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Medi-Caps
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SKY IS THE LIMIT

SPORTS PROSPECTUS

Sports at MIS

At MIS, we lay a strong emphasis on sports and physical development. Professional coaches play a great role in honing the players' skills. Students are put through physical exercises and drills, besides long runs, to enable them to become physically fit and strong. For all the sports, the trainees are tutored and mentored by committed coaches, who use their knowledge and expertise to help young talents realize their potential. They ensure that the trainees have an experience of a life time to follow their passion. The focus is on developing their potential and equipping them with the necessary technical, mental and physical skills to perform at a higher level.

In addition to its sprawling grounds, paved courts, quality equipments and experienced coaches, the school has a dedicated Sports Complex which contains a host of indoor sporting facilities. Residential and dining facilities are also provided to the aspiring players.

State-of-the-art indoor and outdoor facilities, supplemented by a well-structured, participative programme carried out by trained coaches, motivate children at an early age, to adopt and enjoy the adrenaline associated with sports. Sports, at MIS, include:

- Athletics
- Basketball (4 courts)
- Badminton (4 courts)
- Cricket (Turf Ground)
- Football
- Volleyball (3 courts)
- Swimming
- Shooting (8 lanes)
- Squash (3 courts)
- Table Tennis
- Tennis (2 courts)
- Martial Arts



Cricket (Turf ground with 4 practice nets)

Well-structured cricket ground & customized cricket practice pitches have been made to enhance the bowling and batting skills of the trainees. Qualified and competent cricket coaches expose the young cricketers to high quality coaching in a wide range of cricket-specific skills and to provide them with quality cricketing experiences.



Basketball

(4 courts)

Being one of the most popular sports on campus, basket-ball is played by a large number of students. Apart from the physical fitness, the game also improves hand, eye, and leg coordination. Experienced coach estrain the students about the nuances of the game. With excellent infrastructure and expert coaches, we are all set to have future Michael Jordans and Satnam Singh sat MIS.





Squash

Squash is an exciting physical sport that develops movement skills, anticipatory skills, improves speed and agility, builds social skills such as working co-operatively and showing good sportsmanship. The courts are managed by qualified and competent instructors who train the students to excel in the game.
(3 courts)

Football

At MIS, team spirit leads the way. Students are put through physical exercises and drills to be fit for games like football. We have trained coaches who teach all the basic skills required to play the game well.





Table Tennis

Students love playing Table Tennis as a competitive sport and for recreation. Keeping this in mind we have a Table Tennis arena in the sports complex. We have an expert instructor for the game who assists players in developing to their full potential.

