

Sports & Fitness Programme

The efficient and experienced coaches at GDGIS impart professional training to every child to excel on the field. The variety of indoor games ranges from gymnasium, yoga, chess, table tennis, carom, squash whereas the outdoor activities comprise of basketball, football, swimming, cricket, taekwondo, skating, rock climbing, volleyball.

GDGIS students have won laurels for the school at zone, district and state and at national levels. They learn dedication and determination through games.

The children are not only taught the sport but also they are taught to compete with the right spirit as it is truly said "The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."

The school campus accommodates hitherto unprecedented sports infrastructure, quintessential in this region with an aim to teach its students the importance of sports as a physical activity.

Our comprehensive sports programme ensures that every child gets adequate exposure to various physical activities. It is mandatory for our students to participate in physical activities. We have world class sports complex and facilities comparable to international standards.

'Talent wins games, but teamwork and intelligence wins championships and Winners don't wait for chances, they take them'. This is the motto of GDGIS.

GDGIS Sports School

Sports Education forms an integral part of GDGIS. Regarded as a top sports school in surat, it strongly believes that the health of young students is directly connected to academic success and quality of life. The Sports Program at GDGIS delivers an elite sports curriculum with state-of-the-art facilities and unrivalled education experience, designed to nurture young-sports aspirants and encourage high-performance student-athletes. With expert educationists and seasoned sports trainer on-board, GDGIS has created a flexible school schedule and support system for providing exceptional sports training solutions.

At GDGIS, along with encouraging students to achieve academic excellence, we embolden young minds to realize their true potential through advanced training routines under the exceptional guidance of certified coaches. This full-time program at the school combines year-round sports training with an elite academic curriculum that is at par with international standards and prepares budding sportspersons for life through a focus on creative and critical thinking that transforms them into a truly global citizen.

The Sports Program offers two variations of sports training to the students of GDGIS, which are created to support and foster every student's development by providing them with learning opportunities that are engaging and challenging.

Our Sports Programs

SportsFit Program (SFP) - Promoting Overall Health and Fitness

Famed for its ideal environment for nurturing young sports enthusiasts, SportsFit Program is a hive of activity. To inculcate healthy lifestyle choices, students are encouraged to play a variety of sports that help them to develop overall fitness of the mind and the body. In this program, a student can enjoy an hour-long session in the morning and evening under the supervision of professional coaches. The students have the liberty of choosing any sports they like each day. Sports like Squash, Cricket, Football, Basketball, Table tennis, Skating, Badminton, Volleyball, Swimming, HPE, Yoga, Rock climbing, Athletics, Chess and Carom can be pursued as a hobby to stay fit and active.

This program provides an opportunity for the students to test their calibre and move forward towards professional coaching and training in a specific sport of their liking.

This is a part of the sports curriculum at GDGIS which comes with benefits like:

- Best-in-class equipment with top-notch indoor and outdoor playing facilities
- Developing physical components focused on developing motor abilities
- Building endurance, coordination, and flexibility
- Develop teamwork and leadership skills
- Promote lifelong healthy lifestyle habits

SportsPro Program (SPP) - Providing Sport-Specific Intensive Training

This specialized program rolls out sport-specific, individualized training for the young student-athletes at GDGIS to pursue an integrated sports curriculum under the guidance of skilled coaches. After discussing an athlete's specific goals, this program helps students deliver on-field success through research-based performance training mechanisms enabling them to move better and faster while acclimatizing their conditioning in the best possible manner for their sport. SPP brings together science, innovation and specialized training to suit each student-athletes need which is sport-specific and position-specific.

Enrolling with this program comes with a plethora of benefits, namely:

- 6 sports disciplines with 7 highly qualified and experience coaches
- Scientific training methods for strength, speed, power, flexibility, and endurance
- Technical and tactical, special physical and psychological preparation
- Advanced training through video and match analysis
- Meticulously planned programs for fitness and competitive sports
- A nutritious and specially planned diet for performance
- Opportunities for participation in khel mahakumbh, CBSE, SGFI, domestic & International invitational tournaments.