



High School Activities, Athletics, & Aquatics 2018-2019

Seasons	Monday/Wednesday/Friday	Tuesday/Thursday	Start	End
Fall Season	Cross Country – Boys & Girls Volleyball - Varsity Boys Volleyball - JV Boys Volleyball - Varsity Girls Volleyball - JV Girls Soccer - Varsity Boys Soccer - JV Boys Soccer - Varsity Girls Swimming Water Polo (Monday/Wednesday)	Drama Production Speech & Debate PAMUN Robotics	August	October/ February
Winter Season	Basketball – Varsity Boys Basketball – JV Boys Basketball – Varsity Girls Basketball – JV Girls Swimming	Robotics (continues) THIMUN Knowledge Bowl	November	February/ March
Spring Season	Softball – Boys Softball – Girls Tennis – Boys & Girls Track & Field Water Polo (Monday/Wednesday)	Math Counts Band Strings Choir HELMUN Drama Production	February/ March	April/May

PENGUIN STUDENT LEADERSHIP OPPORTUNITIES

At AAS we are at the forefront of providing leadership opportunities for our High School students. Students can choose to be a: Lifeguard, Water Safety Instructor, Athletic Trainer/Manager, Fitness Centre Supervisor, Coach in Training, or as ES Student Coach. Students can earn valuable on-the-job experience and certification, while building their resume for their post high school life. Students have the opportunity to earn valuable job experience and be provided CAS hours and compensation upon successful completion.

Lifeguard

Become a Certified American Red Cross Lifeguard at AAS. The **American Red Cross** Lifeguarding course is offered to AAS HS students a minimum of one time per year. The purpose of the **American Red Cross** Lifeguarding course is to provide entry—level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies, and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Students who successfully complete this course will be certified in Lifeguarding, First Aid, CPR and AED. This certification lasts for two years and upon successful completion of the course, Lifeguards may choose to work at the AAS pool.

Water Safety Instructor Course

Become a Certified Water Safety Instructor at AAS The **American Red Cross** WSI training and certification is offered to AAS HS students once per year. The purpose of the **American Red Cross** Water Safety Instructor course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of

how to use the course materials, how to conduct training sessions, and how to evaluate participants' progress. Upon successful completion of this course, students may be eligible to teach both private and group swimming lessons to the AAS community, and to become Coaches in Training (CITs) in order to help with the various programs offered in the aquatics department.

Coach In Training (CIT)

Become a Coach for a Middle School team and earn your NFHA/CCCA Coaching Certification for Soccer, Basketball, Softball, Volleyball, Cross Country. Students are needed to commit to coaching twice a week, attend planning sessions with their teacher coach, complete online NFHS/CCCA coaching courses in their specific sport as well as introductory coaching courses. Students that are interested in coaching need to have the prerequisite base skill set and understanding of their sport and have the approval of the Athletic Director.

Fitness Centre Student Supervisor

Become supervisor for our AAS Fitness Centre. High School students can earn job experience working in the Fitness Centre after school, and during the evenings and weekend for SportZone.FC Supervisors and be able to fulfill the duties of the position; punctual, greet guests, provide towel service, clean machines & weight room, ask users to return equipment and wash-down machines and provide laundry service. Fitness Centre Supervisors need to successfully complete a prerequisite interview and evaluations with the Athletic Director.

Student Scorekeepers

Become a scorekeeper for our Penguin Volleyball and Basketball games during the school year. Each sport and season has a Head Student Scorekeeper Master Scheduler who organizes and manages the scorekeeping assignments. Students from grade 9-12 are provided on the job training for volleyball and basketball scorekeeping. Students are required to assist in pre game set up and post game strike or scoring equipment, management of score sheets and learn how to use the electronic scoreboards.

FALL SEASON

Penguin Swimming

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. Demand is high and space is limited; thank you in advance for your understanding.

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

Season length: Season starts on August 28 and ends with the Penguin Fall Classic



Water Polo

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

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



Girls Soccer

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

Season length: Season starts on August 28 and ends with the CEESA tournament

Boys Soccer

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

Season length: Season starts on August 28 and ends with the CEESA tournaments



Girls Volleyball

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

Season length: Season starts on August 28 and ends with the CEESA tournament

Boys Volleyball



Practice schedule: Monday, Wednesday and Friday, 15:45 – 17:45
Season length: Season starts on August 28 and ends with the CEESA tournament

Cross-Country

Practice schedule: Monday, Wednesday and Friday, 15:45 – 17:45
Season length: Season starts on August 28 and ends with the CEESA meet



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 August 28 and ends with the CEESA tournament

PAMUN (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.

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

Season length: Season starts on August 28 and ends with the conference



Robotics Tech Challenge

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 28 and ends with the CEESA tournament



Drama Production

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 27, 15:30

Auditions: September 3 and 4

WINTER SEASON

THIMUN (MODEL UNITED NATIONS)



THIMUN is one of the world's largest forums for secondary school students which attracts over 3500 attendants from all over the world. At AAS only students with prior MUN experience will be considered for THIMUN participation.

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

Season length: Season starts on November 20 and ends with the conference

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 20 and ends with the CEESA tournament



Swimming

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 20 and ends with the CEESA swimming championship.



Girls Basketball

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

Season length: Season starts on November 20 and ends with the CEESA tournaments



Boys Basketball

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

Season length: Season starts on November 20 and ends with the CEESA tournaments

SPRING SEASON

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 February 26 and ends with the CEESA tournament



Band & Choir

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 26 and ends with the CEESA festival



HELIMUN (Model United Nations)

HELIMUN is a smaller MUN forum than PAMUN & THIMUN conferences. It provides great opportunities for beginner MUNers to gain necessary experience as delegates as well as for experienced students to step up into the MUN leadership positions.

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

Season length: Season starts on February 26 and ends with the conference



Drama Production

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



Auditions: TBD

Girls Softball

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

Season length: Season starts on March 14 and ends with CEESA tournament

Boys Softball

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

Season length: Season starts on March 14 and ends with CEESA tournament



Boys Tennis

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

Season length: Season starts on March 27 and ends with CEESA tournament



Girls Tennis

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

Season length: Season starts on March 26 and ends with CEESA tournament

Track and Field

Practice schedule: Monday - Friday, 15:45 – 17:45

Season length: Season starts on March 26 and ends with CEESA meet

Water Polo

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

Practice schedule: Monday and Wednesday, 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 and updates are published in the Penguin Life newsletter section every Wednesday.

Penguin Life Department

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