



CROSS COUNTRY 2018

11–14 October 2018

hosted by Senri & Osaka International Schools
Minoh City, Osaka, Japan

www.senri.ed.jp

sabers.senri.ed.jp



Participating teams

Korea International School (KIS)
Senri and Osaka International Schools (SOIS)
Seoul International School (SIS)
Yokohama International School (YIS)

Outline of Schedule

Thursday: BIFS, KIS, SIS, YIS arrive
Thursday evening: BIFS, KIS, SIS with host families; YIS overnight at school
Friday morning: local teams arrive (TBD)
Friday: individual seeded races
Friday evening: coaches dinner
Saturday: relay race; open race
Saturday afternoon: banquet, awards ceremony
Sunday morning: team departures

29 August 2018

Greetings, AISA activities directors and cross country coaches.

Please consider this letter of preliminary information as your official invitation to the 2018 AISA cross country meet hosted by Senri & Osaka International Schools ([SOIS](#)). The SOIS community is honored to host your athletes, coaches, and parents at this event.

Dates

2018 October 11–14 (Thursday–Sunday)

Meet webpage

<http://sabers.senri.ed.jp/xc.html>

Course

[Kita-Senri Kita Park](#), Suita City (5-minute walk from school; 1km grass and dirt course).

More information about course layout and terrain to come later.



Arrival times

Please provide travel details as soon as possible.

We at SOIS will accommodate your travel arrangements as best we can. Below is an ideal situation.

1. Overseas teams arrive at KIX (Kansai International Airport) at similar times between 14:00 and 15:00. Then clear immigration, pick up bags, clear customs, **exchange money**, **rent cell phones**, buy snacks for the bus ride, and board the bus.
2. An **80-minute bus ride** puts you at school between 17:00 and 18:00 PM, a good time for our host families to meet their guests and get them home at a decent time for dinner. (Long bus ride to the school; be prepared. Many – though not all – host families live close to school.)

Departure times

Please schedule your flight departure from KIX for about noon on Sunday, if possible. A 12:00 noon flight means you check in at 10:00 AM, which means you depart the school at 8:15 AM – reasonable.

Visas

Visitors of most nationalities enter Japan on a tourist visa. (Forms are handed out on the airplane and are also available at immigration.) Please check your visa requirements.

Meet entry fee

- US\$200 for AISA member schools (in US dollars, please)

Rosters, team photos, t-shirt orders, homestay preferences, coaches hotel

In shared Google Drive AISA folder: <https://drive.google.com/drive/folders/0ByqH7taGif5ebTB0ZXE3VTU4NEU>

Rosters

- 7 girls, 7 boys

Weather

Autumn weather in Osaka is mild and pleasant, usually dry but with a possibility of rain. Layered clothing is recommended.

Water, food

- Bottled water will be provided at the course. More water and drinks can be purchased from drink machines in the school or at nearby convenience stores.
- Tap water in Osaka is safe if you want to fill up your own water bottles.
- Snacks, energy drinks, and food can be purchased at nearby shops, convenience stores.
- There are many [restaurants and shops](#) near the school.
- Coaches will be provided with food and drink throughout the event.
- Friday night: coaches dinner.
- Saturday afternoon: banquet meal.

Currency exchange

Currency exchange windows at KIX are few in number. To save time, please consider exchanging money at your home airport. There is no place near the school to exchange money; **please exchange currency at your departing airport or at KIX airport upon arrival.**

Costs

Prices in Japan are higher than those in South Korea. A typical fast food meal costs 800 yen. Taxi fare to/from the coaches hotel (10-minute drive) is approximately 1600 yen. Starbucks coffee, 500 yen. Visiting students will need money for some meals, shopping, and perhaps taxis and public transportation (which can cost up to 500 yen one-way) – please budget accordingly.

Transportation

- SOIS is located in a very safe suburban area in the city of [Minoh](#), 45 minutes from central Osaka City by public transportation.
 - Public transportation in Japan is excellent and easy (though more expensive than Korea). Visiting players and coaches will be provided with a set of directions to the school for use with taxi drivers.
 - Students will travel to and from school with their homestay buddies, by car or on foot or by public transportation.
- ★ ADs and coaches: Be sure to budget money for taxis rides to/from the hotel and school.

Personal safety

Theft and threats to personal safety are rare in Japan. Still, please protect your valuables.

Medical care

SOIS school nurses will be on duty. Medical kits and ice will be provided on site. Quality hospitals and clinics are nearby.

Homestays, transportation

SOIS families look forward to hosting visiting students from overseas.

- Our families live in small houses or apartments. Visiting students can expect a clean, comfortable, welcoming homestay experience, though in homes smaller and less private than they might be used to. For example, visiting students might sleep on the floor on Japanese-style futons, sharing a room with a teammate or host buddy. Usually, there will be only one shower used by all members of the household.
- SOIS homestay host students are fluent or very capable English speakers as are most – though not all – parents.
- Most families – though not all – are able to provide private vehicle transportation to school. Some visiting students will travel via public transportation with homestay buddies (which can cost up to 500 yen one-way) – please budget accordingly.
- The SOIS community is spread far and wide; we will try to house students near the school, but this might not always be possible.

Visiting students should:

- be respectful and helpful to the host family;
- communicate clearly with the family, especially about schedules, meeting places, meals;
- show appreciation of the host family's support, without which the event would not run.

Curfew

As with all AISA events, curfew is set at 10:00 PM. Each coach is responsible each night for calling the host families' residences (not student cell phones) to ensure that students have arrived home safely and on time.

Showers, laundry

Showers and changing rooms are at the school (and at the host family's home, of course). Host families will provide towels, soap and shampoo, and will help with laundry.

Meet t-shirts

Meet t-shirts must be ordered in advance at a cost of approximately **1800 yen** (apologies for the higher costs in Japan). Please order the exact number and sizes via the shared Google Sheet roster form. Sizes in Japan *may* be one size smaller than US sizes.

Coaches hotel

Coaches will stay at the [Senri Hankyu Hotel](#), located near the large [Senri-Chuo train station](#), a 10-minute taxi ride (1600 yen) from the school. **Reservations will be made by SOIS.** It is assumed that all coaches will need single rooms (non-smoking; breakfast included). Please advise if there is a change.

Cell phone

Coaches will have their own or will rent cell phones – or a SIM card – at KIX airport, and they will provide their contact information to the host AD.



Coaches meetings, course walk-through

1. First coaches meeting: Thursday evening, soon after arrival at SOIS.
2. Course walk-through: Friday morning before individual races.
3. Second meeting: upon completion of Friday's races.
4. Post-event meeting: upon completion of Saturday's races.

Coaches dinner

SOIS will host a coaches dinner Friday evening. We hope everyone can attend as it is a good way to spend friendly, non-competitive time together.

As indicated on the roster form, it is assumed that all coaches will attend the coaches dinner; please advise otherwise, and please advise if a vegetarian meal is needed.

Banquet

Held after the completion of the races Saturday afternoon in the SOIS cafeteria.

Awards

Awards will be presented in the SOIS theater immediately after the banquet.

The entire SOIS Sabers community looks forward to hosting you for this event.

Please contact me at any time with questions or concerns.

Sincerely,



Peter Heimer

SOIS activities director, Senri & Osaka International Schools, pheimer@senri.ed.jp

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SOIS school websites

www.senri.ed.jp

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SOIS school administrators

- Senri International School head: Ms. Mayumi Ito
- Osaka International School head: Mr. Bill Kralovec
- SIS MS/HS principals: Ms. Frances Namba and Mr. Mamoru Tanaka
- OIS MS/HS principal: Mr. Kurt Mecklem

