

# First Semester 2022 - 2023

## High School - 9<sup>th</sup> to 12<sup>th</sup> Grades Afterschool Activities

### Welcome to Uruguayan American School Afterschool Activities and Athletics!

We designed this handbook to give families and students helpful insight into the UAS High School (HS) After-School Activities Program (ASA), procedures and policies offered for the 2022-2023 school year. The ASA Program offers a cross-section of experiences for your child to learn new skills and socialize while developing a sense of teamwork within a supportive environment. Each activity presents age-appropriate opportunities for children to explore personal interests. Please let us know if you have any suggestions or ideas to make your child's time at the ASA Program a positive and rewarding experience.

[Nicolás Bruni](#)

Athletics and Activities Director

## Guidelines and Important Information

### Timing

- Afterschool Activities will begin on **Monday, August 8<sup>th</sup>**, and will end on **Friday, December 9<sup>th</sup>**.
- Afterschool Activities for HS run on 2 shifts, the first one up to 4:40PM and the second one up to 5:50 PM.
- No student will be allowed to stay on campus after 6:00 PM
- For activities held off campus (Swimming, Gymnastics), check each activity description in order to know the end time.

### During activities

- All students must bring their own water bottle.
- Students must wear the proper clothing (no jeans, skirts, flip-flops, crocs, etc).

### Dismissal

- Late Bus service is available only for the 4:40 shift. Please contact Eduardo (099 664 581) for the Carrasco bus, or Jorge (099 663 701) for the Pocitos bus to arrange transportation.
- Parents will wait for the student in the parking lot inside the car.
- It is the parent's responsibility to pick up their children at the designated time for activities that take place off campus (Swimming, Gymnastics).

## Communications

- We will send all ASA communications via the **UAS App**. For any doubts, questions or concerns, you can always contact me at [nbruni@uas.edu.uy](mailto:nbruni@uas.edu.uy)

## Registration Process

- Online Registration will take place during the following days/times:

Monday, August 1st to Friday, August 5th	Online Registration Registration opens at 11:00 am (August 1) Registration closes at 1:00 PM (August 5)
Friday, August 5th	Activity Confirmations Notification to Parents through UAS App by 6:00 PM

- Registration will be done through a Google Form (links available after the weekly grid of activities)
- There are activities that need a minimum of participants to proceed. If your student's selected activity should not reach the minimum requirement and is canceled, we will notify you as soon as possible.

## Activity Fees and Payments

- If your daughter or son want to take part in soccer, basketball and volleyball, these are activities that don't require the payment of a fee.
- For the rest of the activities, the activity fee will be due directly to the outside organization/instructor leading and organizing the activity. The instructor will share the payment details.
- Parents must make payments in full **before the third activity session**.
- ***We can consider the first classes as try-outs, and we are happy to help if the student wants to change the selected activity. After week 4 (September 3rd) of the first-semester program, no after-school activity changes will be considered.***

## After-school Activity Procedures

- After school, students will move to their classroom/location where they will find their activity leader.
- Activity leaders will take attendance and inform the Activities Office/Activities Coordinator.
- Punctuality is very important in order to respect the coach/instructor's work and the rest of the teammates/participants. Late arrivals have to be exceptions. A student consistently arriving late to the activity could cause suspension.
- If for some extenuating circumstances, parents are late picking up their child, he/she will wait at the Reception or at the main entrance.

- If you know your child will not take part in their regularly scheduled activity on any day (e.g., doctor's appointment), please inform this at [nbruni@uas.edu.uy](mailto:nbruni@uas.edu.uy) and [hsoler@uas.edu.uy](mailto:hsoler@uas.edu.uy) before noon.
- **Non canceling policy:** our goal is to have as many practices and activities as we can. With that in mind, we try not to cancel any activity. For example, on rainy days, soccer practices will be held inside. Also, on early dismissal days for students, the activities will run normally.

### Weekly Grid

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Boys</b>	3:35	Swimming Team Volleyball Weight Room Roots for Shoots Writing Lab	Volleyball Weight Room	Swimming Team Gymnastics Soccer Weight Room MUN	Soccer Weight Room Physics and Science Clinic Robotics	Swimming Team Gymnastics Soccer Weight Room	Volleyball (time to be arranged with the coaches)
	4:45	Soccer Weight Room	Volleyball Basketball Weight Room	Volleyball Weight Room	Volleyball Weight Room	Soccer Weight Room	
<b>Girls</b>	3:35	Swimming Team Soccer Weight Room Roots for Shoots Writing Lab	Soccer Weight Room	Swimming Team Gymnastics Volleyball Weight Room MUN	Physics and Science Clinic Volleyball Weight Room Robotics	Swimming Team Weight Room Gymnastics Volleyball	Volleyball (time to be arranged with the coaches)
	4:45	Volleyball Weight Room	Volleyball Weight Room	Soccer Weight Room	Soccer Weight Room	Soccer Weight Room	

