheth
Yoga Instructor Primary School