ENKA
SPORTS SCHOOLS
PARENT'S
HANDBOOK

Welcome to the ENKA Sports Club Sports Schools!

Our sports schools, as part of ENKA Sports Club, since its foundation has been operating along with the high qualified trainers and educators with the aim of equipping the youth with mentally and physically exclusive attributes.

This handbook has a route map qualification for our parents and sports schools students.

Sports Schools Activities are maintained as summer and winter sports schools with the aim of achieving our aims to comprise academic trainers and physical education teachers whose are assigned in the leadership of our Sports Schools Coordinator.

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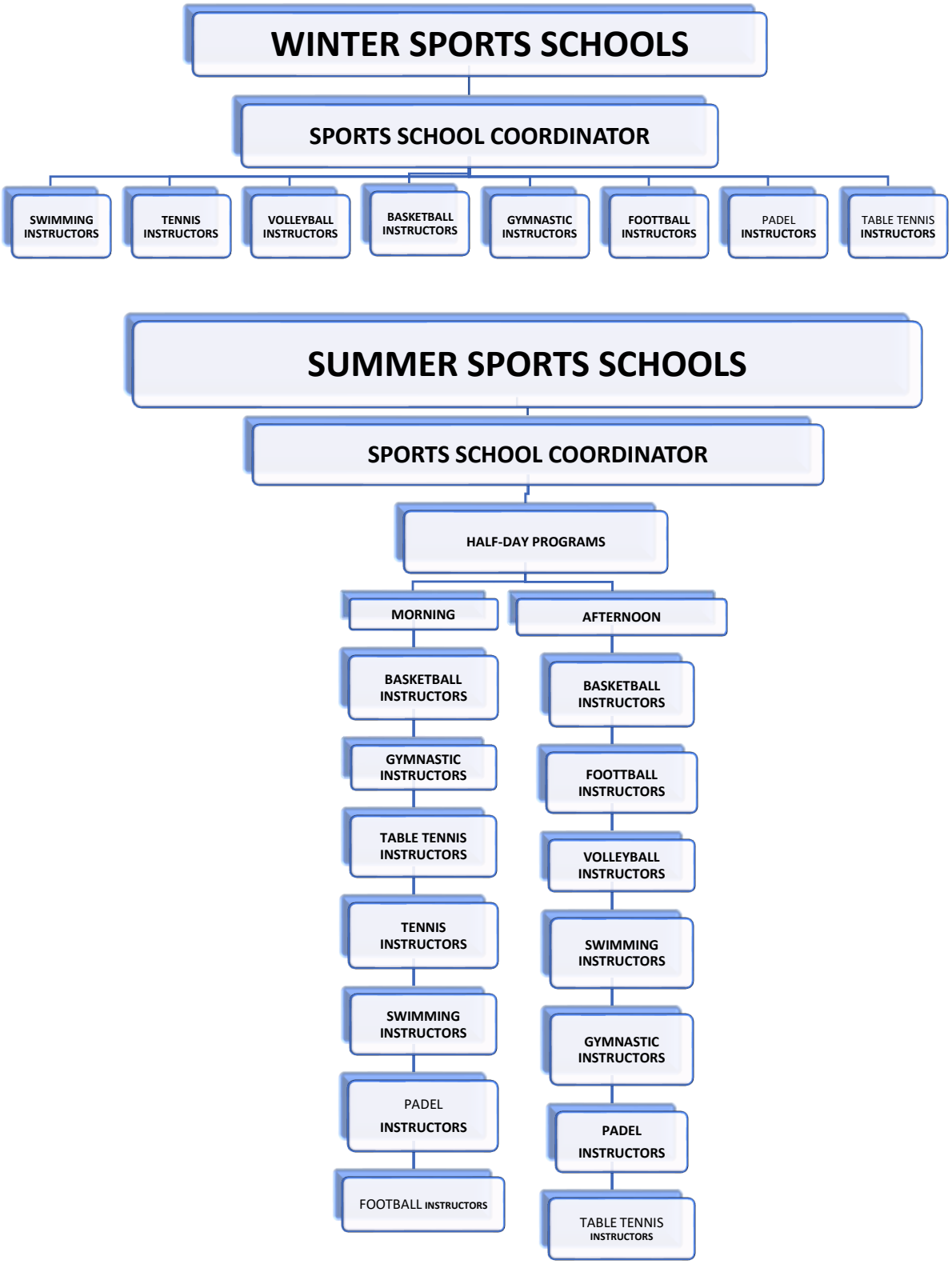
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A. ENKA SPORTS SCHOOLS ORGANIZATION CHART



B. OUR MISSION

Racing individuals who are modern, productive, questioning and revealing his/her own potential in an environment surrounded by the art and culture.

