

# First Semester 2023 - 2024

## 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 After-School Activities Program (ASA), procedures, and policies offered for the 2023-2024 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 14<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, Tennis).

## Communication

- We will send all ASA communications via **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:

Friday, August 4th to Friday, August 11th	Online Registration Registration opens at 4:00 PM (August 4) Registration closes at 1:00 PM (August 11)
Friday, August 11th	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 wants to participate in soccer, basketball, volleyball, Drama Club or the UAS Environmental Club, these activities don't require a fee payment.
- 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 fourth activity session**.
- ***We can consider the first classes as tryouts, and we are happy to help if the student wants to change the selected activity. That said, as changes in the lists create different disruptions, after week 4 of the second-semester program, changes cannot be guaranteed. The change will have to be requested to the Athletic and Activities Director via email.***

## 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.
- Dismissal: **no students can stay inside the building after 6:00 pm**, with no exceptions.
- **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>	<b>3:35</b>	Swimming Team  Soccer  Weight Room  UAS Environmental Club  <b>NEW! Video Production Club</b>	Basketball  Volleyball  Drama Club  Weight Room	Swimming Team  Gymnastics  Volleyball  Weight Room  MUN (lunch time)	Soccer  Weight Room	Swimming Team  Gymnastics  Volleyball  Weight Room  <b>NEW! GASTRONOMY WORKSHOP</b>	<b>NEW! Tennis (9.00 at Scuola)</b>  <b>NEW! Open basketball (9.00)</b>  Volleyball (time to be arranged weekly, according to the League games)
	<b>4:45</b>	Soccer  Weight Room	Basketball  Weight Room	Soccer  Weight Room	Volleyball  Weight Room	Soccer  Volleyball  Weight Room	
<b>Girls</b>	<b>3:35</b>	Swimming Team  Soccer  Weight Room  UAS Environmental Club  <b>NEW! Video Production Club</b>	Volleyball  Drama Club  Weight Room	Swimming Team  Gymnastics  Basketball  Soccer  Weight Room  MUN (lunch time)	Volleyball  Weight Room	Swimming Team  Weight Room  Gymnastics  Soccer  <b>NEW! GASTRONOMY WORKSHOP</b>	<b>NEW! Tennis (9.00 at Scuola)</b>  <b>NEW! Open basketball (9.00)</b>  Volleyball (time to be arranged weekly, according to the League games)
	<b>4:45</b>	Volleyball  Weight Room	Volleyball  Weight Room	Soccer  Weight Room	Soccer  Weight Room	Volleyball  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. Both Diego’s and Manuel have been working with us for many years now, coaching our soccer teams at all levels. Lucía joined us last year with great success. All of them are certified soccer coaches. Our teams have as the big goal of the semester the *SAAC Soccer tournament, scheduled for November 15th-19th in Santiago de Chile, Chile.*

**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 Lima, Perú.*

**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 Lima, Perú.*

**GIRLS VOLLEYBALL (Gym)** – Rocio Rivas and Nichole Figarola. Ms. Rocio, who is joining us this semester has worked as a Volleyball Head Coach in Costa Rica and Austria. Ms. Figarola is the UAS Elementary PE teacher and worked last year as our Assistant Coach for our High School Girls' team and with Elementary Volleyball.

The team will continue playing on weekends as part of the “Liga Metropolitana” against other local schools and clubs.

*The SAAC Volleyball tournament is scheduled for November 29th to December 3rd in Curitiba, Brazil*

**BOYS VOLLEYBALL (Gym)** – Sebastián Antelo and Florencia De Maio. Coach Antelo has been coaching volleyball at different levels since 2016, and is actually the Head Coach at “Nacional”. Coach Florencia has been working at UAS as a Volleyball coach since last year, both in MS and HS levels.

The team will continue playing on weekends as part of the “Liga Metropolitana” against other local schools and clubs.

*The SAAC Volleyball tournament is scheduled for November 29th to December 3rd in Curitiba, Brazil*

As soon as the leagues schedules these games, we 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).** Coach Gustavo is a very experienced coach and lifeguard, who was a swimmer, representing Uruguay in the Olympics. He has been coaching at UAS for over a decade now.

