### **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.



# KENSRI ATHLETICS

#1348/444A, Mariya Street, Mariyannapalya, Bengaluru - 560 024. Ph: 080-2202 6000, 6560 4705. website: www.3dinnovate.com





# **KENATHLETICS**

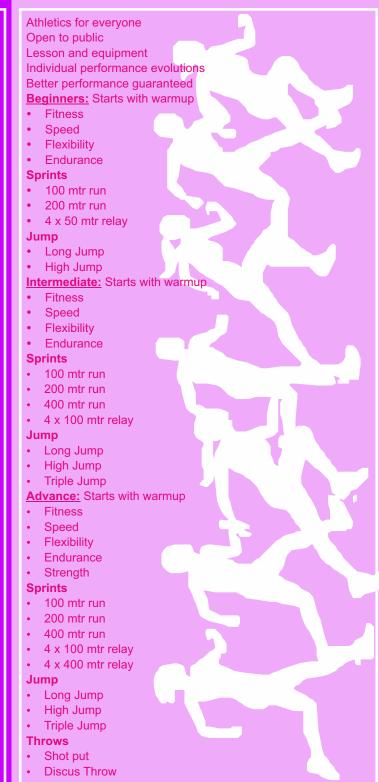
**Mission**: Kensports system is a holistic approach to child development, the approach is to ensure a sustained, committed and intensive program to fulfil a child's potential.

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 Atheletics, 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.



	Adult program	Week days	5 Days	2250/-			r E	
			3 Days	2000/-		h Week end	8.00 a.m to 9.30 a.m 9.30 a.m to 11.00 a.m	
		S	2 Days	1500/-			a.m to	
	Children program	Weekend	Saturday & Sunday	1500/-			9.30	
		Futures		1500/- 750/- per 2000/- individual		Batch		
		Weekend	Saturday & Sunday	1500/-	2000/-	Batch Morning - 7.00 a.m to 8.00 a.m		
		Evening	5 Days	2000/-	2000/-		Evening - 3.00 pm to 4.00 pm 4.00 pm to 5.00 pm	
			3 Days	1500/-	1500/-			
			5 Days	2000/-	2000/-			
		Morning	3 Days	1500/-	1500/-			
				KENSRI student	Out siders	Mornin	Evenin	
				Athletics		Batch		