C. OUR VISION

Having appropriate facilities, equipment's, systems and personnel's;

• In all branches of activity, our athletes will be able to demonstrate maximum success in the national and international arena in line with the Olympic target,

• Individuals who have made sports a way of life can reach their sportive life goals,

• And to create environments where all stakeholders can form a part by feeling a sense of belonging, and in a sustainable structure.

To be Turkey's Leading Sports Club.

D. HOW TO ATTEND TO ENKA SPORTS SCHOOLS?

ENKA Sport Schools Winter & Summer schools has been organizing in 2 main terms:

Winter Sports Schools cover the period from September to June. Held during the school term, our winter sports school programs consist of two 18-week terms, with classes taking place on weekends for 1 hour per day over 2 days each week.

Summer Sports Schools cover the period from June to September. Held during the summer holiday period, our summer sports school programs consist of two 5-week terms, operating 6 days a week (Monday–Saturday) between 09:00 and 17:00.

Registrations should be made online via the following link **https://enka.gympro.online/Account/Login**

E. WHICH AGE GROUP STUDENTS CAN APPLY TO ENKA SPORTS SCHOOLS?

Depanding on the branches students age groups 4-12 can apply to ENKA Sports Schools. For the branches age groups clarification you may take a look to the Sports schools booklet. For further information please click on our web page **https://www.enkaspor.com/**

F. MATERIALS SHOULD BE BRINGED FOR THE SPORTS SCHOOLS STUDIES.

Depending on the branches;

- Table Tennis Rackets / Tennis Rackets / Padel Rackets for proper age.
- Swim cap, Swimsuit, flipflops, Fins, Towel
- Water Bottle (A bottle that preserves the temperature of the water)
- Training Shoes
- Sports Outfits (For the winter school)

G. KEY ROLES OF PARENTS

- To Support students self-improvement, motivate them.
- To not compare with other students.
- To encourage student to talk to related trainer before and after the activities.
- To Encourage student providing study continuance
- To encourage student express himself-herself confidently.
- To explain them importance of completing practical studies for their personal development.
- IF you have any questions or worries do not hesitate to contact to their instructor.
- Encourage students to talk to their trainers about their sportive aims in order to be targeted on the way of being performance player.
  Besides;
  Even if you are a parent with a sports background do not forget that leaving the training to the coaches is the basis of sports science.

H. EXPECTATIONS FROM STUDENTS

Our Students;

- To get use to sports activities.
- To get progress physically (progress will be tested with first and the ended tests)
- To schedule his/her plan to the healthy life (waking up, having food at certain time and resting)
- To Develop a sense of friendship by establishing positive relations to his/her friends.
- To Socialize with the group work
- To improve his/her self-confidence
- Our fundamental expectation is to improve his/her ability to express himself try hard for a difficult skill and stand up challenges.

I. IF THERE IS ANY PROBLEM, WHAT CAN YOU DO?

1- Firstly, talk to your child’s trainer.
2- If no resolution is reached through this discussion, the matter should be discussed with the department/discipline supervisor.
3- If no resolution is reached through this discussion, a feedback form regarding the matter should be completed via the Stakeholder Feedback QR codes available at the facilities.

IF THERE IS A SPECIAL SITUATION OF STUDENT (Fear of water, food intolerance, forbidden foods exc.) PLEASE INFORM US BEFOR THE ACTIVITIES BEGINS

