

SPORTS CLUB MANUAL

Sports Club - Office Bearers				
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INTRODUCTION

The Sport Club Program at Indian institute of Information Technology is comprised of sport clubs formed, developed, governed, and administered by the student membership working in conjunction with the Office of Intramurals and Recreation, a unit of the Division of Student Life. The key to the success of this program is student leadership, interest, involvement, and participation. The Sport Club Council with advisement of the Office of Intramurals and Recreation has created this manual in order to provide officers with the structural framework necessary for clubs to gain recognition, develop leadership skills, and run safe, efficient programs.

The policies and procedures contained herein apply to all of the clubs. Sport club members, officers, coaches, and the faculty/staff advisor are required to read, understand, and follow the procedures outlined in this manual. Questions regarding the policies and procedures within this manual should be directed to the Mentor of Intramurals and Recreation or the Sport Club.

OBJECTIVES

- The opportunity to prepare the students for instruction and participation in a wide variety of sports of which one may develop sound, lifelong leisure values
- To develop leadership skills by providing opportunities for students to organize, administer and manage through individual clubs and/or the sports club
- To provide an outlet for advanced participation and competition in a particular sport
- To develop Equity, Diversity, Inclusion and Learning skills
- To develop personal foundations, advising and helping to develop the organic systems of the body.
- The development of the organic vigor is dependent on a wide selection of activities and so conducted that the normal functions of the body are developed and improved.
- To develop Neuro-muscular co-ordination or skill.
- Individual and group play activities enable people to give wholesome expression to their innate desires and interests,
- To develop right attitude towards and physical activities in general.

- It gives opportunity for social contact, group living, and self-adjustment with the group.
- Development of psychomotor skills.
- Development of understanding and appreciation of the techniques and strategies of sports.
- Preparation for leisure time.
- Elimination of worries and anxieties through developing appropriate interests and habits of engaging in exercise and sports.
- Attainment of knowledge of proper health procedure as related to physical exercise.
- To develop correct health habits
- A rational programme of physical activities can stimulate the participant to develop favorable attitudes and habits in physical, mental, moral, social and emotional health.
- Instilling in the younger generation a sense of patriotism, self-reliance and discipline.
- To give adequate scope for bringing out the aptitudes and talents of the students.

ACTIVITIES

- Indoor games
- Outdoor games
- Conduct intra and inter-meet competition

OUTCOMES

At the end of the course the students can

- Identify the student leadership and self confidence
- Report on skills gained that can benefit them for a lifetime
- Gain experience in organizational leadership, event management and business processes.
- Develop their body both physically and mentally.

CONSTITUTION

- Commit to my team by turning up to all trainings and games. I will inform my coach if I am unable to attend
- Always play by the rules
- Never argue with an official. If I disagree with a decision I will inform the captain, coach or manager during a break or after the competition
- Control my temper. I understand that verbal abuse of officials and other players or deliberately distracting or provoking an opponent is not acceptable or permitted behavior in any sport
- Work equally hard for myself and team
- Be a good sport and applaud all good plays whether they are made by my team or the opposition

- Treat all players in my sport as I like to be treated. I will not bully or take unfair advantage of another competitor
- Co-operate with my coach, team mates and opponents
- Display modesty in victory and graciousness in defeat
- Participate for my own enjoyment and benefit, not just to please parents and coaches
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion
- Thank the opposition and officials at the end of the game.
- Institute equipment can be used by the members of the club under supervision in the club area and have to be returned in proper condition.
- The committee members will be held responsible for the sports equipment provided to the club.
- The Club representatives must safely deposit the equipment after any kind of practice or event.