



## High School Activities, Athletics, & Aquatics 2016-2017

### HS Athletics/Activities/Aquatics

Seasons	On-line sign-up at <a href="http://www.aas.ru">www.aas.ru</a>	Start	End
Fall Season	August 24	August 29	November
Winter Season	November 9	November 14	February/March
Spring Season	February/ March	February/March	April/June

### **FALL SEASON**

#### **IB TAPS (Theatre Arts Program Symposium) HS International Schools Theatre Association (ISTA)\***

Student TaPS is a training workshop for students of IB DP Theatre. It provides an opportunity for students to engage with the IB Diploma Theatre program. The goal is to provide students with a seminal learning experience that will act as a launch pad for their own further explorations of theatre, within the context of the IB Theatre program. IB students work with ensemble leaders who have knowledge of the course and/or are teachers/examiners and Master Class practitioners drawn from the world of theatre.

\*Participants will be invited by HS Drama teacher.

Festival Dates: 5-9 October 2016

Location: Stratford upon Avon, United Kingdom



#### **HS Play**

The high school drama program is designed to inspire students who wish to develop a love and appreciation for the theatre. Participation in the play will give the students the opportunity to work on all aspects of theatre. They will explore history, terminology, and various production skills such as acting (vocal and physical), lights, sound, costumes, makeup, stagecraft, and directing. Students will also focus on skills such as a work ethic, organization, developing cooperative and supportive teams, and building self-confidence.

Rehearsal days are Tuesday and Thursday according to scenes 15:45-17:45

First Meeting: August 30

Auditions: September 6 and 8

Fall Play Production: "The Rocky Horror Show", 1-3 December 2016



## HS Swim Team

The Penguin Swim Team is made up of swimmers who can competently and confidently perform all competitive strokes and turns and swim a minimum of 1000 meters during an hour long practice. The focus of this program will be stroke enhancement, aerobic capacity, competition and fun.

Practice schedule: Monday, Wednesday and Friday, 15:45 – 17:30

Season length: Season starts on August 29 and ends with the Penguin Fall Classic

Penguin Fall Classic: 12 November 2016

Host School: Anglo-American School of Moscow



## HS Water Polo

Open to students who are competent swimmers interested in learning the sport of water polo and having fun.

Practice schedule: Tuesday and Thursday, 15:45 – 17:30



## HS Girls Soccer

Practice schedule: Monday, Wednesday and Friday, 15:45 – 17:45

Season length: Season starts on August 29 and ends with the CEESA tournament

Tournament Dates: 9-13 November 2016

Host School: Kiev International School, Ukraine

## HS Boys Soccer

Practice schedule: Monday, Wednesday and Friday, 15:45 – 17:45

Season length: Season starts on August 29 and ends with the CEESA tournaments

Varsity Boys Tournament Dates: 9-13 November 2016

Host School: American International School of Bucharest, Romania

JV Boys Tournament Dates: 10-13 November 2016

Host School: Anglo-American School of Moscow, Russia



## HS Girls Volleyball

Practice schedule: Monday, Wednesday and Friday, 15:45 – 17:45

Season length: Season starts on August 29 and ends with the CEESA tournament

Tournament Dates: 10-13 November 2016

Host School: International School of Prague, Czech Republic



## HS Boys Volleyball

Practice schedule: Monday, Wednesday and Friday, 15:45 – 17:45

Season length: Season starts on August 29 and ends with the CEESA tournament

Tournament Dates: 10-13 November 2016

Host School: International School of Prague, Czech Republic

## HS Cross-Country

Practice schedule: Monday, Wednesday and Friday, 15:45 – 17:45

Season length: Season starts on August 29 and ends with the CEESA meet

Meet Dates: 17-20 November 2016

Host School: TBC



## HS Speech and Debate

Speech and Debate offers students an opportunity to practice and improve their oral speaking skills through a variety of activities. Students meet and practice prepared speeches, extemporaneous speaking and organized debates. Teachers then select students to represent AAS at the season-ending competition each year. CEESA Speech and Debate categories: Debate, Duet Acting, Impromptu Speaking, Original Oratory, Oral Interpretation.

Practice schedule: Tuesday and Thursday, 15:45 – 17:15

Season length: Season starts on September 30 and ends with the CEESA tournament

Tournament Dates: 17-20 November 2016

Host School: American International School of Budapest, Hungary



## MODEL UNITED NATIONS

Model United Nations (MUN) is a simulation of the United Nations that aims to educate participants about current events, topics in international relations, diplomacy and the United Nations agenda. The participants role-play as diplomats representing a nation in a simulated session of a committee of the United Nations. Participants research a country, take on roles as diplomats, investigate international issues, debate, deliberate, consult, and develop solutions to world problems.

During a conference, participants must employ a variety of communication and critical thinking skills in order to represent the policies of their country. These skills include public speaking, group communication, research, policy analysis, active listening, negotiating, conflict resolution, note taking, and technical writing.

