



Extracurricular Activities and Athletics Brochure

Grade 6-8
Session I
2018-19



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Dear Parents,

We are excited to offer an exclusively Middle School Extracurricular Activities and Athletics Program this school year!

Middle School Athletics will be offered on Monday and Wednesday after school, while MS Extracurricular Activities will be offered on Tuesday and Thursday. This allows our students to try both offerings each session.

For detailed information regarding Extracurricular Activities please contact Damiana Capurso de Proano, Community & Events Coordinator at dproano@cotopaxi.k12.ec or calling 382-3270 ext. 1101 and Juan Jose Fuentes, Athletics Director at jfuentes@cotopaxi.k12.ec or calling 382-3270 ext. 3402.

Although the after school program is not a requirement, we do encourage students to try at least one offering each session. See the full description in this brochure and have a conversation with your child about their preference. Thank you for supporting the Middle School after school program!

Sincerely,

Sheryl Gruber

MS Principal


Extracurricular Activities Detailed Information - SESSION I September 10-November 21, 2018

EXTRACURRICULAR ACTIVITIES ARE OFFERED: **TUESDAY & THURSDAY 3:00 p.m. - 4:00 p.m.**

ATHLETICS ARE OFFERED: **MONDAY & WEDNESDAY - 3:10 p.m. - 4:10 p.m.**

Some activities change from session to session with new offerings to choose from.

ALL YEAR ACTIVITIES - The Extracurricular Activities which are offered all year are marked in yellow. You will not need to re-register your child for Session II & III. Some of these activities have very limited space and we do keep a waiting list for students interested in entering them. Please notify the Activities Coordinator if your child will not continue any of the mentioned activities.

 All year activity

Grades	Activity	Description	Fee	Teacher	Space Limit	Monday	Tuesday	Wednesday	Thursday
6	Math Mondays	Are you struggling in Math? Do you want a quiet place to work on math homework or concepts with your teacher? Do you have a math assessment to prepare? Math Monday will provide a quiet, structured space to get support on current grade 6 students. ** This is the only activity that will be offered on Mondays		Holly Hoskins		x			
6-7-8	Introduction To Fencing -This is a yearlong activity (all three sessions).	Students will learn the following advantages with the sport: Physical performance; Fencing increases the body power quality. Strength, endurance, flexibility and balance. Psychological: leadership, decision making, social and emotional intelligence, honesty, empathy. Psychomotor: Coordination, stability, body dissociation of the upper and lower area. GOAL: Fencing theory, safety, warming up, stretching, using of uniform, basic posture, movements, attacks with the weapon, basic strategy and rules. MATERIAL USED: Sword, masks, protection jackets, gloves, connecting wiring, electrical marker and teaching materials.	Rental of equipment: \$15.00 for each session – this fee has to be paid at the cashier’s office by the first week of extracurricular activities.	Andreas Bliemes			x		

Grades	Activity	Description	Fee	Teacher	Space Limit	Monday	Tuesday	Wednesday	Thursday
6-7-8	Choir -This is a yearlong activity (all three sessions)	The MS International Honor Choir is opened to any Middle School student, boy or girl, who like to sign and are interested in singing with others. No prior experience is needed. We will prepare a variety of songs through the year. There is the possibility of also preparing to participate in the AMIS MS Choir Festival in May 2019.		Allison Schmidtke			x		
6-7-8	Design Tech Club	We will host a Design Tech Club specifically for MS students interested in pursuing their design-based interests in the Makerspace. The goal will be to further our knowledge and understanding in using the tools and materials that are available in the Makerspace.	\$20.00 - this fee payment has to be made at the Cashier's office by the first week of Extracurricular Activities	Jordan Englehart	12 students		x		
6-7-8	Homework Club	This is the perfect opportunity for Middle Schoolers to start the year on the right foot. Keeping up with homework, getting extra help in all subject areas and uploading classwork is a great habit to develop. We will also work on organizational skills that are essential in your academic career. Come in and join the Learning Support team on the road to success!		Maria Belen Zavalla	8 students		x		
5-6-7	Advanced Flamenco -This is a yearlong activity (all three sessions)	Requirement: Only students with 4 years' experience can join this Spanish activity. In Session I students will learn the following Alegria spanish dance techniques: joyful compass, joyful auction, joyful marcaje, escobilla, joyful rise, joyful intermediate finish. This is a complex dance choreography that the Flamenco dancer are in used to do. It's a longer dance and will need to practice at home. Students will perform the Alegria dance at the Fiestas de Quito presentation on December 5. In Session II - Dancers will work on a dance choreography called Garrotin that they will perform at the International Festival on April 27. They will learn advanced tap, management of space, body movements, wrist and posture. Session III - by this time students will have all the basic knowledge of Alegria "joyful" and Garrotin.	\$ 100.00 includes the long dress and the flower. Check has to be payable to: Mayra Simbaña – send payment to Activity Office - Flamenco shoes fee: \$ 60.00 - make check payable to Papusse. Send payment to Activity Office.	Camila Burneo of Ballet & Flamenco Dance School					x

