



**Extracurricular  
Activities  
Brochure  
Grade 6-8  
Session II  
2018-19**



**YOUR  
BEST  
SELF**


## Extracurricular Activities Detailed Information - SESSION II January 14 – March 21, 2019

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
6-7-8	Middle School Choir -This is a yearlong activity	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 & Mary Biemann			x		
6-7-8	Calligraphy	Students will learn calligraphy and hand lettering, beginning with the basics and teaching new skills at the pace of the students' involved as the course progresses.	\$12.00 The material payments needs to be paid at the cashier's office by December 10.	Aubrey Jordan	12 students		x		
6-7-8	Yoga	If you need to relax this is the perfect activity for you come and join us! Students must bring a mat for the exercises		Allison Sands	12 students		x		

Grades	Activity	Description	Fee	Teacher	Space Limit	Monday	Tuesday	Wednesday	Thursday
6-7-8	Fencing – Beginners	Students will learn the following advantages with the sport: <b>Physical performance;</b> Fencing increases the body power quality. Strength, endurance, flexibility and balance. <b>Psychological:</b> leadership, decision making, social and emotional intelligence, honesty, empathy. <b>Psychomotor:</b> Coordination, stability, body dissociation of the upper and lower area. <b>GOAL:</b> Fencing theory, safety, warming up, stretching, using of uniform, basic posture, movements, attacks with the weapon, basic strategy and rules. <b>MATERIAL USED:</b> Sword, masks, protection jackets, gloves, connecting wiring, electrical marker and teaching materials.	<b>Rental of equipment: \$15.00 for each session – this fee has to be paid at the cashier's office.</b>	Andreas Bliemes	12 students		x		
6-7-8	International Festival Latin Dance	Come join our Latin Dance group and learn Caribbean rhythms such as salsa and bachata. We will learn about the origins of the music and movements and will learn traditional steps and spins that can be done individually as well as with a partner. Our final goal will be to learn a choreography to perform at the International Festival on April 27. We will have special rehearsals during the month of April and this dance activity will end on April 27.		Nicole Mann					x
6-7-8	MS Jazz	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	12 students				x



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Grades	Activity	Description	Fee	Teacher	Space Limit	Monday	Tuesday	Wednesday	Thursday
6-7-8	Sweet Morning Charites Cooking & Baking	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.	<b>\$30.00 must be paid at the cashier's office during the week of registration</b>	Maria Alejandra Rivas	12 students				x
6-7-8	Learning Skills Club	Learning Skills Club is for students who wish to learn effective strategies that will help them in their learning careers. Some of the strategies we will discuss and learn are: executive functioning (how to organize myself and my learning), math word problem solving strategies, and reading (how to decode text and annotate). If you wish to learn and practice strategies this club is for you!!!		Ma. Belen ZavalVa	8 students				x
6-7-8	Literary Challenges	Come and enjoy games, crafts and fun related activities with books and reading.	<b>\$15.00 for the rental of equipment in each session. Payments need to be made at the cashier's office by the first week of activities.</b>	Jill Egan	12 students				x



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## SESSION II MIDDLE SCHOOL ATHLETICS PROGRAM (January 15 – March 21, 2019)

Grades	Activity	Description	Coaches	Monday	Tuesday	Wednesday	Thursday
6-7-8	Ms Basketball	Students will meet twice a week, on Monday and Wednesday from 3:00 to 4:00. The program aims to prepare students for competition through appropriate developmental training and skill development.	Doug Catanzaro	x		x	
6-7-8	Ms Swimming	Students will meet once a week on Wednesday from 3:00 to 4:00. The program aims to introduce swimmers to the four competitive strokes, starts and turns. MS students interested in competitive swimming can contact Mrs. Braganza for more information on practices and Swim meets.	Paola Braganza			x	

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