



Co-Curricular Activities Parents Handbook



GULF STAR SPORTS

About Us

Gulf Star Sports is a multi-functional sports and educational services business operating throughout the UAE. Our knowledge of sports and education in the region sets us apart from the rest, with a team of highly trained and motivated staff. We are also industry leaders in our ease of access for customers, with our fully automated booking systems and 24/7 customer support.

Vision

To promote participation

Mission

- Provide access to sports for children and adults.
- Engage with schools and communities to support our vision.
- Ensure our customers can easily access our services.
- Develop fun, educational and affordable programs to encourage participation.
- Support development of sports in the UAE.

GULF STAR SPORTS

Contact Our Team

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WHAT WE OFFER IN TERM 1

KINDERGARTEN

KG 1 & 2

COST PER SESSION

**105 AED - /
incl. VAT**

- GYMNASTICS
- KARATE
- MULTI SPORTS
- DANCE (Recreational)
- FOOTBALL

PRIMARY SCHOOL

GR 1 - 4

COST PER SESSION

**100 AED - /
Incl. VAT**

- GYMNASTICS
- KARATE
- MULTI SPORTS
- DANCE HIP HOP
- FOOTBALL
- SWIMMING
- ATHLETICS
- ENGINEERING
- BASKETBALL

SECONDARY SCHOOL

GR 5 - 11

COST PER SESSION

**100 AED - /
Incl. VAT**

- GYMNASTICS
- KARATE
- MULTI SPORTS
- DANCE HIP HOP
- FOOTBALL
- SWIMMING
- ATHLETICS
- ENGINEERING
- BASKETBALL

DISD CCA'S TERM 1 CALENDAR

26TH SEPTEMBER 2022 - 26TH JANUARY 2023

MONDAYS TO THURSDAYS

SCHOOL BREAKS EXCLUDED

Booking Link

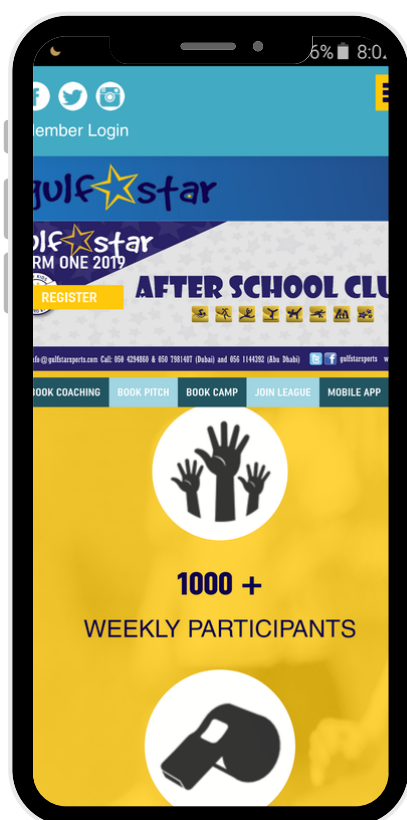
For more information about the activities and schedules you can visit www.gulfstarsports.com and you can make bookings at the following link;

<https://bookings.gulfstarsports.com/location/229>

 info@gulfstarsports.com

 [@gulfstarsports](https://www.instagram.com/gulfstarsports)

 www.facebook.com/Gulf-Star



How to Register?

- Go to the booking link
- Create an account (fill up all required details)
- Create your child/s profile
- Select the session and the child you want to participate in
- Verify and confirm the activity and the amount before payment
- Check out payment using your debit or credit card
- You will receive a notification once your booking is successful
- Parents will be able to make multiple bookings for multiple children.
- Please note that we do not accept cash payment all parents should register and book online

OUR ACTIVITIES

Football

OUR PHILOSOPHY

Gulf Star Football's model is based on the combination of English FA coaching and the FCBarcelona coaching academy. Our philosophy is that of collective game culture-

- The Team
- The Player
- The Coach
- The Training
- The Game

WHAT WE TRAIN

We focus on the FCBarcelona coaching philosophy of Possession and Recovery stages opposed to 'attack' and 'defense'.

As part of this, our training focuses on the 3 P's

- Possession
- Position
- Pressure



Karate

OUR PRINCIPLES

- Discipline
- Respect
- Self Control
- Tolerance

WHAT WE TRAIN

Students begin their journey learning the basics, but quickly learn how to perform a Kata and compete in Kumite.

HOW DO YOU PROGRESS

All of our students will have the opportunity to work through the WKF belts grading system, with our trained Sensei's carrying out termly gradings.



Gymnastics

WHO ARE WE AND WHAT WE DO

Gulf Star offer a variety of classes from beginners to advanced level. Structured classes for boys and girls, working to British Gymnastics standards based on the British Gymnastics proficiency award scheme. Our Team is headed up by highly qualified Gymnastics coaches who are passionate about developing the skill of young gymnasts.

HOW DO WE COACH?

Gymnasts are taught fundamental skills and receive an early introduction to flexibility and stretching skills and basic techniques for moves such as rolls, handstands, cartwheels, jumps, shapes and the initial steps to the vault run up. They will have fun whilst gaining a good understanding for the sport and can make friends in a safe, friendly environment.



Multi-sports

WHAT IS OUR MULTI-SPORT PROGRAM?

At Gulf Star, we believe that physical fitness is an excellent indicator of health in children and a predictor of a healthier cardiovascular profile later in life, as such our program aims to introduce children to sports at a young age, and give the basic skills required to enjoy a vast range of different sports and physical activities, with the goal of finding the right sport for every child.

HOW DO WE COACH?

We structure the program in three different stages, being a scaled progression for the acquisition of motor movements according to the age of the students. Increasing the difficulty of each stage by introducing and mastering skills.

- Introduction stage (3-4 years old)
- Initiation stage (4-5 years old)
- Specialization stage (6-8 years old)



Dance

WHO ARE WE AND WHAT WE DO

At Gulf Star we provide various Dance Programs in Schools, Nurseries and venues across Dubai and the UAE. Our dance programs promote self-confidence, determination, respect and a total understanding of the body. Gulf Star Performing Arts is highly versatile and is offered for children from the age of 18 months up to secondary school students.

WHAT ARE THE BENEFITS?

The uniqueness of dance lies in its dual nature, physical and expressive. Dance develops physical, creative, imaginative, emotional and intellectual capacities for all students, being a great boost to promote participation besides to improve social skills.