Grades	Activity	Description	Fee	Teacher	Space Limit	Monday	Tuesday	Wednesday	Thursday
6-7-8	Advanced Fencing - This is a yearlong activity (all three sessions).	<p>Requirement: Two-year experience is need to join this sport activity. Our goal is for students to apply the fencing theory and techniques combining the tactics to accomplish the development of a combat of a more advanced level already competitive. Students will reinforce de 6th and 4th defense, integrated attack, use of strategy in the combat.</p> <p>We will have strategy games and concentration, physical exercise circuits. We will emphasis in executing electrically combats.</p>	<p>\$15.00 for the rental of equipment in each session. Payments needs to made at the cashier's office by the first week of activities.</p>	Andreas Bliemes	12 students				x
6-7-8	Introduction To Karate - This is a yearlong activity (all three sessions).	<p>Students will learn: techniques of arms, basic techniques of legs (front and circular kick), simple movements, movements with arms for arms, movement with leg techniques, attack movements with pairs, defense against one opponent, defense against two opponents, combat foundations and basic Kata Taikyoku Shodan. At the end of the school year students will have a special presentation and will ascend from the white belt to white-yellow belt.</p> <p>IMPORTANT INFORMATION - Karate Beginners students can complete the additional training with no additional payment at the Karate IKA School located at C.C. La Y store #30 on the following days: Tuesday & Thursday from 5-6 p.m. or Friday from 4:40 p.m. to 5:30 p.m. Mr. Romel Armijo romel-armijos@yahoo.es tel. 0997- 089-077 and Mr. Julio Garzón 099-419-7201 julio_garzon@hotmail.com. UNIFORM- The Karate uniform can be purchased at Artes Marciales y Más located at the el C.C. La "Y" address: Ave 10 de Agosto and América, store 30 N39-603, tel. 225- 4455. Cost of uniform: \$46.00 - \$55.00 depending on the size.</p>		Julio César Garzón of IKA Karate School	12 students				x
6-7-8	Transforming Art Into Plastic	In this extracurricular activity, we will explore ways and processes of using recycled plastic bags to create art.	\$10.00- must be paid at the cashier's office during the week of registration.	Ana Carolina Alvear					x



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6-7-8	Homework Club	This is the perfect opportunity for Middle Schoolers to start the school year on the right foot. Keeping up with homework, getting extra help in all subject areas and uploading classwork is a great habit to develop. We will also work on organization skills that are essential in your academic career. Come in and join the Learning Support team on the road to success!		Belen Zavala	8 students				x
6-7-8	Sweet Morning Charities Baking Club	This activity will focus on the practical skills required to bake and cook a new item each week. Some items include desserts, empanadas, and other snacks. The food made will then be sold in the Sweet Morning Charities on Friday mornings. All money raised will go to local charities. Students participating at this club are also invited to volunteer at the coffee shop for community service hours.	\$30.00 must be paid at the cashier's office during the week of registration	Amanda Franks	12 students				x
6-7-8	Jazz Combo	MS/HS Jazz Combo is open to all MS and HS students with previous experience on a band instrument, as well as string bass, piano and drum set. We will work on pieces from different styles within the jazz genre, such as swing and salsa. We will also explore improvisation using the blues scale and basic chord progressions. Depending on our progress, the group may perform on the band concerts throughout the year, as well as possibly at the International Festival and other school events.		Allison Schmidtke					x



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SESSION I MIDDLE SCHOOL ATHLETICS PROGRAM (September 10 – November 21, 2018)

Grades	Activity	Description	Coaches	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7-8	Boys & Girls Volleyball	The focus of MS Volleyball is to develop the technical and tactical skills. Athletes will need in order to successfully participate in the skill level.	Daniella Taylor & Tony Pereira	x		x			
6-7-8	Boys & Girls Swimming	<p>The focus of MS Swimming is to develop the technical skills athletes will need in order to successfully participate in competition. All students are welcome regardless of skill level.</p> <p>PRACTICE DAY:</p> <ul style="list-style-type: none"> - Monday & Wednesday (MANDATORY) 3:10 p.m. - 4:00 p.m. - Monday, Wednesday & Friday (OPTIONAL) 6:00 a.m. - 7:30 a.m. - Saturday (OPTIONAL) 9:30 a.m. to 12:00 noon <p>*MS Students are required 3 days of practice per week.</p>	Paola Braganza	x		x			

For detailed information regarding Middle School Athletics, please contact Juan Jose Fuente, Athletics Director at jfuentes@cotopaxi.k12.ec or at 382-03270 ext. 3402.