

SEVENTH – DAY ADVENTIST HIGHER SECONDARY SCHOOL

132 FT. RING ROAD , HARIPURA , MANINAGAR [EAST] , AHMEDABAD – 380 008

STUDENT'S REQUEST FORM CLASSES : VIII , IX , X & XI

Date : _____

To,
The Principal
SDA Higher Sec School
132 Ft. Ring Road ,
Haripura , Maninagar [East]
Ahmedabad

Dear Sir,

I , the undersigned wish to inform you that I am interested in joining the Special Training program in the Sports Activities and literary Events conducted by the school during the vacation period , i.e. after my final exams for 2022 - 2023 and before the new session (2023 - 2024) commences. My personal details are as follows:

Name of student _____

(Surname)

(Name)

(Father's name)

Father's / Mother's Mobile No. _____ Landline No. _____

Class : _____ Section : _____

N.B Select the group you belong to :

U - 14 Boys & Girls (VIII)

U - 17 Boys & Girls (IX & X)

U - 19 Boys & Girls (XI & XII)

Kindly note that I will participate in the following events tick (✓) marked. Hence, I would like to enroll my name for the same.

1. ATHLETICS

Following tick (✓) marked ones are the events of my choice.

A. TRACK EVENTS (One can participate only in any three events mentioned below i.e. from nos. i – vii and viii - xiv are open 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 | () |

* Selection for 4 x 100 mts. Relay will be made by the respective PT Teachers in consultation with the respective House captain and the incharges of various houses after they receive this request form.

B. FIELD EVENTS (One can participate in any of the following Two events only)

- i. High Jump ()
- ii. Long Jump ()
- iii. Shotput ()

- iv. Discus Throw ()
- v. Javelin Throw ()
- 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.

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

III. Literary Events (Any two of the following only)

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

P.S. No one will be permitted to participate in more than the permitted number of events. However, if anyone is found exceeding the limit appropriate disciplinary action will be taken. The exact timings , dates and venue will be intimated later.

Signature of the student _____

N.B. Those students who are suffering from any chronic health problems are strongly advised to obtain the doctor's approval prior to participation in the Sports.