J. ABOUT OUR SPORTS SCHOOLS

1. In our Winter Sports School, activities in Tennis, Swimming, Gymnastics, Padel, Basketball, Volleyball, Table Tennis, and Football are conducted in two 18-week terms, held over two days each weekend.
2. In our Summer Sports School, activities organized as Morning Programs and Afternoon Programs will be conducted 6 days a week (Monday–Saturday) in two 5-week terms.
3. You can register for Sports School online at https://enka.gympro.online/Account/Login
4. Our Sports School programs are limited to quotas.
5. For each registered student, a health report stating that "there is no harm in doing sports" or a health declaration issued by the parent must be delivered to the sports school registration control department at the beginning of the sports school.
6. Our Sports School students are insured under personal accident insurance during their education period.
7. Summer Sports School students can contact the transportation company if they want to benefit from shuttle services. Transportation service will be provided by Zaim Tur company. You can contact Zaim Tur company for the service routes specified on the online registration platform. The service fee is not included in the summer sports school fee.
8. (For some critical routes such as Yeşilpınar-Bakırköy-Merter-Ataköy-Bahçelievler-Yeşilköy-Yeşilyurt-Florya)
9. Lunch service in our Summer Sports Schools is available for students who participate in both the Morning Program and the Afternoon Program.
10. In our Summer Sports School, each student will be given 3 t-shirts, 1 shorts, 1 bag and 1 hat.
11. Students will provide their own swimsuits, swim caps, goggles, slippers and towels for swimming, rackets for tennis, sports shoes for all branches and special equipment specific to the branch.
    Suitable racket sizes for tennis are as follows:
    *Age 6 or up to 120cm height 21 inches; 23 inches up to age 8 or 128 cm tall
    *Age 10 or up to 136cm height 25 inches; 26 inches up to age 12 or 146 cm tall
12. It is recommended that our students have their personal water bottles with them. Water needs can be met from the water fountains within the site.
13. Our work programs are organized taking into account official and religious holidays. For these reasons, the fee for the days on which no event is held cannot be refunded or transferred to another period
14. ENKA Sports School has the right to change the sports school organization according to extraordinary situations occurred and determined by authorities of Turkish Government. In the case of some kind of extraordinary situation if summer school could not be provided by ENKA Sports Schools, the summer school fee will not be reimbursed but will be transferred for the following events.
15. In case the Sports School cannot continue to operate due to compulsory reasons, the weeks used, legal deductions and other expenses incurred; After deducting from the paid fee, the remaining balance is loaded to the e-wallet. If the e-wallet balance is wanted to be used for a new activity, current period fees will apply.

16. A refund can only be made in case of a change of residence province or a health problem that will prevent sports for a long time. In order for the refund to be made; This problem must be documented with a doctor's report, and the report must be submitted to the sports school administration within 2 days with a petition stating the problem and request.
17. Our sports school parents can sign up for membership in the Tennis, Swimming and Fitness units of our facility with special opportunities and contact the unit receptions to get detailed information.
18. Discounts for Sports School registrations;

*ENKA Sports Club Member Discount: 15% (Those who receive services from ENKA Sports Club Economic Enterprise are excluded from this membership.)

*Sibling discount: 10% (Only through the program with the lowest price for one sibling)

19. ENKA Sports Schools may make changes to the events when necessary
20. In gymnastics classes, 4 years of age covers the birth interval between January and July
21. It is recommended that your children do not keep money, phones, tablets and similar high-value technological devices and valuables with them during their sports activities.
22. For detailed information, you can call our club between 09:00-18:00 on weekdays or get information from our website (www.enkaspor.com)
23. Trainers will share the information of the students who will be picked up by their parents with the group leader, sports school coordinator and service manager, regardless of whether they use the shuttle or not. Students can only be delivered to someone other than the persons specified in the registration information form, with a "student delivery report" created based on the "e-mail sent from the parent to (sporokulu@enka.com)
24. Our facility has general and unit-specific usage rules and all our users must comply with these rules.
25. For detailed information, you can call our club between 09:00-18:00 on weekdays or get information from our website (www.enkaspor.com).
26. Our prices include VAT.
27. Our Sports Schools are organized within ENKA Sports Education and Social Aid Foundation Enterprise Private ENKA Schools, in cooperation with ENKA Foundation and ENKA Sports Club

