

First Semester 2023 - 2024

Middle School - 6th to 8th 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.

Sincerely,

[Nicolás Bruni](#)

Athletics and Activities Director

Guidelines and Important Information

Timing

- Afterschool Activities will begin on **Monday, August 14th** and will end on **Friday, December 8th**.
- For activities held off campus (Swimming, Tennis, Gymnastics), activities end some minutes later, at 4:50, 5:00, or 5:10 pm (check each activity description).

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

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 and 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
Boys	3.35	Swimming Team Basketball UAS Environmental Club	WeCode Drama Club	Swimming Team Gymnastics Soccer Yoga	Music Ensemble Workshop	Swimming Team Gymnastics NEW! GASTRONOMY WORKSHOP	NEW! Tennis (9.00 at Scuola) NEW! Open basketball (9.00 at UAS)
	4.45	Basketball	Soccer	Volleyball (co-ed)	Volleyball (co-ed)	Soccer	
Girls	3.35	Swimming Team Soccer UAS Environmental Club	WeCode Drama Club	Swimming Team Gymnastics Basketball Yoga	Soccer Music Ensemble Workshop	Swimming Team Gymnastics NEW! GASTRONOMY WORKSHOP	Volleyball (for the team playing the League only) NEW! Tennis (9.00 at Scuola) Open basketball (9.00 at UAS)
	4.45	Soccer		Volleyball (co-ed)	Volleyball (co-ed)		

To sign up for activities, please fill out the form before Feb 9th

[Middle School Sign up Form](#)

Activities Description

BOYS & GIRLS SOCCER (Soccer Field) – Diego Varela, Juan Manuel Gómez, Diego Gutiérrez, Lucía Álvarez. 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. The teams will prepare for the ***Friendship Games Meet, which will be held in Buenos Aires, Argentina this semester from November 9th to 11th.*** ISC from Curitiba, Brazil, will be part of the event as well. Coaches will share certain expectations with athletes in order to qualify them for this tournament. The under-14 boys' team will continue to play in the LID league against local schools. The 7th and 8th Girls will be joining a new, recently-created league, with other local schools.

BOYS BASKETBALL (Gym) – Jeff Granger & Guzmán Álvarez. Coach Granger is a former, well-recognized basketball player, PE teacher, and coach that has been working at UAS since 2001, with great success in interscholastic competitions. Guzman Alvarez is a PE teacher and Basketball coach, who has coached locally and internationally and has worked in several clubs at all levels. The boy's team will continue to play in the ADIC league against local schools.

GIRLS BASKETBALL (Gym) - Florencia Somma and Sabina Bello. Florencia and Sabina are professional basketball players and have played many times for the Uruguayan national team. They have been coaching for many years as well. The girls will aim to play several games against local schools and finish the semester with a mini-tournament at UAS.

BOYS & GIRLS VOLLEYBALL (Gym) – Sebastián Antelo, Nichole Figarola and Rocio Rivas. Coach Antelo has been coaching volleyball at different levels since 2016, and is actually the Head Coach at “Nacional”. 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. Ms. Rocio is joining us this semester and will be the HS Girl's Coach. This semester we will continue our participation in the local League “Liga Metropolitana”, in which we have a MS female team competing.

****As soon as any league schedules a game, we will share the information with students and parents through the UAS App and Friday Flash. You should know that 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 3:40 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.

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 every

week (the cost is the same). We pretend to participate in as many local competitions as possible and we will also have our traditional meet with Club Malvin.

Cost: 19.950 Uruguayan 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.

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 20 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 Friday, February 10, 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 or 099 698992. We need a minimum number of 8 students to open the group.

MUSIC ENSEMBLE WORKSHOP – Bernardo García (Music Room) - Only for 7th and 8th graders. During the workshop, students form musical groups in different formats (duets, trios, complete groups, plugged or unplugged, and more) and choose the songs they will perform with their teacher. We will explore each instrument's technique and learn to play musical ensembles with all the implications that entail:

- Recognize parts and structure of the music that we play
- Interaction within the instruments of the group
- Nuance, tempo, and other aspects of the performance
- Musical styles and arrangements
- Basic harmony
- Vocal arrangements (lead vocals, backing vocals)

We will approach all these aspects from zero, so students will not need any previous knowledge. The only requirement is a basic knowledge of an instrument or singing (one note, a couple of

chords, or a simple rhythm on a percussion instrument). Each session will be 1 hour and 45 minutes (from 3.45 to 5.30) and we need a minimum number of 4 students to open the group.

COST: 7.000 pesos for the semester. For payment please contact Bernardo (099 278 221 or bgr.musica@gmail.com)

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!