To sign up for activities, please fill out  
the form by August 5th, 1:00 PM

[High School Sign up Form](#)

## Activity Description

**BOYS & GIRLS SOCCER (Soccer Field) – Diego Varela, Juan Manuel Gómez, Diego Gutiérrez, Lucía Alvarez.** *Our SAAC Soccer tournament is scheduled for November 16th-20th in Buenos Aires, Argentina.*

**BOYS BASKETBALL (Gym) – Jeff Granger & Guzmán Álvarez.** The boy's team will continue to play in the ADIC league against local schools and preparing for the **SAAC Basketball Tournament scheduled for the next semester in San Pablo, Brazil.**

**GIRLS BASKETBALL (Gym) - Florencia Somma and Sabina Bello.** The girl's team will play several games against local schools and sports clubs preparing for the **SAAC Basketball Tournament scheduled for the next semester in San Pablo, Brazil.**

**GIRLS VOLLEYBALL (Gym) – Gerardo Peralta and Nichole Figarola.** *The SAAC Volleyball tournament is scheduled for October 19th to 23rd in Santiago de Chile, Chile.*

**BOYS VOLLEYBALL (Gym) – Sebastián Antelo and Florencia De Maio.** *The SAAC Volleyball tournament is scheduled for October 19th to 23rd in Santiago de Chile, Chile.*

As soon as the leagues schedules these games, the UAS will share the information with students and parents through the UAS App and Friday Flash. You should know that for local games, we might not have confirmation of the schedule until a few days before the games.

**SWIM TEAM – Gustavo Gorriarán (Complejo Deportivo Naval: Lido 1676).** Students will go on the school bus to the Club. Departure will be at 3:45 PM from the auditorium entrance (it is the student's responsibility to be on the bus on time for departure). Training sessions will run from 4:10 to 5:30 PM. Pickup must be at 5:45 PM at the club.

***This semester we have the SAAC Swimming tournament scheduled for November 30th to December 4th in Lima, Perú.*** Coach Gustavo will evaluate the skills level of new swimmers before granting a spot on the team, as the group is not a swimming school. Students may swim once, twice, or three times a week.

Cost: 18.300 pesos for the semester

Please deposit the fee in any of the UAS accounts (information at the end of this document) and inform the Finance Office once completed.

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We will share detailed information about international tournaments separately.

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**WEIGHT ROOM** - This is a space reserved for High School students only. Safety and good practices are essential for this activity; therefore, if students plan to use this space, they will have to register using the Sign up form so the Athletics Department can monitor them. Students not registered will not be able to use the weight room after school.

**UAS ROOTS FOR SHOOTS PROGRAM – Chris Wilkinson & Tavis Davidson (Room S202).** This year some of the science team is starting a Roots for Shoots program. Jane Goodall’s Roots & Shoots is an education program for young people that is flourishing in nearly 100 countries around the world. This club will be about making positive change happen, for our communities, for animals, and for the environment. We will foster a fun, flexible, and supportive cultural environment where young people come together to share ideas and inspiration, implement successful community service projects and take part in special events and international campaigns. We will meet once a week to plan projects both at the school and in the greater community this school year. Together, we can make a positive impact.

**GYMNASTICS - Florencia Ferrer (Escuela de Desarrollo Gimnástico EDG - Beranguer 6596).** Ferrer, a former UAS PE teacher and coach, is the director of EDG, an institution specialized in gymnastics at all levels and ages, with 18 years of experience. The school has one of the best facilities in the country, with all four events of women’s gymnastics: vault, bars, beam, and floor, adding parallel bars, rings, and pommel horse for boys. She has a powerful teaching method and a focus on safety. All coaches specialize in both gymnastics and educational areas. They achieve a pleasant and fun environment while developing strength, flexibility, coordination, posture, elegance, etc., through the teaching of specific techniques in a correct and safe way. We will organize classes separating the groups by age and level, with a teacher in charge of each one, in order to meet the needs of each individual.

You can learn more about EDG’s work and facilities on their Instagram: @edgimnastico or Facebook: “EDG Escuela de Desarrollo Gimnástico”. If you wish to visit the facility, Florencia will be happy to receive you on Thursday, August 4, between 3:45 and 4:15 PM.

Students will ride a school bus to EDG and parents will pick them up at EDG at 5:10 PM.

***This semester we will return to competitions, taking the group to at least 2 interscholastic events.***

**Cost:** One class a week, \$7200 per semester. Two classes a week, \$11600 per semester. To arrange payment, please contact Florencia at [edgimnastico@gmail.com](mailto:edgimnastico@gmail.com) or 099 698992. We need a minimum number of 8 students to open the group.

