

REGISTRATION FORM

Name: Class/Sec: DOB:
Blood Group: Gender: M/F Cheque No: No. of days:
Session: Morning/Evening/Both Parent Name
Contact No: Address
Sign.....
Date of registration:..... Coach Sign Principal Sign

Note:- Demand Draft may please be favoured on the name "Kensri Trust Sports"

COACHING STAFF

Athletic Coach:

Rajashekar R

BEST PLAYERS

Under 16

Sonal

Arvind

Tavishi

Under 14

Rukshi

Kanmani

Janvi

Under 12

Samanvi

Sahana

Rules

- Student should be in sports attire for their respective sports.
- Student should be 5 minutes before the class start their warmup.
- Student should maintain discipline during coaching. No uncomplimentary language to be used.
- Student should carry jump rope, water bottle, practice book.
- Student should not carry valuable items, vis mobile phone, watches, jewelleries etc.
- Student should not carry any carbonated drinks.
- Student must bring their fitness and practice book for each class.
- Student must arrange sports equipments to its place after the class.
- Keep the facility clean.



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website : www.3dinnovate.com

KENSRI ATHLETICS



KENSRI SCHOOL & COLLEGE
KENSRI Excellence Development System



KENATHLETICS

Mission: Kensports system is a holistic approach to child development, the approach is to ensure a sustained, committed and intensive program to fulfil a child's potential.

KENSRI Sports system emphasizes proper behaviour and academic performance. The sports system is structured as an academic subject. The primary purpose of sports is to provide the children with a forum for fun, conditioning/fitness, discipline, character building and to develop competitiveness to reach state, national and international level.

- Improvement of physical fitness
- Acquisition of technical efficiency
- Education and improvement of mental capabilities.

We have a fantastic work place, where commitment & innovation drive us to EXCELLENCE. In addition to coaching in Athletics, we are training children to improve quality in fitness constantly. Wonders never cease at KENSRI School and the fun never stops here.

- KENSRI has an infrastructure that allow you to practice individuals
- Every sport has club.
- U-10, U-12, U-14 FUTURES tournament is conducted
- Our effort is to produce state & national level players.
 - SANKALP PROGRAM
- Hand and eye coordination.
- Fitness
- Skills and fun activities.

Athletics for everyone
Open to public
Lesson and equipment
Individual performance evolutions
Better performance guaranteed
Beginners: Starts with warmup

- Fitness
- Speed
- Flexibility
- Endurance

Sprints

- 100 mtr run
- 200 mtr run
- 4 x 50 mtr relay

Jump

- Long Jump
- High Jump

Intermediate: Starts with warmup

- Fitness
- Speed
- Flexibility
- Endurance

Sprints

- 100 mtr run
- 200 mtr run
- 400 mtr run
- 4 x 100 mtr relay

Jump

- Long Jump
- High Jump
- Triple Jump

Advance: Starts with warmup

- Fitness
- Speed
- Flexibility
- Endurance
- Strength

Sprints

- 100 mtr run
- 200 mtr run
- 400 mtr run
- 4 x 100 mtr relay
- 4 x 400 mtr relay

Jump

- Long Jump
- High Jump
- Triple Jump

Throws

- Shot put
- Discus Throw



		Adult program								
		Week days		Weekend						
		5 Days		Saturday & Sunday						
		2250/-		1500/-						
		3 Days		2000/-						
		5 Days		2250/-						
		Children program								
		Evening		Weekend		Futures				
		5 Days		Saturday & Sunday		750/- per individual				
		2000/-		1500/-		2000/-				
		3 Days		1500/-		2000/-				
		5 Days		2000/-		2000/-				
		3 Days		1500/-		1500/-				
		5 Days		2000/-		2000/-				
		KENSRI student		Out siders						
		Athletics								
Batch		Morning - 7.00 a.m to 8.00 a.m				Batch		Week end		
		Evening - 3.00 pm to 4.00 pm						8.00 a.m to 9.30 a.m		
		4.00 pm to 5.00 pm						9.30 a.m to 11.00 a.m		