



# MIDDLE SCHOOL AFTER-SCHOOL ACTIVITIES AND **ATHLETICS**



Second Quarter 2018-2019

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Welcome to the Middle School After-School Activities & Athletics Program at AISD. This brochure provides information concerning the activities that are available to middle school students before and after school this quarter. Each quarter these details will be sent to both students and parents via email, but will also be available in the Shamachar, and on the 3<sup>rd</sup> floor rotunda bulletin boards.

**Sign-ups for Athletics (Boys Soccer & Girls Soccer), and other After School Activities (ASA) will begin Wednesday the 17th of October.** MS sports will begin on Wednesday October 24<sup>th</sup>, while ASA will start the week of October 28th. Students will be sent instructions and a Google form via their AISD Gmail account to sign up for any and all activities. A list of students who signed up for activities and athletic teams will be posted on the 3<sup>rd</sup> floor rotunda bulletin board before activities begin.

Activities are available to all students in **sixth-eighth** grade and are **free of charge** for students. Transportation to and from school is provided for weekday activities (Sunday-Thursday) to those students who live in the Gulshan, Banani, and Baridhara neighborhoods. Transportation is NOT provided on weekends (Fridays and Saturdays). The MS ASA bus departs school at 5:10 pm each school day except Tuesdays when buses depart at 5:00.

Students will have an opportunity to get involved in a variety of after school activities. The program is structured to allow student to participate in academic clubs, athletic clubs and music clubs with different offerings each day. Academic clubs are offered on Sundays and Thursdays, athletic clubs on Mondays and Wednesday, and music clubs on Tuesday.

**All ASA will run from:**

3:45 – 5:00 Sun, Mon, Wed, Thurs.  
3:30 – 4:45 Tuesday

**ASA Focus for 2018-2019 (Not including SAISA):**

Sundays – Academic  
Mondays – Athletic  
Tuesdays – Music  
Wednesdays – Athletic  
Thursdays – Academic/Creative/Other

**Parents MUST complete the Permission to Participate in Sports Activities Form for all sports-related activities, which are marked with an asterisk (\*). This needs to be completed only once in order for a student to participate for the entire school year. This form can be found on the last page of this document. It will also be available in the MS PE Office, and the Activities Office. It is requested that all parents complete and submit the form to Mr. Alwert either electronically, or as a hard copy, by the end of the first week of practice.**

# ATHLETICS

Monday and Wednesday 3:45pm-5:00pm

## MS BOYS SOCCER

The focus of these training sessions will be on the development of skills, knowledge and teamwork. Some games may be arranged during the season against other schools. The season ends with a tournament at AISD. This is a great way to make new friends, be active and get prepared for being on the SAISA team later in high school.

**Coaches:** Mr. Roura, and Mr. Tunheim

**Days and Time:** Monday and Wednesday from 3:45pm to 5:00pm

**Location:** Field

**Dates:** October 24<sup>th</sup> – December 8<sup>th</sup>

**Tournament:** November 16<sup>th</sup>, 2018

## MS GIRLS BASKETBALL

The focus of these training sessions will be on the development of skills, knowledge and teamwork. Some games may be arranged during the season against other schools. The season ends with a tournament at AISD. This is a great way to make new friends, be active and get prepared for being on the SAISA team later in high school.

**Coaches:** Mr. Herrera, Mrs. Lozano

**Day and Time:** Monday and Wednesday from 3:45pm to 5:00pm

**Location:** Gym A and Gym B

**Dates:** October 24<sup>th</sup> – December 8<sup>th</sup>

**Tournament:** December 8<sup>th</sup>, 2018

## Cricket

This ASA is designed for students who have an interest in developing their Cricket skills.

**Instructor:** Mr. Talal

**Days and Time:** Tuesday (6:15am - 7:45am), and Saturday (1:00pm – 4:0pm)

**Location:** Field

**Dates:** October 25<sup>th</sup> – February 2<sup>nd</sup>

**Tournament:** February 2<sup>nd</sup>, 2019

## SAISA SWIMMING

*First quarter activity that continues until October 28<sup>th</sup>.*

# SUNDAY

Academic Clubs  
Time: 3:45pm-5:00pm

## Model United Nations (MUN)

**Instructor:** Ms. Bashir, Mr. Kliner  
**Location:** C302

Middle School Model United Nations (MUN) presents a simulation of the purpose and function of the UN. Students engage in the actual process of drafting resolutions and debating their merit. MUN can help in the development of skills such as debating, public speaking, diplomacy, and research.

No supplies required but there is a cost component for students who attend the conference. Some students will attend the ASA but not attend the conference, as there are a limited number of delegates that can be taken. Attendance at the conference will be determined by attendance at, and preparation for, Sunday sessions. It is important that students wishing to attend the conference display positive participation, an ability to collaborate, punctuality, effort, a willingness to help others, and a decorum that reflects the spirit of MUN.