Swimming

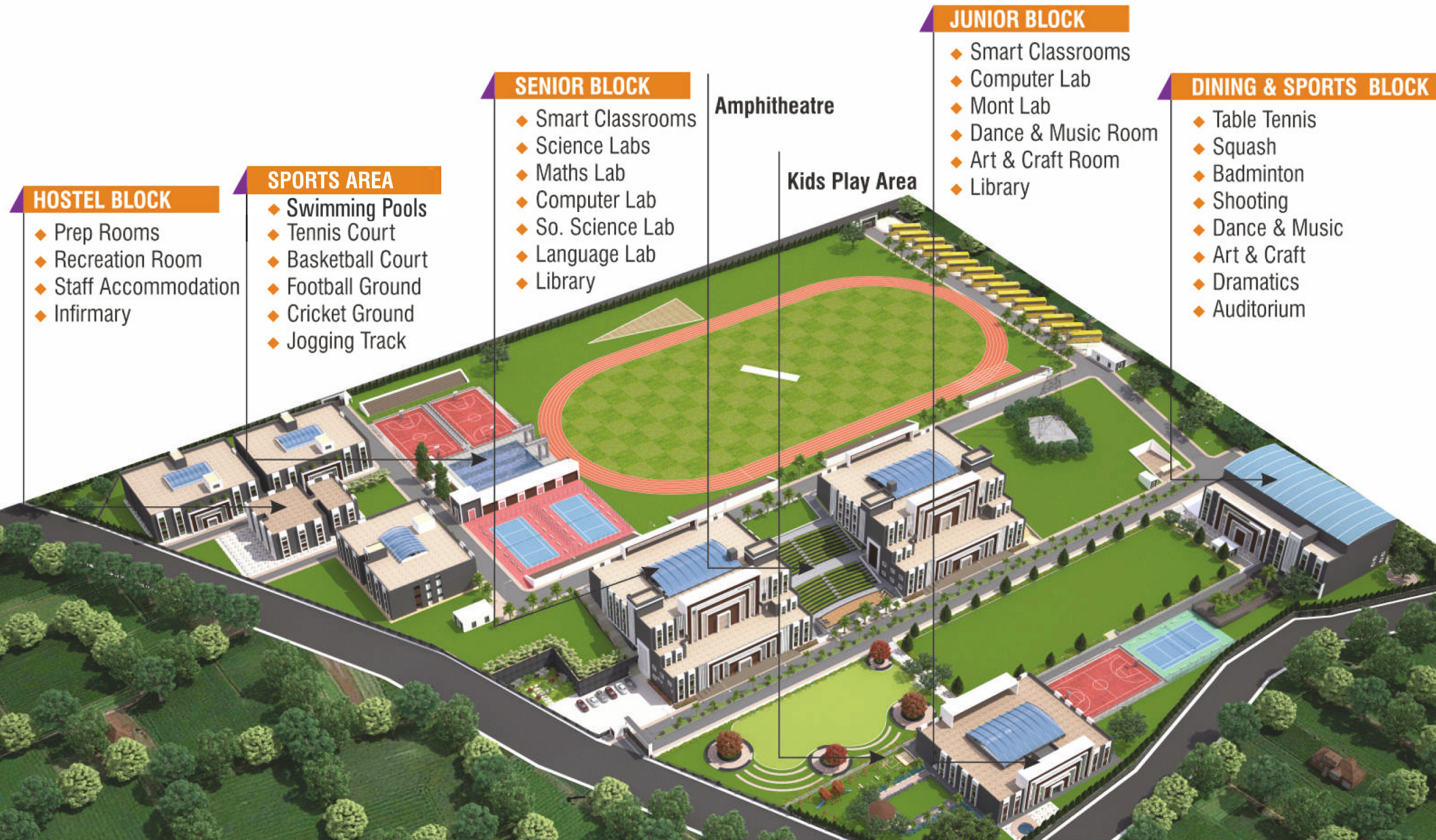
Apart from being an essential life-saving skill, swimming improves strength and flexibility and increases stamina. To hone the swimming skills of the students, we have a clean and well maintained pool of semi Olympic size. Training is provided in the different styles of swimming by our well trained instructors. The pool is built according to the guidelines set by the government. Safety of children is ensured at all times.



Bird's Eye View

We believe that good infrastructure is a pre-requisite for quality education. Every corner of the school talks about its

unique pedagogy and offers a plethora of learning opportunities. The following is a bird's eye view of the campus :



Athletics

Athletics is an exclusive collection of sporting events that involve competitive running, jumping, throwing, and walking. The most common types of athletic competitions are track and field, road running and cross country running. We have athletics area in our campus for all ages of students to produce eminent athletes.

