

Sports

There are plenty of opportunities to do sports at Egå. The classes described here are school subjects, but there are many possibilities beyond these. The sports hall and football course are at your disposal. We have made arrangements to use a swimming pool for exercise swimming seven times a week. A gym is available five times a week. Apart from our own facilities, we can use some of the facilities of Århus, such as climbing facilities and an ice skating hall.

Århus also offers the possibility to experience elite sports. We are often offered ticket to main events.

If you are an athlete and need to stay fit while being a student at the school, we will help make contact with a club for you to train with.



Sports

Sports are for everyone who wants to move. We will work with elements such as games, playing and strength. The goal is to have fun together while being active. You will get to know various games and activities.

There will be lots of outdoor running in all kinds of weather.

American ballgames – softball.

The great American ballgames include basketball, American football and baseball. We will primarily focus on softball (baseball with a slightly bigger ball) but also try on American football.

We will train technical skills, tactics and our understanding of the game.

Cricket

You will be introduced to the English gentleman sport of cricket. In cricket, you don't just have to win – you have to win in a nice and orderly fashion! So, the tactical game in the field and mixed with decent bench-side manners. In cricket you find elements of softball as well. Catching, throwing and batting are central components. As a player you will experience the tactical intensity of the game, explosive sprints and bench chat – all in the spirit of “English Gentlemanship”.

Football

Football is for everyone. All you need is the will to learn and develop the game. We will work with techniques, tactics and the game itself. The joy and cooperation of the game are the key words.

Basketball

Endless possibilities. We train techniques and tactics. Play on small and big courses. Try to understand the enormous fascination of the elegant yet incredibly physical team sport. Everybody's welcome regardless of merits.

Racket sports

This class is mainly about racket games. Mostly we will focus on badminton, but it will also be possible to play foam tennis and table tennis. Beginners as well as advanced students are welcome. We will work on techniques, tactics, batting exercises and games that are relevant to develop good playing.

Volley

This is about avoiding that the ball touches the floor. You have to want to learn some moves to keep this from happening. It's a high intensity class, which makes the exercises just as funny as the game itself.

Gymnastics

We work with important elements such as strength, power and balance. We do this through exercises and practicing different jumps on the floor, the box, the trampoline and the spring-board.

Dancing

Dance class is a palette of different styles. We will work with set choreographies, improvisations and our own ideas. Salsa, mambo, hip-hop, funk and show dance are some of the key words when the stereo's switched on.

If you are a dancer in the musical, this class is a good idea for you

Intense sports

There are disciplines, games and plays within sports, which are characterised as intense, which means intensity, fighting and lots of sweat. We focus on different activities, which produce these qualities. Qualifications: You want to work with your body.

Outdoor life

Many people are becoming more aware of the nature which surrounds us. The aim of outdoor life is to help us seeing the possibilities of using our surroundings in an environmentally friendly way, of course.

We will make bonfires, cook outdoors, build saunas and much more. We will challenge ourselves through climbing trips and orienteering. We will have some great outdoor experiences, for example when we go canoeing.

Sailing

From Autumn 2007, we offer sailing classes together with Egå Sailing Club. You will learn to sail a fast sailing boat together with two companions. By getting to know the techniques, wind and weather, you can make the boat go at maximum speed, which is a great feeling.

(We are still working on this project. We therefore cannot guarantee starting date.)