YOGA – Montserrat Albín. Yoga is an ancient methodical practice of self-knowledge for self-improvement at various levels. The early practice of the techniques, through a playful-experiential method, will provide the students with integration and balance. Hence, they can develop the skill and power of awareness. The aim is to connect and align the mind, heart, and hands. A key goal is to cultivate personal codes of conduct and to notice one's relationship with the environment. Develop and promote positive thinking and correct body-mind posture. Develop breathing awareness and respiratory management to calm, revitalize, or balance. Experience pause, silence, and relaxation. Focus attention to better concentration, develop cognitive functions, and grow the power of awareness.

Cost: 7000 pesos for the semester (includes yoga mat for NEW STUDENTS). To arrange payment, please contact Montserrat (montserratalbin@gmail.com or 098 863748). We need a minimum number of 5 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.

WeCode - Computer Science & Robotics - Will work in the Computer Lab. The UAS has partnered with WeCode to offer an exciting afterschool course on coding, robotics, and computational thinking for our students. Through this course, students will have the opportunity to learn how to create digital animations, code their own video games, and build electronic and robotics projects, such as an electric guitar that makes sounds and lights when played. These skills are not only highly valuable in today's tech-driven world, but they also foster creativity, problem-solving, and critical thinking skills. By participating in this course, our students will gain a competitive edge in their future academic and professional pursuits, while also having fun and engaging with their peers in a hands-on and interactive way.

Learn more here: wecode.edu.uy/uas

Cost: 13,500 pesos per semester. We need a minimum of 6 students to open a group. Maximum

capacity: 10 students. To arrange payment please WeCode at pagos@wecode.edu.uy or 093 780 720.

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! 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 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 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. For international wire transfers include USD 50 for bank charges.

BANCO ITAÚ
Carrasco Branch / <i>Sucursal Carrasco</i> : Gabriel Otero 6402-Montevideo,Uruguay
U.S. dollar account No. / <i>Nº Cuenta dólares estadounidenses</i> : 1.713.858
Uruguayan pesos account No./ <i>Nº Cuenta pesos uruguayos</i> : 3.419.055
International wire transfer (U.S. dollars) / <i>Transferencia bancaria internacional (dólares estadounidenses)</i> :
Intermediary Bank / <i>Banco Intermediario</i> : JP Morgan Chase Bank N.A. (New York) Swift Code: CHASUS33 - ABA: 021000021
Beneficiary Bank / <i>Banco Beneficiario</i> : Banco Itau Uruguay S.A. - Swift Code: ITAUUYMM
Holder / <i>Titular</i> : Uruguayan American School - U.S. dollar account No./ <i>Cuenta dólares estadounidenses Nº</i> : 1.713.858

BANCO SANTANDER
Branch 73 (Carrasco) / <i>Sucursal 73 (Carrasco)</i> : Arocena 1577-Montevideo, Uruguay
U.S. dollar & Uruguayan pesos account No. / <i>Nºcuenta dólares estadounidenses y pesos uruguayos</i> : 1.200.615
International wire transfer (U.S. dollars) / <i>Transferencia bancaria internacional (dólares estadounidenses)</i> :
Intermediary Bank / <i>Banco Intermediario</i> : Wells Fargo - Swift Code: PNBPUS3NNYC - ABA: 26005092
Beneficiary Bank / <i>Banco Beneficiario</i> : Banco Santander Uruguay -Montevideo Sucursal 73 / Av. Arocena 1577 - Swift Code: BSCHUYMM
Holder / <i>Titular</i> : Uruguayan American School - Account No./ <i>Cuenta Nº</i> : 1.200.615

BANCO BBVA URUGUAY S.A.
Carrasco Branch / <i>Sucursal Carrasco</i> : Arocena 1675-Montevideo,Uruguay
U.S. dollar & Uruguayan pesos account No. / <i>Nºcuenta dólares estadounidenses y pesos uruguayos</i> : 7.933.622
International wire transfer (U.S. dollars) / <i>Transferencia bancaria internacional (dólares estadounidenses)</i> :
Intermediary Bank / <i>Banco Intermediario</i> : 1. BBVA New York – USA - Swift Code: BBVAUS33 2. Wachovia Bank Philadelphia - USA - Swift Code: PNBPUS33PHL
Beneficiary Bank/ <i>Banco Beneficiario</i> : Banco Bilbao Vizcaya Argentaria SA- Montevideo-Uy - Swift Code: BBVAUYMM
Holder / <i>Titular</i> : Uruguayan American School - Account No./ <i>Cuenta Nº</i> : 7933622