



RAMJAS INTERNATIONAL SCHOOL

Sector IV, R. K. PURAM, NEW DELHI - 110022

Circular No. : RIS/2026/4/004

02 April 2026

Dear Parents

Greetings to all!

As we begin the new school session from 1st April 2026, we are excited to share that the school will be conducting the Specialized Sports Coaching sessions every day in the morning, beginning from Monday, the 6th of April 2026 for classes IV to XII for the following sports:

- Basketball
- Football
- Badminton
- Table tennis

Start date: Monday 6 April 2026

Days: Monday to Saturday

Timings : 7:00 am to 7:50 am .

RULES AND REGULATIONS FOR MORNING COACHINGS.

1. Morning Sports Coaching timings are 7 : 00 AM to 7 : 50 AM.
2. Students will be allowed entry from gate number 2 from 6:45 AM to 7:10 AM only (strictly).
3. No child will be allowed to go for sports coaching after they enter school at 7:35 AM which is their usual school time.
4. All students to ensure that they carry their School Uniform in a separate bag to change after the coaching.
5. They must change into their school uniform by 8:10 AM Sharp and reach their respective class room by 8 :15 am sharp, student failing to this have to face disciplinary action.
6. All those who bring their badminton rackets and table tennis bats for the morning coaching should not use them during lunch break.
7. No student is allowed to carry any sort of ball to school (basketball, football, leather ball, tennis ball, foam ball, plastic ball, smiley balls etc). If it is found in possession of the student by any staff member, it will be confiscated.
8. Students are expected to use good cordial language and safe play with each other at all times.
9. They must come to play with a light stomach, it is advised students must take (Glass of milk / Banana / Boiled potato) atleast 30 mins prior to Coachings.
*Banana and Apple are suggested after the coaching is over.
10. Compliance to the above rules is mandatory. Any student found violating the rules will invite getting their names struck from the coaching list forever.

With Regards

SPORTS DEPARTMENT

