



First Semester 2024 - 2025

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 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 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	WeCode Drama Club	Swimming Team Gymnastics Soccer Yoga UAS Environmental Club NEW! Yearbook Club	Music Ensemble Workshop	Gymnastics Gastronomy Workshop	Tennis (9.00 at Scuola) NEW! Scouts
	4.45	NEW! Karate	Soccer	Volleyball	Basketball Volleyball	Soccer	Swimming Team (12:00 at Polo)
							Volleyball (for the Girls team playing the League only)
Girls	3.35	Swimming Team Soccer	WeCode Drama Club	Swimming Team Gymnastics Basketball Yoga UAS Environmental Club NEW! Yearbook Club	Soccer Music Ensemble Workshop	Gymnastics Gastronomy Workshop	NEW! Horseback Ridding (16:00 at Club Hípico Uruguayo)
	4.45	Soccer NEW! Karate		Volleyball	Volleyball		

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 Corbacho, Diego Gutiérrez, Lucía Álvarez, and Agustín Laprovitera, all of them certified soccer coaches. The teams will prepare for the *Friendship Games Meet, which will be held in Curitiba on December 5, 6 and 7*. Lincoln School from Buenos Aires will be part of the event as well. Coaches will share certain expectations with athletes 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 league, with other local schools. The 6th graders will continue playing on Saturday mornings at the FIFE league.

BOYS BASKETBALL (Gym) – **Jeff Granger & Guzmán Álvarez**. Coach Granger is a former, well-recognized basketball player, PE teacher, and coach who 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 who have played for many years 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, Florencia De Maio 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. De Maio has been coaching for the last 2 years at UAS as well. Ms. Mastroianni has worked with Coach Antelo at a local league and is joining the school this semester. 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 (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.)**

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 correctly and safely. 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".

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, \$9250 per semester. Two classes a week, \$15000 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: 7.600 pesos for the semester. For payment please contact Bernardo at bgr.musica@gmail.com or 099 278 221.

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 at 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: 14,700 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.

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 at 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 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 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.

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 students at Beginner, Intermediate, and Advanced levels.

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.

NEW! KARATE for Middle School – Juan Diego Martínez (Auditorium).- Only for 6th graders

Karate is not a violent exchange, as portrayed in films – but rather a method based on the quest for peace and tranquility, which aims at achieving self-control. It is especially recommended to increase self-esteem and concentration and decrease violence and aggression.

"We watched our son develop focus, confidence, and persistence from his Karate training. He attended Karate classes from ages 4 to 8. He learned to set meaningful goals and to steadily and patiently work toward them. Mr. Martinez is a role model and leader of a community that values kindness, camaraderie, friendship, leadership, and individual growth." – Former UAS Mother.

Cost: 180 dollars per semester, for payment contact Mr. Martínez at juandiego.uy+UAS@gmail.com or 099 479 498. We need a minimum number of 6 students to open each group.

MAXIMUM CAPACITY PER CLASS: 15 students on a first-come, first-served basis. We will place students exceeding this number on a waiting list.

NEW! Yearbook Club - Hanna Barreto and Dan Nolan - (Innovation Lab): This club is now open as a full year activity. The membership will be open for Middle School and High School students. Students will manage the collection of photographs and information of the year's activities and events. They will learn applications for organizing content and creating yearbook pages. Yearbook Club has responsible members who reach out to other students, staff and adults in the community. Members: 6 Middle School students and 6 High School students.

NEW! Club Scouts - JM Saxton-Ruiz and Sean Cantrell (6th grade only): Scouts is a program under the Boy Scouts of America open to boys and girls in grades 1-6. Club Scouts learn important life skills, personal safety, and environmental stewardship. They take part in fun outdoor activities, get involved in their community, and learn to be part of a team. Through activities, we will focus on character development, spiritual growth, good citizenship, sportsmanship and fitness, family understanding, respectful relationships, personal achievement, friendly service, and fun and adventure. Scouts will meet every two weeks on Saturday from 12:00 to 02:00 pm. Older scouts will participate in an overnight camping trip.

Scouts are led through their activities by parent-volunteers. The more parents who volunteer their time, the better the quality and variety of activities that are available to the scouts. Join us as we strive to teach our children how to be better citizens of their communities and the world.

Cost: 150 dollars per semester. We need a minimum of 5 students to open a group. Maximum capacity: 15 students. For payment contact Mr. Saxton at jm.saxtonruiz@gmail.com or 098 441 199.