

# Exchange Schedule

## Thursday, 15 November

### ARRIVALS

*Arrivals meet in cafeteria for welcome, orientation, exchange packet, tour of school, shoot around, and introduction to host family*

ISE 10:20, Flight TG 680	Host family pick up at 3:15
UNIS 13:00, Flight VN 217	Host family pick up at 3:15
ISPP 13:25, Flight VN 841	Host family pick up at 3:30
VIS 13:25, Flight VN 841	Host family pick up at 3:30
HIS 14:30, Flight VN 219	Host family pick up at 4:30
NISC 14:45, Flight VN816	Host family pick up at 4:45

### **\*Bus departs SSIS for ISHCMC pick up point at 4:45**

Dinner with host family

6:30-8:30 Coaches Meeting @ Mr. Barton's house

22:00 Curfew

## Friday, 16 November

6:30 **Bus departs** from ISHCMC

7:30 Team Captain Meeting in RM 310

8:05 Team photos begin--see schedule

7:50 First warm up begins

8:00 **First game begins**

10:15 Fruit delivery for each team outside gym

11:45-1:00 **Lunch** "under the tent"

2:45 Fruit delivery for each team outside gym

5:00-5:15 Break

5:00-6:30 **Dinner** "under the tent"

7:30 Final Game played

8:30 **Bus departs** for ISHCMC and pick up by host family

10:00 Curfew

### **Other events during the day:**

9:00-10:00 Breakfast items, fresh juice for sale-2<sup>nd</sup> floor

11:00-1:00 Popcorn, drinks sold by SSIS Booster Parents-2<sup>nd</sup> floor

12:00-6:00 Pool available for use by athlete participants-1<sup>st</sup> floor

3:30-5:00 Pizza, popcorn, drinks from SSIS Booster Parents-2<sup>nd</sup> floor and front lobby area

4:00-6:00 MRISA Café with live music-front lobby area



## Saturday, 17 November

6:30 **Bus departs** from ISHCCMC  
7:50 First warm up begins  
8:00 **First game begins**  
10:15 Fruit delivery for each team outside gym  
11:45-1:00 **Lunch** “under the tent”  
4:15 Break and fruit delivery for each team outside gym  
6:45 Final game played  
7:30 **Awards Dinner** “under the tent”  
9:30 Bus departs for ISHCCMC and pick up by host family  
10:00 Curfew

### **Other events during the day:**

9:00-11:30 Fresh juice, donuts, drinks from SSIS Booster Parents-2<sup>nd</sup> floor  
12:30-2:30 Pizza, drinks from SSIS Booster Parents  
2:00-6:00 Pool available for use

## Sunday, 18 November

### **Departures**

ISE flight at 11:25	Depart SSIS at 8:30
HIS flight at 11:30	*Depart ISHCCMC at 9:30
NISC flight at 12:25	*Depart ISHCCMC at 9:30
VIS flight at 14:15	Depart SSIS at 11:15
UNIS flight at 14:00	Depart SSIS at 12:00
ISPP flight at 14:15	Depart SSIS at 12:15

**\*HIS and NISC depart from ISHCCMC**



# Team Photo Schedule

(Location-Outside, front lobby area)

8:10	HIS
9:00	ISPP
9:05	ISE
8:00	ISHCMC
8:05	SSIS
9:55	VIS
9:50	NISC
8:15	UNIS

## General Information

### Game Venue

- All girls games will be played on Court #1 and all boys games will be played on Court #2
- Basketball will be played on Friday and Volleyball will be played on Saturday
- All spectators must sit or stand behind the green line marked on the gym floor
- Please, no food or drink in gym—Water only
- Game schedule and exchange scoreboard are located inside gym near Rm 208
- Look on the map for locations of athlete team room and nurse locations

### Food Areas

- Fruit will be delivered twice daily across the hall from the gym for athletes—Please “nibble” throughout the day to keep your energy level up
- Various food items will be sold at the bottom of the steps outside the gym on the 1<sup>st</sup> floor, in the front lobby area of the school, and on the 2<sup>nd</sup> floor outside the gym---check the exchange schedule for what items will be sold where
- Lunch and dinner will be provided on Friday and Saturday. Your coach will give you your vouches for all each of these meals. You **must** have your voucher in order to get your meals.

### Water

- Please make sure you drink lots of water each day. Your school will be given a case of water each day. Use the permanent marker provided to put your name on one of the water bottles so that you will be able to keep track of your bottle. You can refill your bottle as needed at one of the many water stations throughout the gym and hallway areas.



## Contact Information

Rhonda Isley	SSIS Athletic Director District 7	0935106397 412-0190
Dot Wittry	SSIS Transportation An Phu, District 2 Area	0903010017 519-0320

## Transportation Information

(All drop offs and pick-ups will be at ISHCMC Campus)

Bus departs ISHCMC each morning at 6:30  
Bus departs SSIS on Friday night at 8:30  
Bus departs SSIS on Saturday night at 9:15

## THANK YOUS

A personal thank you to all those who contributed to making this exchange possible. The planning and cooperation that went into creating this event was greatly appreciated and I extend my kindest gratitudes.

