



Íþróttaskóli Héraðssambands Vestfirðinga (HSV) is a collaborative project between HSV, affiliated clubs of HSV, and the municipality of Ísafjörður. The sports school is intended for children in grades 1-4 of Ísafjörður's primary school. The emphasis at HSV Sports School is on basic training for children, while also providing training in most sports offered by the affiliated clubs at higher levels. Daniel Badu is the head coach and is responsible for organizing the program, as well as overseeing basic training and soccer school for grades 1 and 2, and basic training for grades 3 and 4. He also coordinates training for other sports in collaboration with HSV's affiliated clubs.

Participants have the freedom to choose from various sports, meaning they can choose all the sports or select individual ones based on their interests and convenience. Basic training and soccer school take place twice a week, totaling four sessions. Skiing activities (cross-country skiing, downhill skiing, and snowboarding) are conducted when conditions allow at the skiing area in Tungudalur, Ísafjörður.

There is a single fee for each semester in the HSV Sports School, amounting to 9,000 ISK. Registrations are made at [www.sportabler.com/shop/hsv](http://www.sportabler.com/shop/hsv).

The schedule of the sports school aligns with the calendar of Ísafjörður's primary school.

**The goals of the school are as follows:**

- Encourage as many children as possible to participate in sports.
- Ensure a positive first experience with sports for children.
- Introduce children to as many sports as possible.
- Enhance the quality of training.
- Reduce the cost of sports participation for families.
- Increase the portion of basic training in sessions, general physical activity, motor skill development, and physical fitness.

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