K. SUMMER AND WINTER SCHOOLS PROGRAMS

MORNING PROGRAMS

SWIMMING (BORN 2014 – 2020)			**FOOTBALL (BORN 2014 – 2018)**		
HOURS	ACTIVITY	PLACE	HOURS	ACTIVITY	PLACE
09:00–09:30	WARM UP TRAINING	POOL GRASS AREA	09:00–09:30	WARM UP TRAINING	ATHLETICS
09:30–10:30	SWIMMING LESSON 1	POOLS	09:45–10:15	FOOTBALL LESSON 1	GRASS AREA
10:30–11:00	REST		10:30–11:00	FOOTBALL LESSON 2	
11:00–11:30	SWIMMING LESSON 2		11:15–11:45	FOOTBALL LESSON 3	
11:30–12:00	DRESSING AND GOING TO THE SERVICES		11:45–12:00	DRESSING AND GOING TO THE SERVICES	
TENNIS (BORN 2014 – 2020)			**GYMNASTICS (THOSE BORN IN 2017 – 2022) (THOSE BORN IN JANUARY – JUNE 2022. REGISTRATION WILL NOT BE TAKEN IN THE SECOND SIX MONTHS OF 2022)**		
HOURS	ACTIVITY	PLACE	HOURS	ACTIVITY	PLACE
09:00–09:30	WARM UP TRAINING	BLUE ZONE	09:00–09:30	WARM UP TRAINING	ATHLETICS
09:30–09:45	MEETING AND TRANSITION TO THE TENNIS COURTS	TENNIS COURTS	09:30–09:45	TRANSITION TO BRANCH AND REST	GYMNASTICS HALL ((BESIDEE THE ATHLETICS TRACK)
09:45–10:15	TENNIS LESSON 1		09:45–10:15	GYMNASTICS LESSON 1	
10:15–10:30	REST		10:15–10:30	REST	
10:30–11:00	TENNIS LESSON 2		10:30–11:00	GYMNASTICS 2nd LESSON	
11:00–11:15	REST		11:00–11:15	REST	
11:15–11:45	TENNIS LESON 3		11:15–11:45	GYMNASTICS LESSON 3	
11:45–12:00	DRESSING AND GOING TO THE SERVICES		11:45–12:00	DRESSING AND GOING TO THE SERVICES	
BASKETBALL (BORN 2014 – 2019)			**TABLE TENNIS (BORN IN 2014 – 2018)**		
HOURS	ACTIVITY	PLACE	HOURS	ACTIVITY	PLACE
09:00–09:30	WARM UP TRAINING	BASKETBALL HALL	09:00–09:30	WARM UP TRAINING	ATLETİZM
09:30–09:45	TRANSITION TO BRANCH AND REST		09:30–09:45	TRANSITION TO BRANCH AND REST	ENKA OKULLARI
09:45–10:15	BASKETBALL LESSON 1		09:45–10:15	TABLE TENNIS LESSON 1	
10:15–10:30	REST		10:15–10:30	REST	
10:30–11:00	BASKETBALL LESSON 2		10:30–11:00	TABLE TENNIS LESSON 2	
11:00–11:15	REST		11:00–11:15	REST	
11:15–11:45	BASKETBALL LESSON 3		11:15–11:45	TABLE TENNIS LESSON 3	
11:45–12:00	DRESSING AND GOING TO THE SERVICES		11:45–12:00	DRESSING AND GOING TO THE SERVICES	
PADEL (BORN 2014 – 2018)					
HOURS	ACTIVITY	PLACE			
09:00–09:30	WARM UP TRAINING	PADEL COURT			
09:30–09:45	TRANSITION TO BRANCH AND REST				
09:45–10:15	PADEL LESSON 1				
10:15–10:30	REST				
10:30–11:00	PADEL LESSON 2				
11:00–11:15	REST				
11:15–11:45	PADEL LESSON 3				
11:45–12:00	DRESSING AND GOING TO THE SERVICES				

AFTERNOON PROGRAMS

SWIMMING BORN (2014 - 2020)		
HOURS	ACTIVITY	PLACE
14:00–14:30	WARM UP TRAINING	POOL GRASS AREA
14:30–15:30	SWIMMING LESSON 1	POOLS
15:30–16:00	REST	
16:00–16:30	SWIMMING LESSON 2	
16:30–17:00	DRESSING AND GOING TO THE SERVICES	

FOOTBALL (BORN 2014 – 2018)		
SAAT	ACTIVITY	PLACE
14:00-14:30	WARM UP TRAINING	ATHLETICS
14:30–15:00	FOOTBALL LESSON 1	GRASS ARENA
15:15–15:45	FOOTBALL LESSON 2	
16:00–16:30	FOOTBALL LESSON 3	
16:30– 17:00	DRESSING AND GOING TO THE SERVICES	

