



Association of International Schools in Asia



AISA Swimming 2015

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

hosted by Senri & Osaka International Schools

09–12 April 2015

Korea International School Phoenix

Seoul International School Tiger Sharks

Senri & Osaka International Schools Sabers





SENRI & OSAKA INTERNATIONAL SCHOOLS
welcome all swimmers, coaches, and fans to the

2015 AISA Swim Meet

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

10–11 April 2015
(travel days April 9 and 12)

@ [Senri & Osaka International Schools, Osaka, Japan](#)

Swimmers, coaches, fans:

The Sabers welcome you to [SOIS](#) in the city of Minoh in northern Osaka. In its growing history, AISA has consistently produced high quality athletic tournaments, fine arts festivals, leadership conferences, and math mania competitions. We anticipate that the 2015 swim meet will continue this strong tradition. It is an honor and pleasure to have quality swimmers from Japan and Korea together for a weekend of friendly international competition. We in the Sabers community look forward to showing you some warm Osaka hospitality. Please ask if we can help you in any way.

Good luck to all teams.

Peter Heimer

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Senri & Osaka International Schools
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Kevin Bertman, head swim coach

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Shigemi Kano, assistant coach





The Sabers community welcomes you.

大阪へようこそ。 Welcome to Osaka.

On behalf of our two-school community, we welcome all swimmers, coaches, and supporters to Osaka, Japan, and to Senri & Osaka International Schools for the 2015 Association of International Schools in Asia swim meet. We look forward to some fast and furious action in the Sabers pool. We know that the competition in the water will be intense and high level, but we also know that it will be friendly, fair, and fun.

Some of our younger swimmers will compete in this meet as exhibition swimmers. You older students may not realize this, but you are role models to younger students in your schools and in ours; people observe you closely and look up to you. Please keep that in mind as you conduct yourselves both in and out of the pool.

AISA is a great avenue to bring people together. Camaraderie within your team and with other teams will be an important part of the swim meet. Please take advantage of this opportunity to develop positive relationships with new friends.

Please enjoy your time in Osaka. We hope you take some time to learn a little about Japan and the Kansai area. Your homestay family is a perfect window to life in Japan. We hope you develop a relationship with your homestay family, a relationship that lasts longer than the weekend.

Many people – students, teachers, staff, parents – have worked hard to make this event successful. Please be sure to thank them if you have a chance.

Finally, good luck to all participants. Enjoy your competition. We hope you leave SOIS with fond memories and new friends.



Mr. Kazunori Masago
Head, Senri International School



Mr. Bill Kralovec
Head, Osaka International School

AISA general itinerary: 4 days

木曜日 THURSDAY, 09 April

15:40	KIS arrives at KIX (Jeju Air 7C1384). Exchange money; coaches rent cell phones; wait.
17:05	SIS arrives at KIX (17:05, KE725). Exchange money; coaches rent cell phones; hurry.
18:00	KIS, SIS board bus to SOIS (75-minute ride).
19:30	KIS, SIS, SOIS arrive at SOIS, go to theater – welcome, comments, t-shirts.
20:00	Homestay host families/buddies come to theater to meet KIS, SIS swimmers.
20:15	KIS, SIS, SOIS coaches brief meeting (theater).
20:30	KIS, SIS coaches take taxis to Senri Hankyu Hotel .
22:00	Curfew. Coaches call host families at <i>home</i> telephone number.

金曜日 FRIDAY, 10 April

08:30	KIS, SIS swimmers arrive at school with host buddies.
09:00	Pre-meet meeting for all swimmers, poolside.
09:15	Warm-up.
10:00	Swim meet session 1 begins.
11:30	Lunch break – neighborhood shops, bentos; host buddies help visiting swimmers.
13:00	Warm-up.
13:30	Session 2 begins.
15:30	Session 2 ends.
15:45	Coaches meeting.
16:00	Free time with host families, host buddies. Communicate plans clearly. <ul style="list-style-type: none"> • Possible activity: group dinner; Kuru Sushi くら寿司 (20-min. walk from school; 1500-2000 yen) • Default pick-up time and place for homestay hosts, if necessary: 21:00 at the school.
16:15	Coaches take taxis to hotel.
17:55	Coaches depart hotel for okonomiyaki dinner (19:00) in Dontonbori in Osaka City.
22:00	Curfew. Coaches call host families at <i>home</i> telephone number.