Students will go on the school bus to the Club. Departure will be at 3:40 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 29th to December 3rd in San Pablo, Brazil.***

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: 19.950 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.

**\*\*We have brand new equipment just arrived in the weight room, expanding the training options!\*\***

**UAS Environmental Club – Chris Wilkinson & Tavis Davidson (Room S202).**

The UAS Environmental Club is a member of Jane Goodall's Roots & Shoots education program for young people that is flourishing in nearly 100 countries around the world. Our 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 continue to meet once a week to plan projects both at the school and in the greater community. Together we can! Together we will!

**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 specializing 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 the group will participate in at least 2 interscholastic events.***

Cost: One class a week, \$7900 per semester. Two classes a week, \$12600 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.

**DRAMA CLUB - Haydn Williams (Auditorium).** After a very successful first production, Drama Club is back for a new semester. We invite all aspiring actors and theatergoers to come along and enjoy the experience of putting on a play. We will start with a few weeks of fun activities working on acting techniques before commencing rehearsals for another full-scale production which will be performed to a live audience in May.

**NEW! VIDEO PRODUCTION CLUB - Mark Turner (Monday from 3:45 to 5:00 - Room 111)**

In this club we will develop our cinematography and video editing skills, using specific software, learning techniques, and making professional productions!

**NEW! TENNIS TEAM- Santiago Carballal (Scuola Club - Acosta y Lara 7318).** Classes will go from 09.00 to 10.00. This is a competitive team, therefore, students attending need to show a minimum level to be part of it. We pretend to build a team that can travel next semester to Buenos Aires, Argentina, to play in the SAAC Tennis Tournament.

Cost: 6800 pesos for the semester. Please contact Santiago to arrange the payment ([santi479@gmail.com](mailto:santi479@gmail.com) or 098 507057). We need a minimum of 6 students to open the group. **MAXIMUM CAPACITY PER CLASS: 12 students** on a first-come, first-served basis. We will place students exceeding this number on a waiting list.

**NEW! OPEN BASKETBALL - Florencia Somma and Sabina Bello.** Do you like basketball? Do you want to have another time during the week to practice? Are you looking to improve your shooting? Would you like to be coached by professional players? Or do you just like the idea of coming to play some basketball on Saturday mornings? Then this space is for you! Practices will be flexible according to the interests and needs of the students who want to attend. We have the opportunity to offer this space with 2 Uruguayan national team players and experienced coaches such as Florencia and Sabina. We are waiting for you!



**NEW! GASTRONOMY WORKSHOP FOR YOUNG CHEFS - Martin Castelli and Pablo Silveira, from Clementina (Cafeteria).** It's always a good plan to cook recipes with your family. This is an opportunity for students to learn the basic techniques and recipes that they like the most. With this workshop, we can make that family plan even more entertaining and tasty. In addition, students will be doing a formative activity, they will learn about gastronomy and we will teach them the importance of good eating and nutrition habits. The students will also learn new recipes and techniques that will encourage them to continue exploring and delving into this wonderful and fantastic world. In the classes, they will be introduced to the techniques and secrets of international cuisine, and their creativity will be stimulated. They will learn to work with order and method, follow recipe instructions, select ingredients, weigh, measure, cut, and combine. They will have to work as a team, with responsibility and care for their own work and that of their classmates.

The students will receive their own apron, hat, and scrubber, and we will encourage them to work with the utmost hygiene. They will have materials to decorate and plate their work, thus promoting the aesthetic sense of food. Each child will have his or her own recipe folder, where, week by week, we will give him or her the printed material worked on in class, in English and Spanish.

Cost: \$15400 for the semester. Each session will go from 15.45 to 17.00. We need a minimum of 4 students to open a group. Maximum capacity: 12 students. To arrange payment please contact Martin at [martincastelli@hotmail.com](mailto:martincastelli@hotmail.com) or 098 699 799.



## **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: PNBUS3NNYC - 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: PNBUS33PHL

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

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