## PAMUN (MODEL UNITED NATIONS)

Practice schedule: Tuesday and Thursday, 15:45 – 17:15

Season length: Season starts on August 30 and ends with the conference

Conference Dates: 18-21 November 2016

Host School: American School of Paris, France



## HS Tech Challenge - Robotics

FIRST Tech Challenge teams are responsible for designing, building, and programming robots to compete in an alliance format against other teams. Teams are required to develop strategy and build robots based on sound engineering principles. Robotics challenges students to think like scientists and engineers by solving problems using engineering concepts. They will gain hands-on problem solving experience by working as a group to overcome obstacles and meet challenges.

<http://www.usfirst.org/roboticsprograms/ftc>

Practice schedule: Tuesday and Thursday, 15:45 – 17:15

Season length: Season starts on August 30 and ends with the CEESA tournament

Tournament Dates: 9-12 February 2017

Host School: International School of Prague, Czech Republic



## **WINTER SEASON**

### **THIMUN (MODEL UNITED NATIONS)**

Practice schedule: Tuesday and Thursday, 15:45 – 17:15

Season length: Season starts on November 15 and ends with the conference

Conference Dates: 29 January – 4 February 2017

Host: THIMUN Foundation, the Hague, Netherlands



### **HS Knowledge Bowl**

Knowledge Bowl is an academic competition involving teams of students who answer questions in written and oral round formats. It is a jeopardy-like event for high school students who have a strong interest and vast academic ability in general knowledge. Students will gain effective communication and critical thinking skills while using strategies of patience, discipline, and teamwork.

Practice schedule: Tuesday and Thursday, 15:45 – 17:15

Season length: Season starts on November 15 and ends with the CEESA tournament

Tournament Dates: 2-5 February 2017

Host School: American International School of Zagreb, Croatia



### **HS Math**

Math competition is an opportunity to challenge students by encouraging curiosity through problem solving and the exploration of non-routine problems and alternative solutions. The activity promotes team work and provides students with a foundation for success in science, technology, engineering, and mathematics careers. The competition format has written and oral rounds as well as individual and team components.

Practice schedule: Tuesday and Thursday, 15:45 – 17:15

Season length: Season starts on November 15 and ends with the CEESA tournament

Tournament Dates: 2-5 February 2017

Host School: Anglo-American School of Moscow, Russia



### **HS Swim Team**

Swim Team is open to AAS High School students. High School swimmers are required to meet the coach's criteria.

Practice schedule: Monday, Wednesday and Friday, 15:45 – 17:30

Season length: Season starts on November 14 and ends with the CEESA swimming championship swim meet.

Meet Dates: 2-5 March 2017

Host School: Anglo-American School of Moscow, Russia



### **HS Girls Basketball**

Practice schedule: Monday, Wednesday and Friday, 15:45 – 17:45

Season length: Season starts on November 14 and ends with the CEESA tournaments

Varsity Girls Basketball Tournament Dates: 8-12 March 2017

Host School: American International School of Budapest, Hungary

JV Girls Basketball Tournament Dates: 9-12 March 2017

Host School: International School of Warsaw, Poland



## HS Boys Basketball

Practice schedule: Monday, Wednesday and Friday, 15:45 – 17:45

Season length: Season starts on November 14 and ends with the CEESA tournaments

Varsity Boys Basketball Tournament Dates: 8-12 March 2017

Host School: American International School of Bucharest, Romania

JV Boys Basketball Tournament Dates: 9-12 March 2017

Host School: International School of Warsaw, Poland

## HS International Schools Theatre Association (ISTA) Festival\*

ISTA brings together young people, artists, and teachers from different countries in varied settings to experience and learn about theatre, culture and each other which results in exciting theatre. The goal of the festival is to value diversity and collaboration, celebration and play, friendship and collegiality and to develop internationally minded young people, through innovative theatre practice. \*Participants will be invited by HS Drama teacher

Festival Dates: 9-12 February 2017

Host School: British School of Brussels, Belgium



## SPRING SEASON

### Band, Strings, & Choir Festival

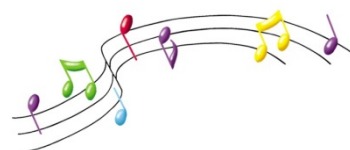
Participation in the Band, Strings, & Choir festival allows youth to develop, enhance, and instill character, insight, cultural awareness, and a love for music by direct exposure and involvement in the arts. Schools send its strongest students to experience challenging music in a non-competitive environment for three days of rehearsals and performances. Music education requires the integration of eye-hand coordination, rhythm, tonality, symbol recognition and interpretation, attention span, and it reinforces critical thinking, problem-solving, and cooperation skills.

