



SWIMMING 2015

09–12 April 2015

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

www.senri.ed.jp

sabers.senri.ed.jp



3 Participant Schools

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

Outline of Schedule

Thursday evening: KIS, SIS arrive
Thursday evening: dinner with host families
Friday: swim meet
Friday evening: coaches dinner
Saturday: swim meet
Saturday evening: banquet, awards ceremony
Sunday morning: team departures

25 February 2015

Greetings, AISA activities directors, aquatics directors, swim coaches.

Please consider this letter of preliminary information as your official invitation to the 2015 AISA girls and boys swim meet hosted by Senri and Osaka International Schools ([SOIS](http://sois.org)).

Dates

2015 April 09–12 (Thursday–Sunday)

Tournament webpage

<http://sabers.senri.ed.jp/swimming1.html>

Facility

SOIS Sabers Pool (25 meters, 5 lanes, heated).

Hy-Tek Meet Manager software program.

No touch pads.



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 a snack for the bus ride, and get on the bus.
2. A **90-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. Most – though not all – host families live near school.)

Departure times

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

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.**

Tournament entry fee

US\$200 for AISA member schools. **(US cash, please.)**

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

Please e-mail (pheimer@senri.ed.jp) the separate form with all information as soon as possible.

Rosters

- 8 male swimmers, 8 female swimmers, 2 coaches
- Swimmers may compete in a maximum of 5 individual events and 2 relay events.
- Each school may enter up to 3 swimmers per individual event except for the 200-meter events in which up to 2 swimmers per school may be entered.
- Each school may enter 1 relay team per event.

Rules, officials

- [FINA rules](#) and as outlined in the AISA handbook.
- An experienced stroke official will be used.

Meet format

- Swimmers compete in two categories: varsity girls and varsity boys. No JV division.
- Championship is for one overall team award – boys and girls results combined.
- Sabers JV and middle school swimmers will swim non-scoring exhibition races.

Awards

- Ribbons awarded in each event for 1st, 2nd, and 3rd place.
- 1st place traveling plaque awarded to winning school team (combined boys and girls).
- 1st place keeper plaques for winning boys and girls teams.
- Sportsmanship award plaque.
- Plaque (with patch) for top female swimmer.
- Plaque (with patch) for top male swimmer.

Events

Individual events (boys, girls)

- 50-meter free, breast, back, butterfly
- 100-meter free, breast, back, butterfly
- 100-meter individual medley
- 200-meter free
- 200-meter individual medley
- 400-meter free

Relay events (boys, girls, mixed)

- 200-meter free
- 200-meter medley



Order of events

SESSION 1 (Friday morning)

Finals

200 individual medley, girls
200 individual medley, boys

Preliminary heats

50 freestyle, girls
50 freestyle, boys
100 breaststroke, girls
100 breaststroke, boys
50 backstroke, girls
50 backstroke, boys
100 butterfly, girls
100 butterfly, boys

SESSION 2 (Friday afternoon)

Finals

200 freestyle, girls
200 freestyle, boys

Preliminary heats

100 individual medley, girls
100 individual medley, boys
50 butterfly, girls
50 butterfly, boys
100 backstroke, girls
100 backstroke, boys
50 breaststroke, girls
50 breaststroke, boys
100 freestyle, girls
100 freestyle, boys

SESSION 3 (Saturday morning)

Finals

50 freestyle, girls
50 freestyle, boys
100 breaststroke, girls
100 breaststroke, boys
50 backstroke, girls
50 backstroke, boys
100 butterfly, girls
100 butterfly, boys
400 freestyle, girls
400 freestyle, boys
200 medley relay, mixed
200 medley relay, girls
200 medley relay, boys

SESSION 4 (Saturday afternoon)

Finals

100 individual medley, girls
100 individual medley, boys
50 butterfly, girls
50 butterfly, boys
100 backstroke, girls
100 backstroke, boys
50 breaststroke, girls
50 breaststroke, boys
100 freestyle, girls
100 freestyle, boys
200 freestyle relay, mixed
200 freestyle relay, girls
200 freestyle relay, boys

Weather

Spring weather in Osaka is mild with some possibility of rain. The Sabers pool is heated.

Water, food

- Each team will be provided with one case of bottled water. 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 and convenience stores.
- There are many [restaurants and shops](#) near the school.
- Coaches will be provided with hospitality food and drink throughout the tournament.
- Friday night: coaches dinner.
- Saturday night: banquet meal.

Currency, costs

- There is no place near the school to exchange money; **please exchange currency at KIX airport upon arrival, or before at your departing airport.**
- A typical fast food restaurant meal costs 800 yen (about US\$7). Taxi fare from the school to the nearest shopping center or coaches hotel (10-minute drive) is approximately 1800 yen (US\$15). Starbucks coffee, 500 yen (US\$4).
- Visiting students will need money for some meals and shopping.
- Visiting students perhaps will travel by taxis and public transportation (which can cost up to 1000 yen (US\$9) one-way – please budget accordingly).

Personal safety

Theft and threats to personal safety are rare in Japan. Still, please protect your valuables. SOIS is located in a very safe suburban area in the city of [Minoh](#). Minoh is 45 minutes from central Osaka City by public transportation (quicker by car).

Medical care

The SOIS school nurse will be on duty. Quality hospitals and clinics are nearby.

Transportation

- Public transportation in Japan is excellent and easy. Visiting players and coaches will be provided with a set of directions to the school for use with taxi drivers.
 - Players will have little time to venture far from the school during the day other than to walk to nearby restaurants and food shops. Students will travel to and from school with their homestay buddies, usually 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.**

Homestays

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 a bit 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 1000 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.

Showers, laundry

Showers and changing rooms are available 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.

Tournament t-shirts

Tournament t-shirts must be ordered in advance at a cost of about 1700 yen (US\$15 – apologies for the higher costs in Japan). Please order the exact number and sizes on the team roster. Sizes in Japan are similar to US sizes, perhaps a half-size smaller.

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.

Curfew

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

Cell phone

Coaches will need at least one cell phone to make curfew calls and communicate in cases of emergency. Coaches must rent cell phones at KIX airport and share the telephone number with their students and the SOIS AD.

Coaches meetings

1. First meeting: Thursday evening, after arrival at SOIS.
2. Second meeting: upon completion of Friday's events to confirm Saturday's schedule
3. Post-meet meeting: immediately upon completion of Saturday's events.

Coaches dinner

SOIS will host a coaches dinner Friday evening at [a restaurant](#) near the coaches hotel. We hope everyone attends as it is a good way to spend friendly, non-competitive time together. For reservation numbers, it is assumed that all coaches will attend. Please inform us if a coach will not attend. Thank you.

Banquet

The banquet will be held after the competition Saturday evening in the SOIS cafeteria.

Awards

Awards will be presented in the SOIS theater shortly 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 administrators

Senri International School head: Mr. Kazunori Masago
Osaka International School head: Mr. Bill Kralovec
SIS MS/HS principal: Ms. Mayumi Ito
OIS MS/HS principal: Mr. Kurt Mecklem
SOIS business manager: Mr. Stephen Lewis

