

**SEVENTH-DAY ADVENTIST HIGHER SECONDARY SCHOOL**  
**132 Ft. Ring Road, Haripura, Maninagar (E), Ahmedabad-380008**  
February 20,2023

Dear Parents/Guardians of Std. VIII , IX , X & XI,

Greetings !

It gives me immense pleasure to write to you. We have almost come to the end of the academic session 2022-2023. On behalf of the school Management, I take this opportunity to thank each one of you for extending your support and cooperation in all our endeavors. As you are well aware that our school not only conduct activities that enhance academic excellence, but we also make sure to build the student's character, physical, social, emotional and mental aspects.

*Several studies suggest playing sports develops a child's self-confidence and self-esteem. They learn to manage their emotions, discipline, patience, perseverance, and many more qualities. In view of this, we plan to train the desiring students after their final exams get over for the 2022-2023 academic session.*

Kindly take note of the following details related to the Sports Practice Sessions:

<b>Academic session 2022 - 2023</b>	<b>Last of date of final exam for the session 2022 - 2023</b>	<b>Date of commencement of new session 2023 - 2024</b>
Stds. VIII & IX	24/02/2023	16/03/2023 (IX & X)
Std. X	29/03/2023	10/04/2023 (XI)
Std. XI	28/02/2023	20/03/2023 (XII)

The following Sports Activities and Literary Events will be conducted as a practice to prepare the students of the above mentioned classes between the period after their annual examinations and the commencement of new academic sessions. The said practice is meant to prepare the students to participate in the competitions held by SGFI , Khelo India , Intra School , Inter School , NWR (North West Region) , ASISC (Association of School for the Indian School Certificate , ( Under 14 , Under 17 & Under 19), etc. Professional trainers will be appointed to train the students in the events mentioned below. All the events shall be conducted in the School premises.

**A. TRACK EVENTS (Any three of the following events)**

- |                    |                                 |
|--------------------|---------------------------------|
| i. 100 mts race    | viii. Hurdles – 100 mts (Girls) |
| ii. 200 mts race   | ix. Hurdles – 110 mts           |
| iii. 400 mts race  | x. Hurdles - 4000 mts           |
| iv. 600 mts race   | xi.. 3 km. walk (Girls)         |
| v. 800 mts race    | xii. 5 km – walk (Boys)         |
| vi. 1500 mts race  | xiii. 4 x 100 mts. Relay        |
| vii. 3000 mts race | xiv. 4 x 400 mts. Relay         |

**B. FIELD EVENTS (Any two of the following events)**

- |               |                  |
|---------------|------------------|
| i. High Jump  | iv. Discus Throw |
| ii. Long Jump | v. Javelin Throw |
| iii. Shotput  | vi. Triple Jump  |

**II. GAMES (Boys and Girls) can participate in any two games only. However, in Throw Ball, only girls can participate. (Following tick (✓) marked ones are the events of my choice.**

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|--|------------------|
| i. Kho Kho   | xiii. Football   |
| ii. Kabaddi  | xiii. Volleyball |
| iii. Throw Ball (Only Girls)                         | xiv. Archery     |
| iv. Lawn Tennis<br>(singles/ doubles/ mixed doubles) | xv. Boxing       |
| v. Table Tennis                                      | xvi. Carrom      |
| vi. Chess  | xvii. Chess      |
| vii. Taek – won – do                                 | xviii. Hockey    |
| viii. Basket Ball                                    | xix. Shooting    |
| ix. Badminton  | xx. Rugby        |
| x. Roller Skating                                    | xxi. Yoga        |
| xi. Swimming   | xxii. Hand Ball  |
| xii. Cricket   |                  |

**III. Literary Events (Any two events only)**

- i. Debate
- ii. Declamation
- iii. Creative Writing
- iv. Drawing & Painting
- v. Quiz

Candidates who are interested in joining the training session are requested to fill the attached application form and submit the same to the respective Class Teachers / Supervisors on or before .

Wish you all a happy and enjoyable summer vacation.

God bless.

Sincerely,

Sd/-

Dr. G. Immanuel

Principal