Practice schedule: Tuesday and Thursday, 15:45 – 17:15

Season length: Season starts on February 7 and ends with the CEESA festival

Festival Dates: 26-30 April 2017

Host School: International School of Prague, Czech Republic



### HS Play

The high school drama program is designed to inspire students who wish to develop a love and appreciation for the theatre. Participation in the play will give the students the opportunity to work on all aspects of theatre. They will explore history, terminology, and various production skills such as acting (vocal and physical), lights, sound, costumes, makeup, stagecraft, and directing. Students will also focus on skills such as a work ethic, organization, developing cooperative and supportive teams, and building self-confidence.

Rehearsal days: Tuesday and Thursday according to scenes

First Meeting: tbc

Auditions: tbc

Spring Play Production Dates: 3-6 May 2017



## **HELIMUN (MODEL UNITED NATIONS)**

Practice schedule: Tuesday and Thursday, 15:45 – 17:15

Season length: Season starts on March 7 and ends with the conference

Conference Dates: May 2017

Host School: Kulosaari Secondary School, Helsinki, Finland



## **HS Girls Softball**

Practice schedule: Monday, Wednesday and Friday, 15:45 – 17:45

Season length: Season starts on March 13 and ends with CEESA tournament

Tournament Dates: 18-21 May 2017

Host School: American International School of Bucharest, Romania



## **HS Boys Softball**

Practice schedule: Monday, Wednesday and Friday, 15:45 – 17:45

Season length: Season starts on March 13 and ends with CEESA tournament

Tournament Dates: 18-21 May 2017

Host School: International School of Warsaw, Poland

## **HS Boys Tennis**

Practice schedule: Monday, Wednesday and Friday, 15:45 – 17:45

Season length: Season starts on March 28 and ends with CEESA tournament

Tournament Dates: 18-21 May 2017

Host School: International School of Prague, Czech Republic



## **HS Girls Tennis**

Practice schedule: Monday, Wednesday and Friday, 15:45 – 17:45

Season length: Season starts on March 28 and ends with CEESA tournament

Tournament Dates: 18-21 May 2017

Host School: American International School of Zagreb, Croatia

## **Spring Swim Team**

The Penguin Swim Team is made up of swimmers who can competently perform all competitive strokes and turns and swim a minimum of 1000 meters during an hour long practice. The focus of this program will be stroke enhancement, aerobic capacity, competition and fun.

Practice schedule: Monday, Wednesday and Friday, 15:45 – 17:30

Season length: Season starts on March 13 and ends with the Penguin Spring Classic

Meet Date: 10 June 2017

Host School: Anglo-American School of Moscow



## HS Water Polo

Open to students who are competent swimmers interested in learning the sport of water polo and having fun.

Practice schedule: Tuesday and Thursday, 15:45 – 17:30



**Participant responsibilities:** Students need to be responsible in choosing the number of activities they want to participate in and should always strive to maintain a balanced commitment towards curricular activities and co-curricular activities. Students are limited to one activity and one sport per season.

- ***By accepting membership in an after school activity, the student and family also accepts responsibility for providing accommodation for visiting teams during the year by joining the Penguin Host Program.***

**All information related to Penguin Life programs can be found under the 'Penguin Life' heading at [www.aas.ru](http://www.aas.ru) and updates are published in the Penguin Life newsletter section every Wednesday.**

## Other programs coordinated by the Penguin Life Department:

### MS/HS Discovery Weeks

Elena Plyuta [elena.plyuta@as.ru](mailto:elena.plyuta@as.ru)

In both the Middle and High School, students have the opportunity to travel within and outside Russia with their peers and teachers to enrich their academic and holistic development through challenging and culturally enriching experiences that complement our academic program. Participation fees may apply.

September – Grade 7 and 8 trips

March – Grade 9-11 trips

June – Grade 6 trip

### Mother Language Program

Elena Plyuta [elena.plyuta@as.ru](mailto:elena.plyuta@as.ru)

The Mother Language Program is a parent initiative supported by AAS. MLP provides students from the AAS international community with the opportunity to improve academic proficiency of their Mother Language in harmony with students' English language acquisition. Language groups are led by native speaker instructors. Classes take place after school, all year. Participation fees apply.

See <http://www.as.ru/penguin-life/mother-language> for more information and online sign up.

### Non-AAS Leagues

Kirby Boychuk [kirby.boychuk@as.ru](mailto:kirby.boychuk@as.ru)

These leagues are parent initiatives supported by AAS. The sport leagues are weekend programs organized by parents and volunteers and are can be open to students from the wider Moscow international community. Participation information can be found through the Penguin Life section of the AAS website under the 'Non-AAS Leagues, Clubs & Associations' heading and in Penguin Life newsletters for the applicable season. Participation fees apply. For a full list of Non-AAS Sport League, follow the link <http://www.as.ru/penguin-life/other-activities>

## Penguin Life Department

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Activities Program  
Athletics Program  
Aquatics Program

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