

# ASA Spring 'In Depth' Information 2018

## ISB STUDENT RESPONSIBILITIES

**Responsibilities will include but are not limited to the following:**

- Maintain academic standards throughout the activities season. Any work missed as a result of commitment to the after-school activities program must be collected and completed in a timely manner.
- Accept seriously the responsibility and privilege of representing/participating in the school and community.
- A cooperative attitude and a spirit of goodwill.
- The love of, and respect for, the activity or sport.
- Be on time for all practices, rehearsals and games.
- Treat opponents/peers with the respect that is due to them as fellow competitors/participants.
- Excused absences from practices, meetings, performances and games are to be cleared with coaches/leaders in advance.
- Exercise self-control at all times, accepting decisions and abiding by them.
- Follow all reasonable requests made by coaches/leaders.
- Submit all forms required for each activity before deadlines.
- Be responsible for any uniforms/equipment distributed by the school.

All students that sign up for an extra-curricular activity that is involved in CEESA competitions will be expected to participate in the housing of visiting athletes/competitors when ISB are designated hosts for an event. Please note that for larger CEESA events, the whole ISB community may be approached to help with the hosting of visiting students.

We will be hosting the HS Boys Basketball tournament on March 7-11 and the MS Boys Volleyball Tournament on May 10-13 We will need approximately 25 host families for each event.

## ASA WEEKLY SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	HS Play	HS MUN		HS MUN	
15:15-16:30	Rock Band	MS Play	MS & HS Play	HS Volleyball	MS Volleyball
		HS Volleyball	MS Volleyball	MS Knowledge Bowl	Dance
		MS MUN	Event Management	HS Math	
		Architecture & Engineering	Flag Football	Yoga	
			Lego Robotics		

## SPORTS/ACTIVITIES FOR SPRING SEASON

### **CEESA: HS GIRLS VOLLEYBALL**

**Coach Igor Saljic & Coach Kate Parson**

**Practices:** Tuesday & Thursday 3:00-4:30pm.

**Where:** ISB Gym

This is a competitive sports team that is open to all girls in grades 9-12. This team welcomes players of all abilities and experience. Compulsory practices are held twice a week, with games interspersed throughout the season. Select students (10) will have the opportunity to compete in the CEESA tournament in Helsinki on May 17-20.

**Important:** This is a CEESA activity and therefore by signing up you will be expected to provide housing for 2 students during one of the CEESA events ISB will organize this year. Seniors may not be permitted to travel, as this date could coincide with the IB exams.

**Season:** March 12 - May 20

\*\*\*\*\*

**CEESA: HS BOYS VOLLEYBALL**

**Coach Angelo Coskinas & Coach Arsen Calic**

**Practices:** Tuesday & Thursday 3:00-4:30pm.

**Where:** ISB Gym

This is a competitive sports team that is open to all boys in grades 9-12. This team welcomes players of all abilities and experience. Compulsory practices are held twice a week, with games interspersed throughout the season. Select students (10) will have the opportunity to compete in the CEESA tournament in Kiev on May 17-20.

**Important:** This is a CEESA activity and therefore by signing up you will be expected to provide housing for 2 students during one of the CEESA events ISB will organize this year. Seniors may not be permitted to travel, as this date could coincide with the IB exams.

**Season:** March 12 - May 20

---

**CEESA: MS GIRLS VOLLEYBALL**

**Coach Snezana Dimitrijevic & Coach Marija Zivotic**

**Practices:** Wednesday & Friday 3:00-4:30pm

**Where:** ISB Gym

This is a competitive sports team that is open to all girls in grades 6-8. This team welcomes players of all abilities and experience. Compulsory practices are held twice a week, with games interspersed throughout the season. Select students (10) will have the opportunity to compete in the CEESA tournament in Sofia on May 10-13.

**Important:** This is a CEESA activity and therefore by signing up you will be expected to provide housing for 2 students during one of the CEESA events ISB will organize this year.