土曜日 SATURDAY, 11 April

08:30	Swimmers arrive at school
09:00	Warm-up.
09:45	Session 3 begins.
11:45	Lunch break – neighborhood shops, bentos; host buddies help visiting swimmers.
13:00	Warm-up.
13:30	Session 4 begins.
16:00	Swim meet finishes.
17:00	Banquet in SOIS cafeteria.
17:45	Awards ceremony in theater. <i>Host buddies/families welcome.</i>
18:15	Free time with host families, host buddies. Communicate plans clearly. <ul style="list-style-type: none"> • Possible group activity: Bb amusement center (20-minute walk from school) – ice cream, 100-yen store, karaoke, game center, bowling, restaurants, public bath • Default pick-up time and place for homestay hosts, if necessary: 21:00 at the school.
18:30	Coaches take taxis to hotel. Free night for coaches.
22:00	Curfew. Coaches call host families at <i>home</i> telephone number.

日曜日 SUNDAY, 12 April

07:45	KIS, SIS arrive at school with homestay hosts.
08:00	KIS, SIS depart on bus to KIX.
09:30	KIS, SIS arrive at KIX, check in.
11:50	KIS departs, Jeju Air 7C1301. 11:55 SIS departs, KE2726. <i>Safe travels, all.</i>

2015 AISA Swim Meet Race Order

rest breaks, exhibition heats, ribbon presentations interspersed between events

FRIDAY

Session 1

9:15 warm up, 10:00 start

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

13:00 warm up, 13:30 start

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

SATURDAY

Session 3

9:00 warm up, 09:45 start

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 mixed medley relay
200 medley relay, girls
200 medley relay, boys

Session 4

13:00 warm up, 13:30 start

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



Team Roster, Photo

Korea International School Phoenix



	Phoenix Girls Team	Gr	Nationality
1	Jae Eun (Jennifer) Choi	12	Korea
2	Sungwon Lee	11	Korea
3	Yuna (Rachel) Kim	11	Korea
4	Hajung Lee	11	Korea
5	Seiyeon Park	10	Korea
6	Ji Sun Jeon	10	Korea
7	Haejoon (Hannah) Lee	10	Korea
8	Moonjoo (Selena) Kim	9	Korea

	Phoenix Boys Team	Gr	Nationality
1	Joonki Jin	12	Korea
2	Joonyon Park	12	Korea
3	Jae Youn (Jerry) Kim	11	Korea
4	Ki Hwan Nam	11	Korea
5	Kee Tae Kim	11	Korea
6	Jisang (Jamie) Lee	10	Korea
7	Geo Han	10	Korea
8	Patrick Soonchang Jung	9	Korea

	Phoenix Coaches	Gr	
	Mr. Barry Jenkin	13	
	Mr. Richard McClure	14	



Team Roster, Photo

Seoul International School Tiger Sharks



	Tiger Sharks Girls Team	Gr	Nationality
1	Julie Song	9	ROK
2	Rachel Park	9	ROK
3	Yena Lee	9	ROK
4	Jenny Kim	9	ROK
5	Ariel Lee	10	ROK
6	Gina Kim	11	ROK
7	Heeyon Park	11	ROK
8	Amy Lee	12	ROK

	Tiger Sharks Boys Team	Gr	Nationality
1	Ryan Jang	9	ROK
2	Jeffrey Heo	9	ROK
3	Andrew Rhee	10	ROK
4	Jeffrey Park	10	ROK
5	Brian Kim	10	CAN
6	Alan Huh	11	ROK
7	Matthew Lee	11	USA
8	Jeffrey Mun	11	ROK

	Tiger Sharks Coaches	Gr	
	Ms. Cindy Pressé	13	
	Mr. Akio Iida	14	



Team Roster, Photo

Senri & Osaka International Schools Sabers



	Sabers Girls Team	Gr	Nationality
1	Lara Taniguchi	12	Japan
2	Haruka Sugimoto	12	Japan
3	Ruka Kameda	11	Japan
4	Mio Okuda	11	Japan
5	Mariko Akita	10	Japan
6	Nanako Yamazaki	10	Japan

