



ISHCMC SPORTS & AQUATICS

HOME OF THE RHINOS
& STINGRAYS





ISHCMC SPORTS & AQUATICS

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ISHCMC SPORTS

INTRODUCTION

At International School Ho Chi Minh City (ISHCMC) we believe that students should be balanced. Participating in sports gives children the outlet they need to develop physically and teaches them important life lessons about teamwork, perseverance, risk-taking, ethics and sportsmanship.

Our sports teams are recognized within Vietnam and abroad for their integrity, ability and sense of fair play. We have built programs that allow many children to complete whether they are experienced or beginners.

Sports Faculty

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SAIGON (SISAC) INTERNATIONAL SCHOOL ATHLETIC CONFERENCE

ISHCMC is a core member of the 15 school SISAC athletic conference which offers the opportunity for interschool competition for three age groups (U11, U14, U19) in the following sports:

Football

U11 – season from August to December
U14 – season from November to March
U19 – season from January to March

Basketball

U11 – season from January to May
U14 – season from August to November
U19 – season from November to February

Gymnastics

Season from August to March

Track & Field

U11 – February
U14 – February
U19 – February

Cross Country

U11 – November
U14 – November
U19 – November

Volleyball

U14 – season March to May
U19 – season August to November

Swimming

This program runs all year.
The SISAC competitions are held:
U11 – April
U14/19 – November



ASEAN SPORTS (ASAC) & ACTIVITIES CONFERENCES

ISHCMC is proud to be a founding member of ASAC, an association of five international schools in Vietnam, Cambodia and Thailand. ASAC promotes interschool sports and competitions for students in Secondary School. ASAC provides our students with the opportunity to make lasting friendships and great memories which are equally as valuable as the chance to test themselves on the playing field.

Sporting tournaments for Volleyball, Basketball and Football are held throughout the year at two levels – Junior (Grades 6–8) and Senior (Grades 9–12).

Volleyball

Junior – season March to May

Senior – season from August to November

Basketball

Junior – season from August to November

Senior – season from November to February

Football

Junior – season from November to March

Senior – season from January to March



PRIMARY AFTERSCHOOL (ASA)

ACTIVITIES SPORTS

ISHCMC students have the opportunity to learn new skills and take part in sports in a non-competitive environment after school. Some sports are run by our faculty and some are coached by outside specialists. The following sports are offered this year: Football, Basketball, Taekondo, Kung Fu, Yoga, Table Tennis, Ball Hockey, Chess, Judo, Ballet, Zumba, Badminton.

PTO SATURDAY SPORTS

This is led by the school's Parent Teacher Organization (PTO) with a group of dedicated volunteers coaching sports and providing our students with the opportunity to play different sports and learn new skills on a Saturday morning. This is a non-competitive, fun environment for all skills and abilities. Sports offered include: Field Hockey, Netball, Volleyball, Basketball, Football for younger players.



Swimming is an exciting and fun sport at ISHCMC. ISHCMC Aquatics offers children the opportunity to learn to swim, be part of a swim team or compete locally and internationally.

This year the ISHCMC Aquatics program offers four diverse swimming programs:

- Stingrays swim team
- Learn to swim
- Aquatots
- Masters swimming

The ISHCMC stingrays is a competitive swim team for students in Grades 1 - 12 with over 120 students who regularly compete locally and internationally . They are knowned for both their ability and team spirit.

Aquatics Faculty

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ISHCMC

STINGRAYS SWIM TEAM

PRIMARY SCHOOL

Silver Squad ▼

Transitional Squad

Training Schedule: Monday and Thursday afternoons

Gold Squad ▼

Developmental Squad

Training Schedule:

- Gold 2 Training Schedule: Tuesday morning and Friday afternoon
- Gold 3 Training Schedule: Tuesday afternoon, Thursday morning and Friday morning



ISHCMC

STINGRAYS SWIM TEAM

SECONDARY SCHOOL

Platinum Squad

Competitive Squad

Training Schedule: Monday, Tuesday, Thursday and Friday mornings

Titanium Squad

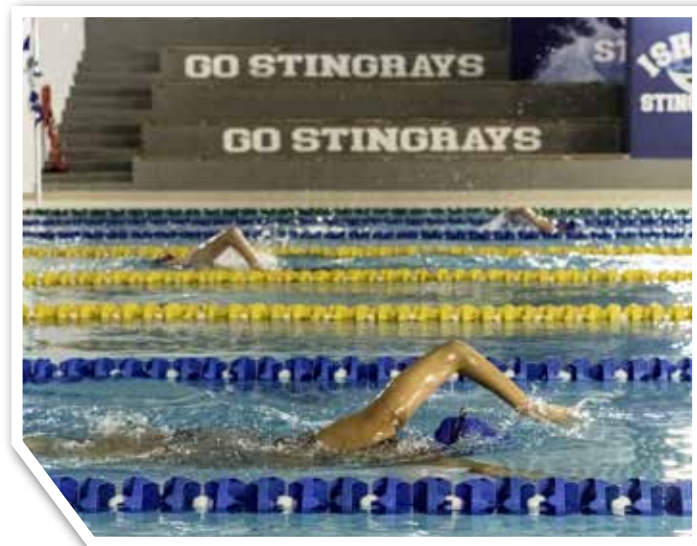
Transitional Squad

Training Schedule: Tuesday and Thursday afternoons

Chromium Squad

Developmental Squad

Training Schedule: Tuesday and Thursday afternoons



ISHCMC INVITATIONAL

Each year the Stingrays host their very own ISHCMC Invitational. Over 400 swimmers travel from Thailand, Cambodia and from within Vietnam to attend this 2 day event. Swimmers enroll in 5 events and 2 relays, all with the common goal of getting their personal best time. There is also a much-anticipated coach/parents relay each year too!

Hosting a club swim meet is very important for a team. Strong communities are created when parents, coaches and volunteers all work together to reach a common goal. Parents also get the opportunity to know their swimmer's teammates and other parents better and the satisfaction of helping out being positive role models for their children. Everyone gets to understand the sport better and the swimmers forge a strong team bond by all being involved.

The ISHCMC Invitational is the largest swim meet in Vietnam and is a big end of year highlight for the Stingrays family.





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