



ISHCMC SPORTS & AQUATICS



HOME OF THE RHINOS & STINGRAYS



2020 - 2021



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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

Sport Faculty		
Ramon Ornelas	Athletic & Activities Director	RamonOrnelas@ishcmc.edu.vn
Laura Comerford	PE Teacher/Primary Athletic Director	LauraComerford@ishcmc.edu.vn
Phat Ly Chan	Athletic & Activities Coordinator	ChanPhatLy@ishcmc.edu.vn
Primary Teachers		
Laura Comerford	PE Teacher/Primary Athletic Director	LauraComerford@ishcmc.edu.vn

Jordan Currie	PE Teacher/Leader	JordanCurrie@ishcmc.edu.vn
Michael Dorchak	PE Teacher	MichaelDorchak@ishcmc.edu.vn
Olivia Walker	PE Teacher	OliviaWalker@ishcmc.edu.vn
Nguyen Phan Dung	Academic Assistant (PE)	DungNguyenPhan@ishcmc.edu.vn

Secondary Teachers

Tim Kilminster	PHE & Science Sport Teacher/Grade 8 Leader/Leader of Learning	TimKilminster@ishcmc.edu.vn
Tim Bartle	PHE Teacher	TimothyBartle@ishcmc.edu.vn
Joanne Smith	Assistant Principal Wellbeing (G6-8)/ PHE Teacher	JoanneSmith@ishcmc.edu.vn
Andrew Silvis	PHE Teacher	AndrewSilvis@ishcmc.edu.vn
Vickie Merrick	PHE Teacher	VickieMerrick@ishcmc.edu.vn
Nguyen Thanh Phong	Academic Assistant (PE)	PhongNguyen@ishcmc.edu.vn



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 five age groups (U9, U11, U13, U15 and U19) in the following sports:

Badminton

U11 – season November - February

Basketball

U9 – season February - May

U11 – season February - May

U13 – season August - November

U15 – season August - November

U19 – season November - February

Cross Country

U9 – season September - November

U11 – season September - November

U13 – season from November

U15 – season from November

U19 – season from November

Football

U9 – season August - October

U11 – season August - December

U13 – season November - March

U15 – season November - March

U19 – season January - March

Gymnastics

U9 – season November - February

U11 – season November - February

Table Tennis

U11 – season March - May

Track & Field

U9 – season October - February

U11 – season October - February

U13 – season from February

U15 – season from February

U19 – season from February

Softball

U11 season March - May

Volleyball

U13 – season March - May

U15 – season March - May

U19 – season August - November



ASEAN Sports (ASAC) & Activities Conferences



ISHCMC is proud to be a founding member of ASAC, an association of six international schools in Vietnam, Cambodia, Thailand and Indonesia. 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 - May

Senior – season August - November

Football

Junior – season November - March

Senior – season January - March

Basketball

Junior – season August - November

Senior – season November - February





Primary (ASA) After School 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.





AQUATICS PROGRAM ◀



ISHCMC AQUATICS PROGRAM



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
- Waterpolo
- Masters swimming

The ISHCMC stingrays is a competitive swim team for students in Grades 1 - 12 with over 150 students who regularly compete locally and internationally . They are known for both their ability and team spirit.



Aquatics Faculty

Aquatics Faculty		
Heather Julien	Aquatics Director	HeatherJulien@ishcmc.edu.vn
Primary Teachers		
Lucas Vu	PYP Aquatics and Swim Coach	LucasVu@ishcmc.edu.vn
Nguyen Tri Dung	Pool Operation & Swimming Coach	DungNguyen2@ishcmc.edu.vn
Luu Thanh Binh	Academic Assistant (Lifeguard)	ThanhBinhLuu@ishcmc.edu.vn
Vo Hoang Nhan	Academic Assistant (Lifeguard)	NhanVo@ishcmc.edu.vn
Secondary Teachers		
Mai Viet Ngoc Luan	Pool Operation & Swimming Coach	LuanMai@ishcmc.edu.vn
Vo Trong Tinh	Academic Assistant (Lifeguard)	TinhVo@ishcmc.edu.vn

ISHCMC STINGRAYS SWIM TEAM



PRIMARY SCHOOL

Silver Squad

Transitional Squad

Training Schedule: 2x/week
Wednesday from 7.00 AM - 8.00 AM
Friday from 3.15 PM - 4.15 PM

Required Equipment: Fins

Gold Squad

Developmental Squad

Training Schedule: 4x/week
Monday from 7:00 AM - 8:00AM
Wednesday from 3.15 PM - 4.15 PM
Thursday from 7.00 AM - 8.00 AM
Friday from 7.00 AM - 8.00AM

Required Equipment: Fins and Paddles



SECONDARY SCHOOL

Platinum Squad

Competitive Squad

Training Schedule: 3x/week
Monday from 7.00 AM - 8.30 AM
Thursday from 7.00 AM - 8.30 AM
Friday from 4.15 PM - 5.15 PM

Required Equipment: Fins and paddles



ISHCMC INVITATIONAL



Each year the Stingrays host their very own ISHCMC Invitational. Over 500 swimmers travel from Thailand, Cambodia and Singapore 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.



Contact us



Primary Campus

28 Vo Truong Toan Street, An Phu Ward, District 2, Ho Chi Minh City, Vietnam

Secondary Campus

1 Xuan Thuy Street, Thao Dien Ward, District 2, Ho Chi Minh City, Vietnam

Tel: (84-28) 3898 9100 - Fax: (84-28) 3898 9382

Email: admissions@ishcmc.edu.vn



COGNITA