**ROBOTICS – Samuel Neth (Wednesday from 3:45 to 4:45 - Design Lab)**

The activity is limited to 16 students on a “first come first served” basis. Students use Lego Mindstorms kits to create robots that will compete against each other according to FLL (First Lego League) rules. No experience is necessary. Students learn how to build a basic robot and

how to program it with the Lego software. Our primary goal is to have fun exploring and being creative!

**PHYSICS AND SCIENCE CLINIC – Haydn Williams (Thursday fom 3:45 to 4:45 – Room 206).**

Got some Science homework you are struggling with? A Physics concept that you just cannot wrap your head around? Need assistance with your experimental write up or IA? Or just want to talk about a new discovery! Then come along on a Thursday afternoon to room 208 and meet with Mr. Williams who is there to help you out with any science issues you may have.

**UAS LOUDSPEAKERS – Haydn Williams and Michael Foege (Mondays from 3:45 to 4:45 – Room 208).**

Do you have something to say? Do you enjoy listening to podcasts? Watching TED Talks? Or Roundtable discussions? Want to make a blog? UAS Loudspeakers is a space where you can create your own! Bring your ideas, invite your friends and guest speakers, and talk about topics that matter to you. Together we will work on exploring and improving our public speaking using different platforms available in the modern world. We can create your own podcast/TED Talk/vlog, however you want to share your ideas we can make it happen. Come along, it is open to everyone, to room 208, and get loud.

**WRITING LAB - Mark Turner (Monday from 3:45 to 4:45 - STUCO room)**

**MUN Model United Nations- Antonina Laura and Eric Zarsky (Wednesday during lunch time - room)**

## **UAS BANK ACCOUNTS**

When crediting the school's account, identify the name of the student or students for whom the payment applies. After you make the payment, please send a copy of the bank receipt by email to Natalia Calvo: [ncalvo@uas.edu.uy](mailto:ncalvo@uas.edu.uy). For international wire transfers include USD 50 for bank charges.

### **BANCO ITAÚ**

Carrasco Branch / *Sucursal Carrasco*: Gabriel Otero 6402-Montevideo, Uruguay

U.S. dollar account No. / *Nº Cuenta dólares estadounidenses*: **1.713.858**

Uruguayan pesos account No./*Nº Cuenta pesos uruguayos*: **3.419.055**

International wire transfer (U.S. dollars) / *Transferencia bancaria internacional (dólares estadounidenses)*:

Intermediary Bank / *Banco Intermediario*: **JP Morgan Chase Bank N.A. (New York)**

Swift Code: CHASUS33 - ABA: 021000021

Beneficiary Bank / *Banco Beneficiario*: **Banco Itau Uruguay S.A.** - Swift Code: ITAUUYMM

Holder / *Titular*: **Uruguayan American School** - U.S. dollar account No./*Cuenta U.S. dólares Nº*: **1.713.858**

### **BANCO SANTANDER**

Branch 73 (Carrasco) / *Sucursal 73 (Carrasco)*: Arocena 1577-Montevideo, Uruguay

U.S. dollar & Uruguayan pesos account No. / *Nºcuenta dólares estadounidenses y pesos uruguayos*: **1.200.615**

International wire transfer (U.S. dollars) / *Transferencia bancaria internacional (dólares estadounidenses)*:

Intermediary Bank / *Banco Intermediario*: **Wells Fargo** - Swift Code: PNBPUS3NNYC - ABA: 26005092

Beneficiary Bank / *Banco Beneficiario*: **Banco Santander Uruguay**-Montevideo Sucursal 73 / Av. Arocena 1577 - Swift Code: BSCHUYMM

Holder / *Titular*: **Uruguayan American School** - Account No./ *Cuenta Nº*: **1.200.615**

### **BANCO BBVA URUGUAY S.A.**

Carrasco Branch / *Sucursal Carrasco*: Arocena 1675-Montevideo, Uruguay

U.S. dollar & Uruguayan pesos account No. / *Nºcuenta dólares estadounidenses y pesos uruguayos*: **7.933.622**

International wire transfer (U.S. dollars) / *Transferencia bancaria internacional (dólares estadounidenses)*:

Intermediary Bank / *Banco Intermediario*: **1. BBVA New York – USA** - Swift Code: BBVAUS33

**2. Wachovia Bank Philadelphia - USA** - Swift Code: PNBPUS33PHL

Beneficiary Bank/*Banco Beneficiario*: **Banco Bilbao Vizcaya Argentaria SA- Montevideo, Uy** - Swift Code: BBVAUYMM

Holder / *Titular*: **Uruguayan American School** - Account No./*Cuenta Nº*: **7933622**