The WellSpring Private School
RAS AL KHAIMAH
A LifePlus® International School

Co-Curricular Activities

Athletics

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Our Athletics program provides students with the opportunity to compete—whether as part of a team sport or as individuals—against other athletes in a structured and supportive environment.

Practices are structured and specifically geared toward preparing students for these competitive opportunities. Unlike clubs, the Athletics program is more focused and intensive, helping students develop their skills, fitness, and teamwork in a purposeful way.

Effort and skill demonstrated during practices will be used as a gauge for selection of teams where there are more students in the squad than official number needed for tournaments or matches. Selection for tournaments is primarily based on skill, although attitude in the team environment is considered.

Our **vision** is of world-class servant leaders raised up in every vocation. Sport provides a unique platform for character development in ways the classroom alone cannot. While achievement in competition is important, our greater goal is to use these opportunities to nurture growth in character, resilience, and leadership.

WellSpring is a member of the Emirates International Schools Sports Association (EISSA), which enables our students to participate in a competitive league alongside schools from Sharjah, Ajman, and Ras Al Khaimah. The league offers a safe environment, guided by established policies, and forms the framework for our Athletics program.

The recent formation of a sports committee in Ras Al Khaimah under the authority of the RAK Department of Knowledge further expands opportunities for competition and student engagement, after a few successful events last year we look forward to the further expansion of offerings.

For further information regarding Athletics please contact Mr. Luke Johnson via email luke.johnson@tws-rak.org or message him via the TWPS Co-curricular canvas course.

YEAR PLAN

Athletics				
TERM 2 (16 November – 29 January)				
Times	Monday	Tuesday	Wednesday	Thursday
3:15 – 4:45		U12 Boys Football (Grade 4-6) U14 Girls Football (Grade 5-8) U18 Girls Football (Grade 9-12)		U14 Boys Football (Grade 7-8) U16 Boys Football (Grade 9-10)
7:00 – 7:30	**3-12 Morning Running Club**	**3-12 Morning Running Club**		**3-12 Morning Running Club**
TERM 3 ***dates still to be determined**				
U14 – U18 Volleyball U10 – U12 Boys Basketball U10 – U12 Girls Basketball U10 – U12 Girls Netball U12-U16 Badminton				

Terminology

"U" stands for "Under" and refers to the maximum age for participation (e.g., U12 = under 12). Typically, players should be within two years of the age group, so an 8-year-old would not be eligible for a U12 team.

Sign up

To sign up, go to Canvas – look for Elementary Lunch, Ms Lunch or Hs Lunch courses for sign up links!