

International School of Panama
Middle & High School After-School Activities (ASA)
2009-2010



After-School Activities (ASA) is designed to provide students with opportunities to engage in organized group activities that allow them to develop talents, learn new skills, socialize, strengthen friendships and make new friends. A skilled and experienced staff of instructors, some from our own faculty and others from the outside community, have created quality programs that we are happy to provide on our campus exclusively for ISP students.

Students are welcome to ride home on the After-School Activity buses that are provided by the school as part of the program.

Registration for After-School Activities is on a first come-first served basis. We expect regular attendance and active participation. Activities are subject to cancellation or regrouping based on enrollment numbers.

Important Information about Fees In order to provide a wider range of quality activities and to meet the costs associated with personnel, transportation and materials, we have set fees for activities that fall outside of the general school extra-curricular and sport offerings. Fees are non-refundable after the first week. Students are allowed to switch activities, deadline for changes is the 2nd week of ASA (February 12th).

Information in this Brochure

Registration Form – Page 2

Schedule of Activities – Page 3

Description of Activities – Page 4, 5, 6

How to Register for ASA

Return the attached registration form (1 per student) by email or your child may drop it off at the Middle or High School office by **Monday, January 25th**.

Once we determine that registration meets the minimum/maximum enrollment requirements, we will notify you via email by **Friday January 29th** and ask that you return your payment for the full amount by **Friday February 5th**. You may pay by check or by cash at the main office of the school. Checks should be made out to ISP and include student's name and name of ASA in the memo line.

Registration Form

Please complete 1 form per child

Student's name: _____

Grade: _____

Activity (name & days): _____

Alternate activity: _____

Activity (name & days): _____

Alternate activity: _____

Activity (name & days): _____

Alternate activity: _____

Activity (name & days): _____

Alternate activity: _____

Parent name: _____

Phone (tel. & cell.): _____

E-mail: _____

Parent signature: _____

Will the student need After School Bus service?

YES

NO

*All activities are subject to cancellation/regrouping based on enrollment. Please make checks payable to ISP.
Questions? Contact: *Cristine Kelso, ISP Athletics Activities Coordinator, 293-3077 or ckelso@isp.edu.pa*

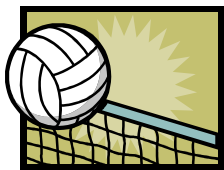
Semester 2 ASA Schedule

ASA season: Feb. 1st – May 7th

ADECOP season: Feb. 1st to June 4th

Activity	Instructor	Area	Grade level	Schedule	Cost	Material Cost
Coed Volleyball	Clyde Cumberbatch	HS Gym	HS	Mon. & Thurs.	\$70	
Coed Basketball	Clyde Cumberbatch	HS Gym	HS	Tues. & Fri.	\$70	
Hockey	Scot Twining	TBA	MS/HS	Mon. & Thurs.	\$70	
Hapkido	Rolando Vergara	TBA	MS	Tues.	\$ 180.00	
Urban Rhythms (modern dance)	Jaleo Academy Instructor	TBA	MS/HS	Mon. & Thurs.	\$50	
Ping Pong	Ruben Rivera	HS Gym	MS/HS	Mon. & Thurs.	\$100	
ADECOP sub 12 boys soccer	Jodie Roderick	Small soccer field	age:11-12	Tues. & Fri.	ISP	\$20 uniform
ADECOP sub 12 girls soccer	Justin Rice	Small soccer field	age:11-12	Mon. & Thurs.	ISP	\$20 uniform
ADECOP sub 15 boys soccer	Ricardo Calderon	Small soccer field	age:13-15	Tues. & Fri.	ISP	\$20 uniform
ADECOP sub 15 girls soccer	Darlene Frketich	Small soccer field	age:13-15	Mon. & Thurs.	ISP	\$20 uniform
Roots & Shoots	Jon Patrick	TBA	HS	Tues.	ISP	
Roots & Shoots	Tyler Morningstar	TBA	MS	Tues.	ISP	
Music	Jesus Almenas	HS Music room	MS/HS	Mon. & Thurs.	\$120	
Choir	Miriam Morningstar	TBA	MS	Tues. & Frid.	\$70	
Art	Ella Faulkner	MS Art room	MS	Frid.	\$35	\$25
Scrapbooking	Priyanka Jethani	TBA	MS	Mon.	\$35	\$50
Expeditions into Experimental Video	Jonathan Harker	HS MAC room	11 & 12 th grade	Tues.	\$300	
Portuguese	Lilian Knudsen	TBA	MS	Mon. & Thurs.	free	
Mandarin	Andres Chan	TBA	MS	Tues. & Frid.	\$70	

ASA Descriptions



Coed Volleyball: Students who are interested in working on their volleyball skills can begin early to get ready for next year's AASCA season. As well for those students who simply want to come out and have some good fun. **(Grade HS)(Monday & Thursday)**