- Cost assessed will include: Conference registrations fees, travel, food, accommodation
- The conference will have 10-15 delegates, but the ASA can accommodate 25

## Art Club

**Instructor:** Mr. Rajan  
**Location:** A312

Come and explore different art supplies in art class and create art! You don't need to be an art student or have any prior experience in art to join the club. Just bring your passion for art!

## Fashion Club

**Instructor:** Ms. Taylor  
**Location:** Band Room

Do you have an eye for fashion? Students will design their own creations and then show off on a red carpet runway show! Open to students in grades 6-8

**Week 1:** Turn a trash bag into a fashion statement!

**Week 2:** T-Shirt Cut Up!

**Week 3:** Up-cycle an old garment!

**Week 4:** All about accessories: jewelry, belts, and more!

**Week 5:** Duct Tape Challenge

**Week 6:** Fashion Show

## Middle School Play (Sunday and Thursday)

**Instructor:** Mr. Russell, Ms. Tilley

**Location:** Anita and Samson H. Chowdhury PAC

**First Quarter activity that continues until November 10<sup>th</sup>.** Students should sign up for new clubs on Sundays and Thursdays but will not be able to join these clubs until after the MS production is finished.

# TUESDAY

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Music Clubs  
Time: 3:30pm-4:45pm

## **MS/HS Show Choir ASA**

**Instructor:** Mr. Hill

**Location:** Music Room 202

If you like singing with your friends, then Show Choir is the group for you. This ASA involves singing popular songs and having a lot of fun doing it and is offered on Tuesdays from 3:30-4:45. Hope to see you there.

## **MS/HS Combined Jazz Band**

**Instructor:** Ms. Taylor

**Location:** Music Room

The AISD Tiger Jazz Band is open to all secondary students, grades 6-12 with prior instrumental experience. Instrumentation includes sax, trumpet, trombone, piano, guitar, bass, drum set, and auxiliary percussion. The band rehearses every Tuesday, 3:30-4:45. The Jazz Band performs at school and community events.

# THURSDAY

Academic/Creative/Active Clubs  
Time: 3:45pm-5:00pm

## Table Tennis

**Instructor:** Mr. Ruffer  
**Location:** Gym B

Come and learn the skills to be a great ping-pong player! All skill levels (Beginner, Moderate, High) are welcome, as students will get many opportunities to practice and play in Singles and Doubles matches as well as develop other physical skills. Some benefits include: increased eye-hand coordination, increased heart rate, muscular strength and confidence. See you there!

## Homework Support Hour

**Instructor:** Ms. Murphy  
**Location:**

This is for students who wish to get some support with their homework assignments. This is a quarterly commitment.

## The Athlete

**Instructor:** Mr. Rank  
**Location:** Fitness Center

Think hard... what skills do pretty much all sports have in common? Come and participate in "The Athlete" and you will participate in activities that will help you develop the foundational skills needed to be successful in our sports programs here at AISD: agility, speed, power and strength. Come help our Tigers ROAR on the field, court, pool and track!

## Design Technology Club: Laser Cutting and Vinyl Plotting

**Instructor:** Mr. Nicol  
**Location:** A309

Students will get to design and make their own products using the laser cutter and vinyl plotter. They will learn how to use Adobe Illustrator to design their files, which they will then laser cut and engrave from plastic and wood. Students will learn how to make vinyl stickers to decorate their products using the CAD/CAM vinyl plotter.

## Middle School Play (Sunday and Thursday)

**Instructor:** Mr. Russell, Ms. Tilley  
**Location:** Anita and Samson H. Chowdhury PAC

**First Quarter activity that continues until November 10<sup>th</sup>.** Students should sign up for new clubs on Sundays and Thursdays but will not be able to join these clubs until after the MS production is finished.

# **\*Permission to Participate in Sports Activities**

I give permission for my child, \_\_\_\_\_, Grade: \_\_\_\_\_, to participate in the AIS/D middle school sports program **(this form, filled out once, will cover all sports your child may be involved in this year)**. I understand that his/her participation may subject him/her to the normal risks associated with sports activities. I also understand that the school will provide reasonable supervision of this activity. Nevertheless, those supervisors and/or the school in general cannot be held accountable for any injuries that may occur. The school does not carry medical insurance or insurance for other costs arising from accidents that may occur through no fault or negligence of the school. It is recommended that parents review their medical insurance and ensure adequate coverage is provided. In signing this permission slip, I authorize school personnel to take reasonable action to safeguard the health and wellbeing of my child, including administering first aid and, if necessary, obtaining emergency medical treatment. I understand the school will make every effort to contact me in the event professional medical treatment is required.

## **CONTACT INFORMATION**

PARENT'S NAME: \_\_\_\_\_

CONTACT: \_\_\_\_\_  
Office/Cell Phone Home Phone

EMERGENCY CONTACT'S NAME: \_\_\_\_\_

CONTACT: \_\_\_\_\_  
Office/Cell Phone Home Phone

## **HEALTH AND FITNESS CERTIFICATION**

I, \_\_\_\_\_ (parent), certify that \_\_\_\_\_ has been examined by a physician in the past 12 months and he/she was found physically able to participate fully in sports activities such as this one during the school year.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_