	Sabers Boys Team	Gr	Nationality
1	Neal Okuno	12	Japan
2	Shota Sasaki	12	Japan
3	Justin Loew	12	USA
4	Shimon Iwazawa	11	Czech Rep.
5	Yuichiro Yoshioka	11	Philippines
6	Ryotaro Kabai	11	Japan
7	Sean Matsuura	11	USA
8	Daizen Suzuki	11	Japan

	HS exhibition swimmers	Gr	Nationality
1	Tatsuhiko "EJ" Shiina	11	USA
2	Kazuki Noomo	11	Japan
3	Akira Morioka	11	USA
4	Mizuki Ito	10	Japan

	Sabers Coaches	Gr	Nationality
	Mr. Kevin Bertman	13	England
	Ms. Shigemi Kano	14	Japan



Team Roster, Photo

SOIS Sabers Middle School Team

(exhibition swimmers)



1. Hikaru Sugiyama
2. Akihiro Takebe
3. Koki Takine
4. Hanako Uchida
5. Julia Torieda
6. Shota Muto
7. Fumiya Okabe
8. Natsumi Takeda
9. Yutaroh Tanaka
10. Aidan Suzuki
11. Wakaha Kokubu
12. Karin Kase
13. Chris Mitsuda
14. Luke Taniyama
15. Yung Nakako
16. Euan Lewis
17. Marina Ninomiya
18. Sophia Smith

Swim Meet Information

Rules

- FINA [swimming rules](http://www.fina.org/H2O/) 2015-17 (<http://www.fina.org/H2O/>)
- 1 false start allowed; disqualification upon 2nd false start (dependent on coaches' agreement)
- Starting blocks height: half blocks

Rosters, events

- Swimmers may compete in a maximum of 5 individual events and 2 relay events.
- Each school is allowed to enter up to 3 swimmers per individual event, with the exception of the 200s for which each school may enter up to 2 swimmers.
- Each school may enter 1 relay team per event.
- SOIS JV and middle school swimmers will participate as exhibition swimmers.
- AISA swim coaches will swim in selected relay races.

Facilities, equipment

- 25-meter swimming pool with 5 lanes.
- Hy-tech computer software program.
- No touch pads.



Officials

"Host school determines the number and source of officials to be used."

Please see separate list of meet officials.

Awards

- 1st, 2nd, and 3rd place ribbons awarded in each event, boys and girls.
- Ribbons awards on deck after each finals event.
- 1st place traveling plaque for winning school team (girls, boys combined).
- 1st place keeper plaque for girls team champion.
- 1st place keeper plaque for boys team champion.
- Sportsmanship team plaque.
- Plaque for top individual female swimmer.
- Plaque for top individual male swimmer.



2015 AISA Swim Meet Officials

- judge (start, stroke, turn, finish):
Friday: Ms. Chitose Higashi
Saturday: Ms. Yui Satake
- chief recorder (Hy-Tek): Mr. Kevin Bertman
- recorder assistant: SSC member
- announcer, starter: Mr. Peter Heimer
- start/finish video: SSC members
- timekeepers: Baba-sensei, Nakajima-sensei, Nojima-sensei,
Mr. Routh, Mitsuhashi-sensei, Ms. Lamug, Ms. Namba,
Mr. Avery, Ms. McCray-Hancock, Ms. Cheney, Mr. Sheriff,
Watanabe-sensei, Mr. Smith (parent), SSC members,
other faculty and staff, Sabers triathlon team members, parents
- hospitality: SSC members