BASKETBALL (BORN 2014–2019)		
HOURS	ACTIVITY	PLACE
14:00–14:30	WARM UP TRAINING	BASKETBALL COURT
14:30–15:00	BASKETBALL LESSON 1	
15:00–15:15	REST	
15:15–15:45	BASKETBALL 2ND LESSON	
15:45–16:00	REST	
16:00–16:30	BASKETBALL LESSON 3	
16:30–17:00	DRESSING AND GOING TO THE SERVICES	

VOLLEYBALL (BORN 2014 – 2018)		
HOURS	ACTIVITY	PLACE
14:00–14:30	WARM UP TRAINING	BASKETBALL COURT
14:30–15:00	VOLLEYBALL LESSON 1	
15:00–15:15	REST	
15:15–15:45	VOLLEYBALL 2nd LESSON	
15:45–16:00	REST	
16:00–16:30	VOLLEYBALL 3RD LESSON	
16:30– 17:00	DRESSING AND GOING TO THE SERVICES	

TABLE TENNIS (BORN 2014–2018)		
HOURS	ACTIVITY	PLACE
14:00–14:30	WARM UP TRAINING	ATHLETICS
14:30–15:00	TABLE TENNIS LESSON 1	ENKA SCHOOLS
15:00–15:15	REST	
15:15–15:45	TABLE TENNIS LESSON 2	
15:45–16:00	REST	
16:00–16:30	TABLE TENNIS LESSON 3	
16:30–17:00	DRESSING AND GOING TO THE SERVICES	

GYMNASTICS (THOSE BORN IN 2017 – 2022) (THOSE BORN IN JANUARY – JUNE 2022. REGISTRATION WILL NOT BE TAKEN IN THE SECOND SIX MONTHS OF 2022)		
HOURS	ACTIVITY	PLACE
14:00–14:30	WARM UP TRAINING	KINDERGARTEN PLAY AREA
14:30–15:00	GYMNASTICS LESSON 1	GYMNASTICS HALL
15:00–15:15	REST	
15:15–15:45	GYMNASTICS LESSON	
15:45–16:00	REST	
16:00–16:30	GYMNASTICS LESSON 3	
16:30–17:00	DRESSING AND GOING TO THE SERVICES	

PADEL (BORN 2014–2018)		
HOURS	ACTIVITY	PLACE
14:00–14:30	WARM UP TRAINING	PADEL COURT
14:30–15:00	PADEL LESSON 1	
15:00–15:15	REST	
15:15–15:45	PADEL LESSON 2	
15:45–16:00	15:45–16:00	
16:00–16:40	PADEL LESSON 3	
16:40–17:00	DRESSING AND GOING TO THE SERVICES	

WINTER SPORTS SCHOOLS PROGRAMS

BRANCHES	GYMNASTICS	SWIMMING	TENNIS	PADEL	FOOTBALL	BASKETBALL	VOLEYBALL	TABLE TENNIS
Age Group	*4-9 Years*	*6-12 Years*	*6-12 Years*	*8-12 Years*	*7-11 Years*	*7-12 Yaş*	*7-12 Years*	*9-12 Years*
1.Session	10:00 – 11:00	9:45 – 10:45	10:00 – 11:00	10:00 – 11:00	12:00 – 13:00	10:00 – 11:00	10:00 – 11:00	10:00 – 11:00
2. Session	11:00 – 12:00	11:15 – 12:15	11:00 – 12:00	11:00 – 12:00	13:00 – 14:00	11:00 – 12:00	11:00 – 12:00	11:00 – 12:00
3. Session	12:00 – 13:00	12:15 – 13:15	12:00 – 13:00	12:00 – 13:00		12:00 – 13:00	12:00 – 13:00	12:00 – 13:00
4. Session	13:00 – 14:00		13:00 – 14:00					
LOCATION	GYMNASTICS SPORTS HALL	POOLS	CLOSED COURTS	PADEL COURT	ATHLETICS/ SPORTS HALL	SPORTS HALL	SPORTS HALL	ENKA SHOOLS

ENKA SPORTS SCHOOL INFORMATION

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