

DELHI PUBLIC SCHOOL SONEPAT

SUMMER BOYS AND GIRLS RESIDENTIAL MULTISPORTS CAMP

DATE: 26 MAY TO 06 JUNE 2019

REPORTING DATE AND TIME- BEFORE 6:30 A.M. ON 26-5-2019

DEPARTURE DATE AND TIME- 1:00 P.M. ON 06-06-2019

SCHEDULE:-

| | |
|--|----------------------------|
| * WAKE UP TIME - | 5:00 TO 5:30 a.m. |
| *WARM UP & FITNESS SESSION | 5:30 TO 6:00 a.m. |
| *MILK AND BISCUIT/MATAR/CONCORNFLAKES | 6:00 TO 6:30 a.m. |
| *SPORTS COACHING | 6:30 TO 9:30 a.m. |
| *BREAK FAST | 9:30 TO 10:30 a.m. |
| *SWIMMING (Rotational basis) | 10:30 TO 12:30 p.m. |
| *EATOPIA TIME /LAUNDARY TIME | 11:00 TO 1:00 p.m. |
| *LUNCH | 1:00 TO 2:00 p.m. |
| *REST TIME/SELF STUDY TIME | 2:00 TO 4:30 p.m. |
| *EVENING SPORTS | 4:30 TO 6:00 p.m. |
| *SNACKS | 6:00 TO 6:20 p.m. |
| *EVENING SPORTS | 6:20 TO 7:45 p.m. |
| *ENJOY IN THE POOL (Rotational basis) | 7:45 TO 8:30 p.m. |
| *SHOWER TIME (Those who will not go for swimming) | 7:45 TO 8:30 p.m. |
| *DINNER | 8:30 TO 9:30 p.m. |
| * TV TIME / NIGHT WALK / DANCE / SONG | 9:30 TO 10:30 p.m. |
| * SLEEPING TIME | 10:30 TO 5:00 a.m. |

ESSENTIAL REQUIREMENT:-

- 1. SCHOOL HOUSE T-SHIRTS -2.**
- 2. SCHOOL WHITE T-SHIRTS- 2**
- 3. SCHOOL SHORTS GRAY AND WHITE -4**
- 5. RUNNING AND SPORTS SHOES ACC.TO YOUR GAME**
- 6. FOUR PLAYING T-SHIRTS**
- 7. TWO SPORTS SHORTS**
- 8. TOILETRIES**
- 9. 5 PAIRS UNDER-GARMENTS, 8-PAIR SOCKS,**
- 10. CAP**
- 11. MEDICINES (IF ANY)**
- 12. SWIMMING COSTUME (COMPULSORY)**
- 13. SWIMMING CAP FOR (GIRLS)**
- 14. FULL JEANS (FOR HORSE RIDING)**
- 15. NIGHT SUIT**
- 16. SLIPPERS**
- 17. MOBILE, I PHONE, TAB, I PAD "NOT ALLOWED"**
- 18. HAND TOWEL -2**
- 19. WATER BOTTLE**
- 20. RACKET (TABLE TENNIS AND LAWN TENNIS)**
- 21. FOOT BALL SHOES**
- 22. LAUNDRY CHARGEABLE**

*** EVERY ITEM MUST BE LABELLED WITH THE NAME AND CLASS OF THE STUDENTS.**

Contact Detail of all Coaches

| | | |
|-----------------|-------------------|------------------|
| 1. TABLE TENNIS | Dr. VIRENDER RANA | (Mob)-9812233975 |
| 2. BASKETBALL | Ms. KSHAMA DEVI | (Mob)-9215410041 |
| 3. FOOTBALL | Mr. DIMPLE | (Mob)-9996987111 |
| 4. LAWN TENNIS | Mr. AMIT SHARMA | (Mob)-8930602211 |
| 5. GOLF | Mr. J.B. RAWAL | (Mob)-8053923802 |
| 6. SWIMMING | Mr. RANU | (Mob)-8221038953 |
| | MS.SONIA | (Mob)-8168884923 |

* THERE WILL BE SPECIAL VISIT FOR PRACTICE IN O.P JINDAL UNIVERSITY AND ASHOKA UNIVERSITY FOR ALL SPORTS.

* VISIT OF NATIONAL AND INTERNATIONAL COACHES AT OUR SCHOOL.

* **FOR ANY QUERY PLEASE CONTACT ON:-9812233975**

DR. V. RANA (H.O.D.SPORTS)