



## Middle School Activities, Athletics, & Aquatics 2018-2019

Seasons	Monday/Wednesday	Tuesday/Thursday	Start	End
<b>Fall Season</b>	Drama Production Speech & Debate Robotics Tennis - Boys Competitive* Water Polo Swimming*	Cross Country Tennis - Girls Competitive* Soccer 7v7 - Boys Soccer 7v7 - Girls	August	October/ November
<b>Winter Season</b>	Drama Production Band Strings Choir Math Counts	Basketball – Boys Penguin Basketball – Boys Moscow Basketball – Girls Penguin Basketball – Girls Moscow Swimming*	November	February/ March
<b>Spring Season</b>	MUN Knowledge Bowl Cultural Arts ISTA Theatre Festival Track & Field Water Polo	Softball – Girls Softball - Boys Volleyball – Girls Volleyball - Boys	February/ March	April/May

\***Tennis** - is a competitive sport at AAS. Students are expected to be able to be experienced tennis players and be at the ITF standard of 2.5-3. Due to the short season, AAS does not provide developmental “learn -to-play” support for this sport.

\* **Swimming** - This is a competitive swim program geared towards helping MS and HS swimmers enhance their skills and become faster swimmers. Participants must demonstrate confidence in the water with previous knowledge of all competitive turns as well as the four competitive strokes. Swimmers must be able to complete a minimum of 3000 meters during the training session. Swimmers not able to demonstrate the minimum requirement may not qualify for this program. During the winter season, students are selected to represent our team at the CEESA Championship Swim Meet.

### FALL SEASON

#### **Girls Soccer**

Practice schedule: Tuesday and Thursday, 15:45 – 17:45  
Season length: Season starts on August 29 and ends with the CEESA tournament



#### **Boys Soccer**

Practice schedule: Tuesday and Thursday, 15:45 – 17:45  
Season length: Season starts on August 29 and ends with the CEESA tournament

#### **Boys Tennis**

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



#### **Girls Tennis**

Practice schedule: Tuesday and Thursday, 15:45 – 17:45  
Season length: Season starts on August 29 and ends with the CEESA tournament

#### **Penguin Swimming**

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. 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 Swim 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



### **Cross-Country**

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

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



### **Drama Production**

The middle school after-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 Mon, Wed, Fri and some Saturdays according to scenes

Auditions: August 27 and 28

### **Speech and Debate**

Speech and Debate offers students an opportunity to practice and improve their oral speaking skills through a variety of activities. Students practice prepared speeches, extemporaneous speaking, and organized debates. Then select students represent AAS at the season-ending CEESA competition each year. CEESA Speech and Debate categories:

Debate, Duet Acting, Impromptu Speaking, Original Oratory, Oral Interpretation.

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

Season length: Season starts on August 27 and ends with the CEESA tournament



### **Robotics**

Robotics challenges kids to think like scientists and engineers by having them solve problems using engineering concepts, presentation techniques, and robots. It introduces students to the fun and excitement of science and technology while building self-confidence, knowledge, and valuable employment and life skills. Students will apply math and science concepts to research, design, build, and program autonomous robots using LEGO MINDSTORMS® technologies. They will gain hands-on experience solving real-world problems by working as a group to overcome obstacles and meet challenges.

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

Season length: Season starts on August 27 and ends with the CEESA Tournament



### **Drama Production**

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Rehearsal days are Mon, Wed, Fri and some Saturdays according to scenes

First Meeting: TBA

### **Band**

Band festival is an opportunity for students to play in a large group of students from other international schools. Schools send its strongest students to come together and play challenging music in a non-competitive environment that includes a concert on Saturday! Band focuses on group goals and the completion of those goals in every rehearsal and performance. Music requires the integration of eye-hand coordination, rhythm, tonality, symbol recognition and interpretation, and reinforcement of critical thinking, problem-solving, and cooperation skills.



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

Season length: Season starts on November 19 and ends with the CEESA festival

### **Strings**

Strings festival is an opportunity for students to perform challenging music with students from other international schools. Strings focus on group goals and the completion of those goals in every rehearsal and performance. Music requires the integration of eye-hand coordination, rhythm, tonality, symbol recognition and interpretation, and reinforcement of critical thinking, problem-solving, and cooperation skills.



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

Season length: Season starts on November 19 and ends with the festival

### **Choir**

Choir festival is an opportunity for students to sing in a large group of students from all over CEESA. Schools send its strongest students to come together and play challenging music in a non-competitive environment that includes a concert on Saturday! Choir focuses on group goals and the completion of those goals in every rehearsal and performance. Participation in the Choir festival allows youth to develop, enhance, and instill character, insight, cultural awareness, and a love for music through direct exposure and involvement in the choir art.



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

Season length: Season starts on November 19 and ends with the CEESA festival

### **Math Counts**

MATHCOUNTS is a challenging and fun math program for middle school students. It provides students with a foundation for success in science, technology, engineering and mathematics careers. The MATHCOUNTS competitions have written and oral rounds, as well as individual and team components, which consist of fun and creative problems that promote critical-thinking and problem-solving skills on the 6th through 8th grade standards. [www.mathcounts.org](http://www.mathcounts.org)



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

Season length: Season starts on November 19 and ends with the CEESA tournament

### **Girls Basketball**

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

Season length: Season starts on November 21 and ends with CEESA tournament



## Boys Basketball

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

Season length: Season starts on November 21 and ends with CEESA tournament

## Swimming

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

Season length: Season starts on November 21 and ends with CEESA swimming championship



## **SPRING SEASON**

### **MUN (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. They research a country, take on roles as diplomats, investigate international issues, debate, deliberate, consult, and develop solutions to world problems.

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

Season length: Season starts on February 4 and ends with the conference



### **Knowledge Bowl**

Knowledge Bowl is an academic competition involving teams of students who answer questions in a written and several oral rounds. It is a jeopardy-like event for middle 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: Monday and Wednesday, 15:45 – 17:15

Season length: Season starts on February 4 and ends with the CEESA tournament



### **Cultural Arts**

Studying cultural arts promotes creativity, global awareness, and cultural values through the use of critical thinking, analysis, communication, and research, and helps students recognize how cultural life contributes to communities around the world.

Culminating festival is an opportunity for students to explore the rich cultural heritage and diversity of the host country. Schools send students to complete a project and experience two days of activities and teamwork in a non-competitive environment.

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

Season length: Season starts on February 25 and ends with the CEESA festival



### **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 MS Drama teacher



### **Girls Volleyball**

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

Season length: Season starts on March 15 and ends with CEESA tournament

### **Boys Volleyball**

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

Season length: Season starts on March 15 and ends with CEESA tournament





### **Girls Softball**

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

Season length: Season starts on March 15 and ends with CEESA tournament

### **Boys Softball**

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

Season length: Season starts on March 15 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](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@aas.ru](mailto:elena.plyuta@aas.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@aas.ru](mailto:elena.plyuta@aas.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.aas.ru/penguin-life/mother-language> for more information and online sign up.

#### **Non-AAS Leagues**

**Kirby Boychuk** [kirby.boychuk@aas.ru](mailto:kirby.boychuk@aas.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.aas.ru/penguin-life/other-activities>

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