**Season:** March 12 - May 20

---

**CEESA: MS BOYS VOLLEYBALL**

**Coach Aleksandar Popadic & Coach Dominic Ryan**

**Practices:** Wednesday & Friday 3:00-4:30pm

**Where:** ISB Gym

This is a competitive sports team that is open to all boys in grades 6-8. This team welcomes players of all abilities and experience. Compulsory practices are held twice a week, with games interspersed throughout the season. Select students (10) will have the opportunity to compete in the CEESA tournament in Belgrade on May 10-13.

**Important:** This is a CEESA activity and therefore by signing up you will be expected to provide housing for 2 students during one of the CEESA events ISB will organize this year.

**Season:** March 12 - May 20

---

**NON CEESA: Yoga**

**Mrs. Deo**

**Practices:** Thursday 3:00-4:30pm.

**Where:** Music Room

This activity is open to all students in grades 6-12. Students will have the opportunity to explore and develop the physical, mental, and emotional balance that comes with a regular yoga practice.

We will try different types of yoga, from those that are more relaxing and grounding to those that are more physical and athletic. All students are welcome-no experience (or flexibility) required.

**Season:** March 5 - May 20

---

**NON CEESA: Rock Band**

**Mr. Vlada**

**Practices:** Monday 3:00-4:30pm.

**Where: Band Room**

This activity is open to all students grades 6-12. Students involved in rock band will join a group of students that enjoy performing at school events. The rock band has performed numerous times at large school events, performing several songs that have been learned throughout the sessions. The band is always looking for singers, guitar players, drummers, keyboard/piano specialists, as well as other instrumentalists.

**Season:** March 5 - May 20

---

**NON CEESA: Event Management**

**Mr. Horner**

**Practices:** Wednesday 3:00-4:30pm.

**Where: Mr. Horner's Office**

This activity is open to all students grades 6-12. In this activity students will learn how to organize and run large scale school events. The event management team is responsible for the organization and volunteer work during CEESA and other school activities.

**Season:** March 5 - May 20

---

**NON CEESA: Dragons Den**

**Ms. Zarzycka**

**Practices:** Online, Continuous writing and researching. Meetings scheduled by the activity leader.

**Where: Ms. Zarzycka's Classroom**

This activity is open to all students grades 6-12. The Dragons Den is ISB's student newspaper. This online newspaper is published every trimester (3 times a year, with some updates throughout). The newspaper consists of ISB and world news, entertainment, sports, opinions, and creative writing.

**Season:** March 5 - May 20

---

**NON CEESA: Lego Robotics**

**TBC**

**Practices:** Wednesday 3:00-4:30pm.

**Where: TBC**

This activity is open to all students grades 6-12. Students will learn how to program the mindstorm bricks and build robots that can solve specific problems. This activity would be perfect if you are interested in robots, Lego or programming at any level.

**Season:** March 5 - May 20

---

---

**NON CEESA: Architecture & Engineering**

**Mrs. Maja Vasic**

**Practices:** Tuesday 3:00-4:30pm.

**Where: US Campus, local parks, various locations**

This activity is open to all students grades 6-12. If you are interested in inventing things, finding out about how buildings and bridges are safe and how builders design the greatest structures, then this is the activity for you. This activity is a mix between a makerspace and the fundamentals of architecture.

**Season:** March 5 - May 20

---

**NON CEESA: Flag Football**

**Mr. Adam Cheney**

**Practices:** Wednesday 3:00-4:30pm.

**Where: US Soccer Field**

This activity is open to all students grades 6-12. If you are interested in learning a new game that features fast movement, good hand-eye coordination and team work, then this activity is for you. Students of all levels are accepted and training will be given on how to play and the skills needed to be successful.

**Season:** March 5 - May 20

---

**NON CEESA: Dance**

**Belgrade Dance Center**

**Practices:** Friday 3:00-4:30pm.

**Where: Black Box**

This activity is open to all students grades 6-12. If you are interested in learning different styles of dance, being active in an artistic way and having fun with a fantastic dance leader, then this is the activity for you.

**Season:** March 5 - May 20

(Max 15 Students)

If you have any questions regarding the ASA spring program, please do not hesitate to contact me.

Regards,

Dave Horner

AC/AD

Email: [dhorner@isb.rs](mailto:dhorner@isb.rs)

Tel: +381 (0) 62 8056 136