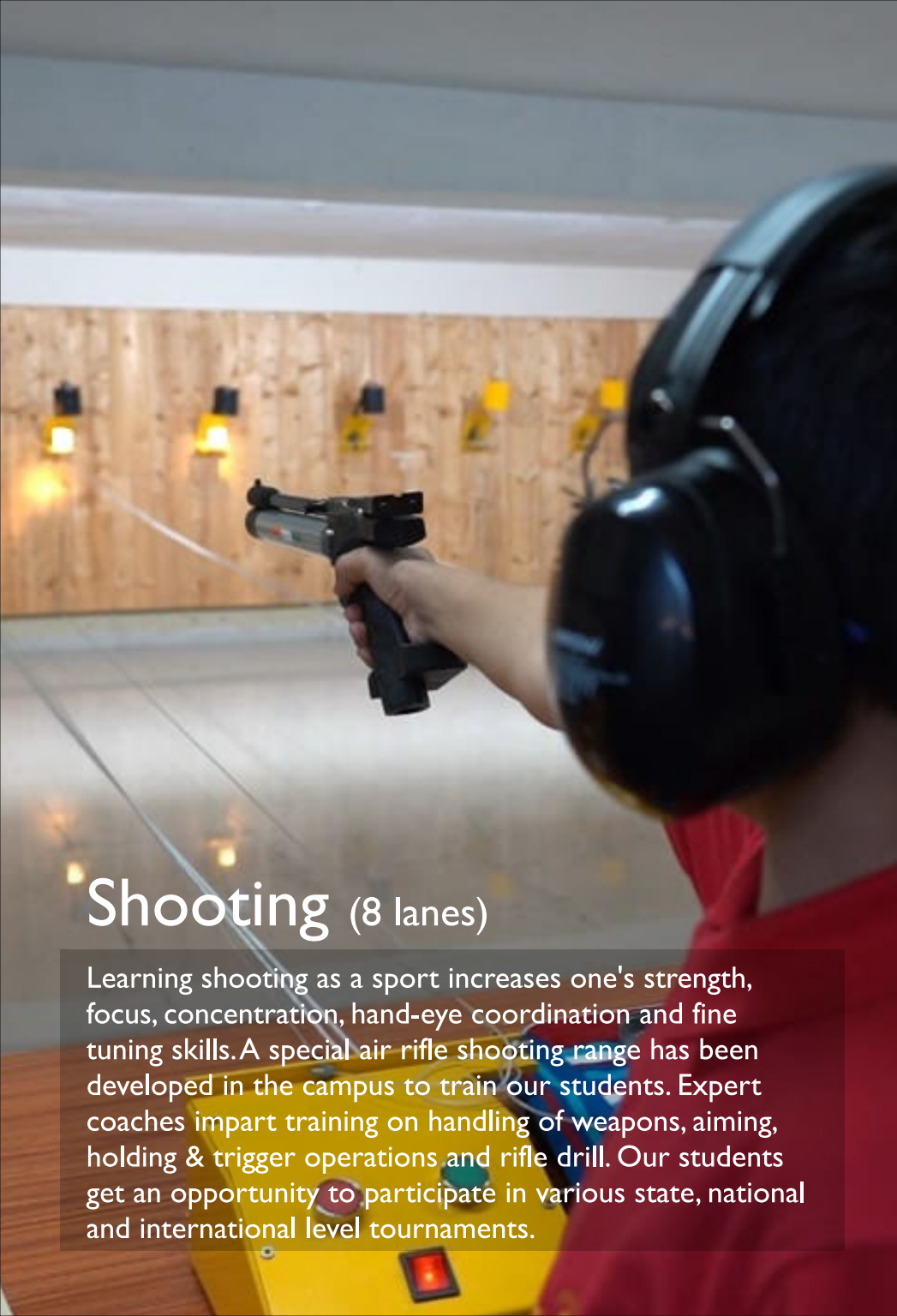


Badminton (4 courts)

WITH RESIDENTIAL BADMINTON ACADEMY

MIS has state-of-the-art badminton courts in the Sports Complex. The school team gets an opportunity to participate in various tournaments organized at the district, state and national levels. Expert trainers train the students about the nuances of badminton. Our excellent infrastructure enables us to host various national and state competitions.





Shooting (8 lanes)

Learning shooting as a sport increases one's strength, focus, concentration, hand-eye coordination and fine tuning skills. A special air rifle shooting range has been developed in the campus to train our students. Expert coaches impart training on handling of weapons, aiming, holding & trigger operations and rifle drill. Our students get an opportunity to participate in various state, national and international level tournaments.



Tennis (2 courts)

The school has advanced hard tennis courts to nurture the skills of the students in the sport..The mission of MIS is to provide world class tennis training to the aspirants. With expert tennis coaches and state of the art infrastructure, MIS strives hard to bring out the technical skill, mental attitude and physical fitness of the young buds.