Other information, reminders

- Homestays: Please communicate clearly with your homestay hosts. Please tell them what time you will be home, what time you need to be at school, what time you need to be picked up, and if you need dinner or not. The general itinerary lists most times and activities, but still communicate clearly. Feel free to ask your homestay family for any kind of help.
- Buddies: Sabers swimmers will act as buddies to KIS and SIS swimmers, directing them to restaurants and meeting points, and acting as general guides. Guest swimmers should not travel alone without their buddies.
- Lunch: Please purchase food at neighborhood shops or restaurants, or in the school cafeteria (Friday only).
- Evening activities: The Sabers swimmers *might* plan informal activities for part of Friday and Saturday evenings. Plans will be communicated on the day.
 - a. Typical **Friday** evening plan: group dinner at nearby “kaiten” conveyor-belt sushi restaurant “[Kura Sushi](#)” (1500-2000 yen; 20-minute walk from school).
 - b. Possible **Saturday** evening plan: [Bb amusement center](#) (20-minute walk from school) – ice cream, 100-yen store, karaoke, game center, bowling, restaurants, public bath
 - c. Other options: dinner at neighborhood restaurants, a trip to [Q’s outdoor mall](#) or to [Senri-Chuo station shopping area](#) (both about a 10-minute 1800-yen taxi ride from school).
 - d. Do not travel into Osaka City: too far, too easy to get lost, and too much potential trouble.
 - e. Host buddies must always chaperone guest swimmers.
 - f. Default pick-up time and place for homestay hosts, if necessary: **21:00 at the school.**
- School directions, homestay contact info: Please keep with you at all times.
- Curfew: 10:00 PM. *In the homestay host family’s home.*
- Off-limit areas: Virtually all areas and classrooms are used by students and staff, both Friday and Saturday. Please be respectful of student learning.
- Poolside footwear: Indoor flip-flops, sandals, Crocs only, please. No outdoor shoes. Please remove your outdoor shoes at the pool or locker room entrances.
- Hospitality room: Drinks, snacks, bento lunches for coaches, chaperones, and meet officials. No students, please.
- Food and drink: Food and drink can be purchased from nearby restaurants and convenience stores. There are drink machines in the student lounge near the pool across the courtyard.
- Water: Tap water is safe to drink. Please prepare your own water bottles.
- Drink bottles: Please empty partially full plastic drink bottles (outside or in sinks) and throw them away. Please do not put partially full plastic bottles in garbage cans or leave them in the pool or changing rooms.
- Internet access via school’s wi-fi: “Join other network” (or something similar).
Network ID: **guest** (No password.)
Available in most areas, though connection is sometimes spotty.

SOIS Address, Directions, Phone Numbers

Senri International School of Kwansei Gakuin (SIS)

Osaka International School of Kwansei Gakuin (OIS)

Onohara-Nishi 4-4-16, Minoh-shi, Osaka-fu 562-0032 JAPAN

関西学院千里国際中等部・高等部

関西学院大阪インターナショナルスクール

〒562-0032 大阪府箕面市小野原西 4-4-16

TEL.072-727-5050 FAX.072-727-5055 www.senri.ed.jp

[Directions to SOIS](http://www.senri.ed.jp) can be found on the SOIS school website – www.senri.ed.jp.

- Subway: Midosuji Line (red) north to Senri-Chuo, final stop.
- Train: Hankyu line north to Kita-Senri, final stop.
- From Senri-Chuo station or Q's shopping mall: taxi – 10 minutes, about ¥1700.
Tell driver: Senri Kokusai Gakuin, Onohara-Nishi.

Taxi phone numbers

Please call either of these taxi companies for rides to/from school.

- Miraito: 072-627-0123
- Hankyu: 06-6864-1111

SOIS names and numbers

Mr. Peter Heimer 080-1469-3788

activities director, meet director

Mr. Toshifumi Mitsuhashi 080-3034-3005

homestay help

Mr. Kevin Bertman 080-4569-9704

Sabers swim coach

[Senri Hankyu Hotel](#) (coaches hotel)

from Korea: +81-6-6872-2211

from within Japan: 06-6872-2211

[Senri & Osaka International Schools](#) www.senri.ed.jp

from Korea: +81-72-727-5050

from within Japan: 072-727-5050

Restaurants, Shops in [Onohara-Nishi](#) neighborhood

Turn right out the front entrance of the school and walk down the sidewalk:

On the right side of the street:

- [Hiro Coffee \(opens at 8:00 AM\)](#)
- Family Mart convenience store
- Takiya drug store
- [1 Karubi Plus](#) (all-you-can-eat yakiniku – a bit pricey, often long waits)
- [Komeda Coffee](#) (opens at 7:00 AM)
- Kozou-zushi (take-out sushi, bentos)
- Sushi restaurant (near the bottom of the hill)
- [Kamakura Pasta](#) (bottom of the hill, at corner)

On the left side of the street:

- [Hotto Motto](#) (cheap take-out bentos)
- [Sunny Side bakery](#) (opens at 7:30 AM)
- [Starbucks](#) (opens at 8:00 AM)
- [Mos Burger](#) (Japanese fast food hamburgers)

At the bottom of the hill at the lights, cross the street, on the right:

- [Kansai Super](#) (supermarket; big red and white K sign; 9:30 AM – 10:00 PM)
- Turn right, 50 meters uphill past Kansai Super is [NishikiWarai](#) (*okonomiyaki*; green and white sign; sometimes a long wait).

