



First Semester 2024 - 2025

High School - 9th to 12th 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 2024-2025 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 Soccer, Volleyball, and Basketball will begin on **Thursday, August 1st**.
- The Swimming Team will begin sessions on **Monday, August 12th**.
- Every other activity will start on **Monday, August 5th**.
- Afterschool Activities for Secondary School run in two shifts; the first one from 3:40 to 4:40 pm and the second one from 4:40 to 5:40 pm.

During activities

- All students must bring their water bottles.
- 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.
- No student will be allowed to stay on campus after 6:00 pm.

- 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:

Monday, July 29th to Friday, August 2nd	Registration opens at 1:00 PM (July 29th) Registration closes at 1:00 PM (August 2nd)
Friday, August 2nd	Confirmations. Notification to Parents through the UAS App (Except for Soccer, Basketball, and Volleyball)

- Registration will be done through a Google Form (links available after the weekly grid of activities)
- For activities with a maximum capacity of participants, sign-ups will be made on a “first come, first served” basis. Once we reach the maximum capacity and we receive new sign-ups, we will notify parents that students will remain on a waiting list.
- Some activities need a minimum of participants to proceed. If your student’s selected activity does 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, or any Club run by UAS teachers, 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 program, changes cannot be guaranteed. The change will have to be asked to the Athletic and Activities Director via email and will be approved or not depending on the number of students on each activity.***

After-school Activity Procedures

- After school, students will move to the gym/field/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 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 them 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 Soccer Weight Room NEW! Film Club	Basketball Volleyball Weight Room Drama Club	Swimming Team Volleyball Weight Room MUN (during lunch) UAS Environmental Club Yearbook Club	Soccer Weight Room	Volleyball Weight Room Gastronomy Workshop	<p style="text-align: center;">Tennis (9.00 at Scuola)</p> <p>Swimming Team (12:00 at Polo)</p> <p>Volleyball (time to be arranged weekly, according to the League games)</p> <p>NEW! Horseback Ridding</p>
	4:45	Volleyball Weight Room	Basketball Weight Room	Soccer Weight Room	Soccer Weight Room	Soccer Volleyball Weight Room	
Girls	3:35	Swimming Team Soccer Weight Room NEW! Film Club	Volleyball Weight Room Drama Club	Swimming Team Basketball Weight Room MUN (during lunch) UAS Environmental Club Yearbook Club	Volleyball Weight Room	Weight Room Soccer Gastronomy Workshop	
	4:45	Volleyball Soccer 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 Corbacho, Diego Gutiérrez, Lucía Álvarez, and Agustín Laprovitera, all of them certified soccer coaches. Our teams have as the big goal of the semester the *SAAC Soccer tournament, scheduled for November 6th-10th in Lima.*

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

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 our school.***

GIRLS VOLLEYBALL (Gym) – **Sebastián Antelo and Florencia Mastroianni.** Coach Antelo has been coaching volleyball at different levels since 2016, and is actually the Head Coach at “Nacional”; he has been coaching UAS teams for the last 2 years. Ms. Mastroianni has worked with Coach Antelo at a local league and is joining the school this semester. 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 20th to 24th in San Pablo.

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 for the last 2 years, 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 20th to 24th in San Pablo.

****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 (Monday/Wednesday/Saturday) ****NEW POOL****** We are pleased to share that this semester we will be having the sessions at Carrasco Polo Club, a new pool, inaugurated last year, with new changing rooms, and with water treatment with saline electrolysis and U.V. rays system. On Mondays and Wednesdays, students will take the bus from UAS to Carrasco Polo Club, and parents will pick their children up at 5:10 PM. Sessions on

Saturdays run from 12:00 to 01:00 pm; families are in charge of the transfer on those days. Students may swim once, twice, or three times a week.

Swimmers who enter the team will have the opportunity to travel to NIDO School in Santiago de Chile in November for the SAAC Tournament.

****This activity will start on the week of August 12th****

Cost: Once a week: 15.000 pesos for the semester; twice a week: 20.000 pesos for the semester, and three times a week 22.000 for the semester. Arrangements to pay by month can also be made. Please contact Romina at 096 641 322 for the payment and more information. **(Payment has to be made directly to the coach, no longer to the school as in the past.)**

We will share detailed information about international tournaments separately.

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 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!

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 Curitiba, to play in the SAAC Tennis Tournament.

Cost: 7300 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.

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: \$15900 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.

MUN Model United Nations- Kelly Elder and Gabriel Stauffacher (Wednesday during lunch time - room 107). Model United Nations (MUN) is a simulation of the United Nations (UN): students take on the role of delegates from countries around the world and collaborate to propose solutions to real-world issues. Through this collaboration, we gain context about the pressing global problems we face, and we learn about the give-and-take required to reach solutions that work for everyone. Our club attends conferences both locally and in other Latin American countries, which is a great opportunity to meet students from other countries and expand your perspectives and knowledge on world issues. We meet once per week on Wednesdays during high school lunch. All high schoolers are welcome, and no previous experience is expected or required.

DRAMA CLUB - Alicia Drapkin (Auditorium). 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 targeting rehearsals for another production.

NEW! Horseback Riding - Guillermina Birenbaum - Club Hípico Uruguayo. Guillermina is a UAS alumni, who graduated in 2019. Rider of the Uruguayan training team, she has been riding since she was 5 years old. She won the Bronze medal for teams and 10th individual place in the 2022 South American Games and Uruguayan federal and annual champion in Grand Prix 2023. She will work with a team of experienced teachers.

The classes will be adapted according to the experience, needs, and preferences of the Beginner, Intermediate, and Advanced students.

The main time for classes will be on Saturday afternoons at 4:00 and will go for the rest of the afternoon (snack needed) and then finish with a ride throughout the Club.

Cost: Once a week, \$6000 per month, Twice a week \$12.000; plus registration and monthly payment for Club Hípico Uruguayo. There is no minimum number of students to open. Maximum capacity: 2 students per shift, we can explore other times if we exceed this number. To arrange payment please contact Guillermina at guille.birenbaum@gmail.com or 091 682 273.

UAS Film Club - Christopher Wilkinson - Mondays from 3:45 to 4:45. Are you passionate about movies? Do you dream of creating your films? Join our Film Club and turn your cinematic visions into reality! Explore the exciting world of filmmaking through hands-on experiences and collaborative projects. You'll learn the art of storytelling, master the technical skills of cinematography, sound design, and editing, and discover the magic of directing. Whether you're a budding director, a future screenwriter, or just someone who loves films, the Film Club is the perfect place for you. No prior experience is needed – just bring your enthusiasm and creativity! Become part of a community that shares your passion for cinema. Let's create something amazing together!