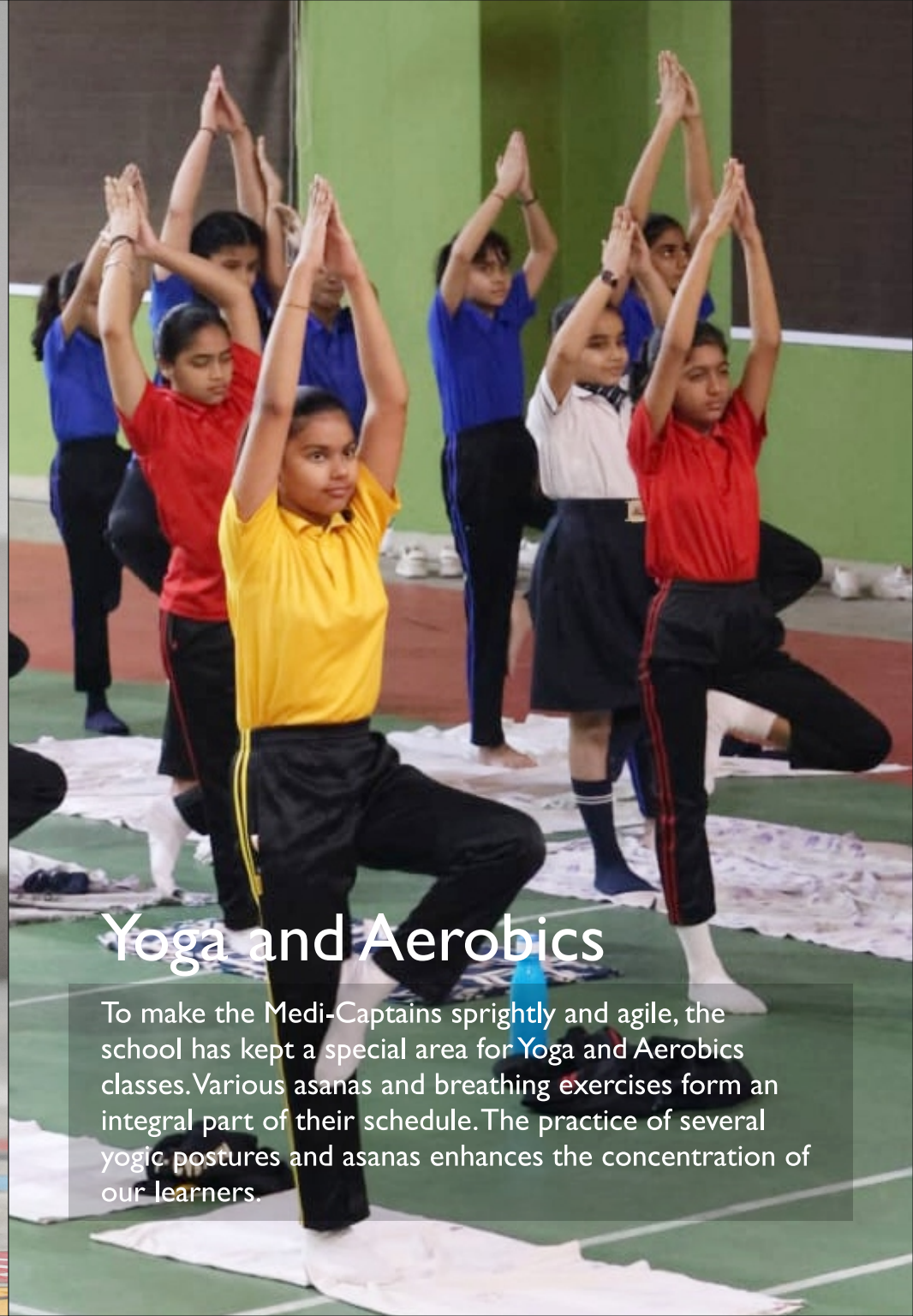
Skating

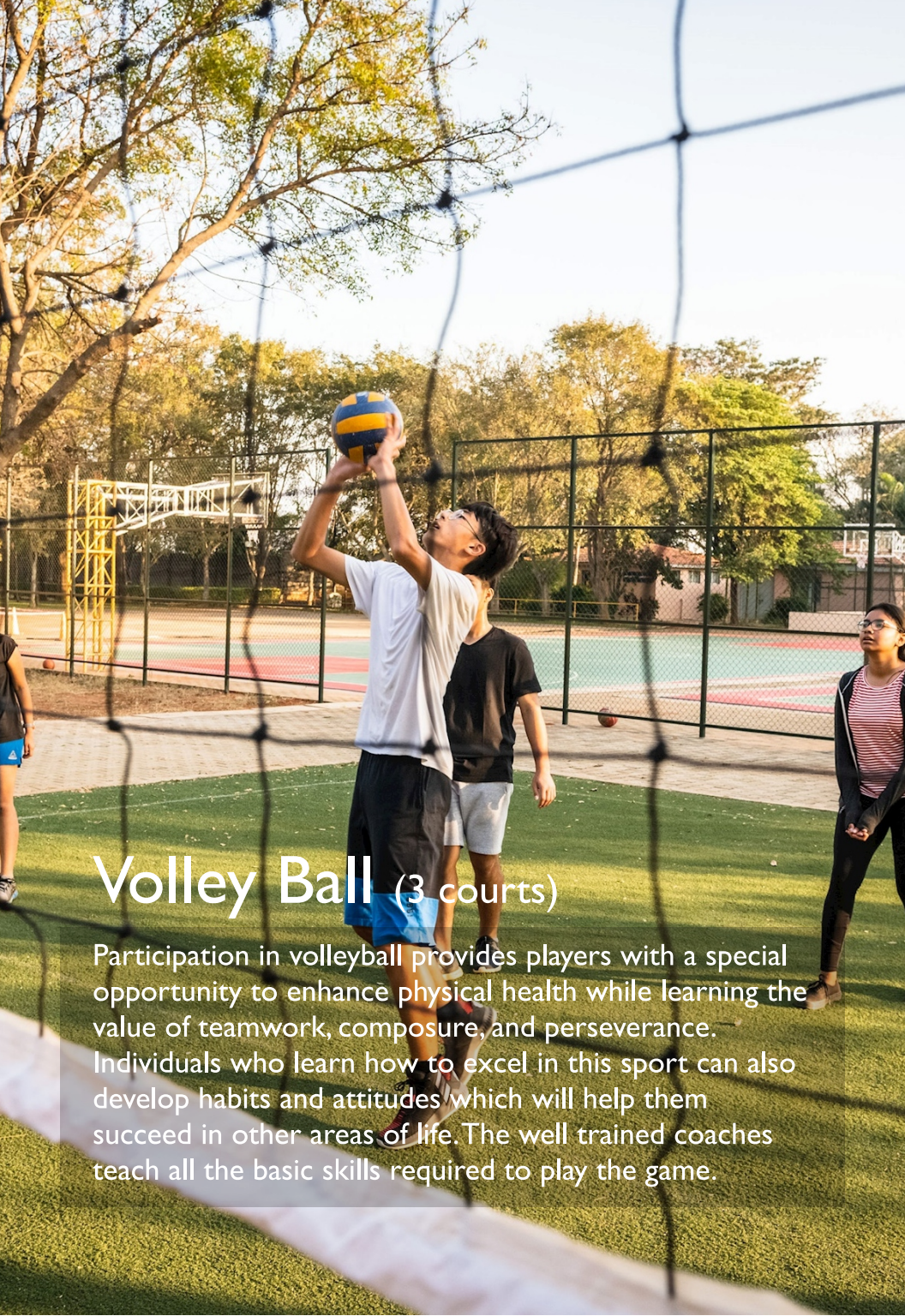
Children learn the art of rhythmic exercises and body balancing movements in the form of skating. Our outdoor skating rink provides children with ample space to explore these exercises along with a breath of fresh air. We believe good skating develops patience, accountability, balance and power in an individual. We have dedicated skating instructors and well-trained staff who ensure the safety of students.



Yoga and Aerobics

To make the Medi-Captains sprightly and agile, the school has kept a special area for Yoga and Aerobics classes. Various asanas and breathing exercises form an integral part of their schedule. The practice of several yogic postures and asanas enhances the concentration of our learners.



A photograph of students playing volleyball on an outdoor court. A male student in a white t-shirt and blue shorts is jumping to hit a blue and yellow volleyball. Other students are visible in the background, and a black safety net is in the foreground.

Volley Ball (3 courts)

Participation in volleyball provides players with a special opportunity to enhance physical health while learning the value of teamwork, composure, and perseverance. Individuals who learn how to excel in this sport can also develop habits and attitudes which will help them succeed in other areas of life. The well trained coaches teach all the basic skills required to play the game.

Martial Arts

Martial arts have been used for thousands of years all over the world for self-defence. The school has facilities and regular classes for Judo. Expert trainers train the students with an aim to develop physical fitness.