Coed Basketball: This after school sport provides a chance for those not interested in soccer (the main sport for the 2nd semester) be able to continue improving their basketball skills, while enjoying the company of other classmates. **(Grade HS) (Tuesday & Friday)**



Hockey: Ball hockey, with regulation wooden sticks and certified Canadian Ball Hockey ball. No roller blades, just run and gun with sneakers, and fire the ball in the twine top cheese!
(Grade MS/HS) (Monday & Thursday)



Hapkido: A Korean Martial Art created for personal defense. Kicking techniques, joint and pressure points are some of the characteristics of Hapkido. Students learn about discipline, respect, self-confidence, and are influenced in a positive way to develop their personalities. www.hapkidoaph.com

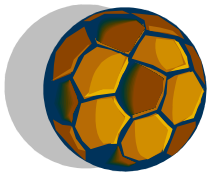
*Comfortable shorts/pants, t-shirts & sneakers. **(Grade M) (Tuesday)**



Urban Rhythms (modern dance): Do you have the urge to dance every time you hear music? If your answer is a yes! Then don't miss out on this ASA. Combining Hip Hop, Street Dance, Modern Dance and Street Jazz, you will keep your feet in rhythmic motions for one full fun hour. **(Grade MS/HS – Monday & Thursday)**

Ping Pong: Gives students the opportunity to develop eye-hand coordination, the ability to react quickly, and effectively. The instructor of this class is part of the Panamanian Ping Pong Academy. For more info: www.pingpong507.es.tl **(Grade MS/HS) (Mon. & Thurs.)**





ADECOP Sub 15 Soccer team: ADECOP (Local Interscholastic League). Students who like to play sports at a more competitive level will have the opportunity to sign-up and try-out for the team. The coach can only take 20 players. Students will find out if they made the team by February 12th.

Sub 12 Boys (ages 13-15) - Tuesday & Friday

Sub 12 Girls (ages 13-15) - Monday & Thursday

Sub 15 Boys (ages 13-15) - Tuesday & Friday

Sub 15 Girls (ages 13-15) - Monday & Thursday



Roots & Shoots: We will work hard to 'green' ISP through education and awareness, implement the 3 R's (Reduce, Reuse, Recycle), and teach others how they can do the same at their homes, schools, and businesses. This ASA will be focused on the Jane Goodall Institute program. www.rootsandshoots.org

(Grade MS/HS) (Tuesday)



Music: Do you like to hear good tunes come out from a musical instrument, but don't know how that all comes out together? This is the class for you! Students will have the opportunity to choose to learn how to play one of the following instruments that they most like (guitar, bass, drum or piano). The instructor for this class is the head of the guitar department at the Academia de Musica de Panama. He has taught at the Academia of Musical Kids, Musica Box Musical Courses and is a freelance musician. **(Grade MS/HS) (Monday and Thursday)**

* Students will need to purchase their own musical instruments. Instruments can be bought at Deka, Alfaro o La Nota Music Shops. For recommendations of models & prices you may call the instructor Jesus, cel. 6881-8184



Choir: Students who are interested in voice lessons and would like to learn how to sing in beautiful harmonies. Middle School girls and boys will be given the opportunity to join the choir. Students will rehearse and prepare music for performances in the spring. **(Grade MS) (Tuesday & Friday)**

Art: The art class is a guided art environment where students will be able to experiment in materials of their choice (pencils, pastels, charcoal, etc) and/or improve on already acquired skills, if desired. **(Grade MS) (Friday)**



Scrapbooking/Crafts: Students who enjoy cutting up paper, peeling off stickers and drawing creative designs to make memorable memories into a book, should come to scrapbooking! Begin with a group of individual pictures and end with an awesome book of pictures joined together to be shared with friends and family. **(Grade MS) (Monday)**





Expeditions into Experimental Video: A course in experimental video practices for students with moderate, little or no experience. Theoretical and practical aspects of experimental video production will be covered. Students will watch video-art pieces, low-budget music videos, experimental documentaries and film-essays; they will learn to conceive films and edit their own projects. Ideas and techniques that are useful for working with limited resources will be emphasized. The professor for this ASA is Jonathan Harker a renowned Panamanian film and media artist.

* **Requisite materials:** Each participating student should have access to a digital photo camera that is capable of recording video.

(Grade 11th & 12th grade) (Tuesday)



Portuguese: Want to submerge in the Brazilian culture? Than this is the class for you! Students will learn the Portuguese language directly from a native speaker; learn about Brazilian customs and traditions. This class will be taught voluntarily from an ISP parent. ***(Grade MS) (Monday and Thursday)***

Mandarin: The class is designed for students with no prior knowledge of Mandarin. This course introduces students to basic skills in listening, speaking, reading and writing in Chinese. This class is also taught by a native ISP teacher. ***(Grade MS) (Tuesday & Friday)***