At the bottom of the hill at the lights, turn left (toward mountains, route 171):

- 15-minute walk from here to major intersection at route 171.
- Walk past HokkaHokkaTei (take-out bentos), [RaiRaiTei ramen](#), Circle K.
- Continue down the hill to the major intersection where you will find Mr. Donut, KFC, McDonalds, Katsu&Katsu, and [Kura Sushi](#) (“kaiten” conveyor-belt sushi).

Turn LEFT out the front of the school and walk 20 minutes down the sidewalk.

(20 minutes; do not leave this sidewalk; curves to left; stay on the left sidewalk):

- Bb [アミューズメントタイムスクエア B b 箕面船場店](#): game center, bowling alley, karaoke, sento (public bath), restaurants, 100-yen store

Q's outdoor shopping mall <http://qs-mall.jp/minoh/>

- 10-minute taxi ride (about 1800 yen) from school.
- [Aeon](#) department store, Sports Depot sporting goods, Uniqlo, Mont-Bell, 100-yen store, Claire's, Starbucks, [Baskin Robbins](#), Subway sandwich shop, First Kitchen (fast food), many other shops and restaurants.

[Senri-Chuo train station](#)

- 10-minute taxi ride (about 1700 yen) from school (where AISA coaches hotel is located).
- [Yamada Labi 1 electronics store](#), Starbucks, Mr. Donuts, Lotteria, Mos Burger, McDonalds, Hankyu Department Store, grocery stores, many other shops and restaurants.

Acknowledgements, Thanks

It takes a schoolwide effort to conduct a sporting event like this.

Many people put forth much effort to help this event succeed.

We thank them all.

- *SOIS homestay families for opening their homes to our guests and showing Osaka hospitality. Without our homestay hosts, AISA events would not happen.*
- *SOIS swim coaches Kevin Bertman and Shigemi Kano for their efforts in coaching the team and helping prepare for and run this swim meet.*
- *SOIS PE teacher Ms. Chitose Higashi and SIS math teacher Ms. Yui Satake for their important work as meet judges.*
- *Mr. Toshifumi Mitsuhashi for his help in preparing for this meet.*
- *Ms. Takako Hirai for her help in designing and ordering the meet t-shirt.*
- *OIS 4th grader Ayana Nakamae for her meet t-shirt design on the t-shirt front, and Ms. Jennifer Henbest and her OIS 4th and 5th grade art students for submitting t-shirt designs.*
- *Timers: Baba-sensei, Nakajima-sensei, Nojima-sensei, Mr. Routh, Mitsuhashi-sensei, Ms. Lamug, Ms. Namba, Mr. Avery, Ms. McCray-Hancock, Ms. Cheney, Mr. Sheriff, Watanabe-sensei, Mr. Smith (parent), SSC members, faculty, staff, Sabers triathlon team*
- *Sabers Sports Council for their dedicated work, attention to detail, and cheerful support: Miyu Takeda, Rika Tanaka, Kyoko Kanagawa, Misuzu Okawa, Risa Akiyama, Natsumi Yada, Lisa Takusa, Ayana Nakamura, Riho Shimomura, Hiroki Yoshino, Tomoya Kishigami – great set-up work, hospitality room preparation, timing, clean up. Without the SSC, we could not host events of this caliber; these young men and women are vital to the AD.*
- *Senri International School Parents Association and Osaka International School Parent-Teacher Association for the wonderful banquet food.*
- *Nurses Kei Takeda and Carol Shigeyama for their expert medical care.*
- *AISA member school activities directors Bevo LaRue and Ivan Atanaskovic for their patient and flexible camaraderie.*
- *Saturday School staff for allowing us to use the swimming pool.*

And finally thank you to all swimmers and coaches.

Have a great meet and enjoy your stay with us at SOIS.

We hope you leave with new friends and good memories.

sabers.senri.ed.jp



Association of International Schools in Asia



AISA t-shirt front design by Ayana Nakamae,
OIS grade 4 art student.