

Activity Name:	Preferred Day(s) of ASA	Please select time for your ASA	Grade level (s):	Gender:	Coordinator Name (coach/teacher/parent):	Maximum number:	Preferred venue:	Description - Important so parents/students know what they are signing up for:	Cost per season (if applicable):	Specific uniform requirements:	Notes: Anything else you want parents/students to be aware of: Will you have trials/selections/auditions? Are there any specific skills/requirements necessary?	Are there any dates when you know you will be unable to run your ASA (Training/Personal Day etc). I would like to inform parents in advance to help with their planning
Gymnastics	Monday Morning	08.00 - 08.50	G2-5	Female	Ines Durnala	10	New Gym	The first 2 weeks there will be a trial and assessment. This could mean that if your daughter does not meet the required standards and they will be asked not to continue. This is an all year program. Season 1: basic gymnastics (improving flexibility and skills) Season 2/3: artistic gymnastics (apparatus)  Skills: general fitness skills, flexibility, coordination, strength specific gymnastic skills. Flexibility: split (or at least close to do one so it can be achievable during the first season), bridge (from the ground or from the standing position), gymnastic elements: front back roll, cartwheel, handstand (at least against the wall). Regular attendance and good behaviour, including positive attitude, is mandatory.	25			N/A
Art Club	Monday	16.10 - 17.30	G6-12	Mixed	Sarah Proudler	20	Schloss Art Room	Feeling creative? Want to try an unusual art idea that you have? Feel like trying out a new technique such as ceramics, printmaking, multi-media, collage, batik or painting on canvas for example? Then come along to art club and experiment. Have a go at developing your art vocabulary further! Do you have assignments in Art class you would like to develop? Would you like time to talk about your ideas with others? Then come along to the Art Club! Mondays after school with Ms Proudler.	25	n/a	no.	Only normal school activities and holidays
Girls Scouts	Monday	16.10 - 17.30	G6-12	Female	Kim Kermath Bridget Hooser (External)	10	Secondary Library	Just for Girls! Girl Scouting is for every girl, everywhere—where today's girls can become tomorrow's leaders. Memberships in Girl Scouts is open to girls in grades 6-12. There is so much fun to be had— singing songs, crafts, outdoor activities, going camping, and just feeling included, while we earn badges and display proudly all that we have accomplished!  *This is a sister organization to the current Girl Guide Brownie troop that is offered. This group will be sponsored by the USA Girl Scout Council of Munich. Yearly cost: 130Euro A Girl Scout Vest cost 40 Euros Please put the total amount due in an envelope with your son / daughters name & Grade on the front.	Service no Fee			
MUN	Monday	16.10 - 17.30	G9-12	Mixed	Diego Jaque	30	Middle Building 126	Students learn about drafting resolutions, debating and public speaking about issues of global concern. They have a chance to participate in some conferences (MUNIM - Munich MUN and THIMUN- The Hague MUN)	25	None		Not at the moment.
Primary Competitive Swimming	Monday	15.00-17.00	G.2-5	Mixed	Matt Dang	23	Hallenbad Oberschleißheim	Swimmers already from Season 2 do not have to do a trial in the first two sessions in Season 3. This is not a 'team to swim' session and is only open to children that can swim at least 25 meters without stopping, or pushing off the bottom in at least 2 recognised strokes. For grade 4/5, they are expected to swim 50 meters without stopping and be able to demonstrate at least 2 recognised strokes. Children should understand this is a competitive swimming setting. Swimmers will be challenged and are expected to follow instructions and fully complete the lesson plan during the sessions. Good respectful behaviour is a requirement as water safety is very important around a pool environment.  A bus will bring students to the pool at 15:00 and return to BIS at 17:00. Please inform the coach if your child will not be returning to school by bus.	25	Appropriate swimming gear and goggles	If your child is a new swimmer to BIS, the first 2 sessions will be trials to see if your child has got the skills to participate in this competitive swimming ASA. Please take note that this is not a learn to swim ASA, swimmers are expected to have already some experiences in a swimming environment.	N/A
EcoAgents	Monday	16.10 - 17.30	G2-5	Mixed	Andi Pichler	12	school	Help to maintain the school garden, reduce the waste of resources and take action to support the surrounding nature @ BIS.	Service no Fee			
Boys Pre Season Basketball	Monday	16.10 - 17.30	G9-12	Male	Robert MacSwain	14	New Gym 1	Varsity Basketball is a competitive team that competes against local teams and in both ESC and GISST competitions. Training will be focused primarily on preparing for such matches, and a high level of commitment is expected so as to best represent BIS at such events.	25			
U14 Preseason Girls Basketball	Monday	16.10 - 17.30	G6-8	Female	Katrina Schuh	12	New Gym 2	The Girls Basketball preseason workouts will focus on conditioning and player development in order to prepare our team for the upcoming season.	25			No
The Green Team	Monday	16.10 - 17.30	G6-12	Mixed	Emma Morris Kim Kermath	30	Sport Science room	Join a dynamic team of Changemakers, in maintaining the Eco-Schools status for BIS and ensuring our a Sustainable vision for our school Community!	0	0	Prepare to work between meetings and to represent the team within the school community to increase awareness and make change.	0
Board Games	Monday	16.10 - 17.30	G8-12	Mixed	Alicia Carter	16	Classroom	The club will focus on playing and interacting with others through a selection of board games.  We will start out with some simple competition games, such as Chess, Settlers of Catan or Carcassonne (player vs player). Afterwards, we will move into cooperation games like Pandemic or Forbidden Dessert (player vs board). To finish the term we will finalize with either social games like House on the Hill or pattern based games like Azule or Quarkle.  The students will learn strategy, how to plan ahead, reading the body language of other people, and how to change approach depending on circumstances.	25	N/A	Students do not need to know anything about these games before coming, we will teach you everything you need to know.	
Dryland Fitness Ski Training	Monday	16.10 - 17.45	G.6-12	Mixed	Richard Jermyn Rob Clements	24	Weights Room/ Track field	Fitness training for the upcoming ski racing	25	Sports clothes. It is expected that students attend every week if they want to compete in the races.		
Cross Country	Monday Tuesday, Thursday	16.10 - 17.30	G5-12	Mixed	Jerry Nicol Carrie Lawler (Mon, Tues)	No Maximum	Trails and track	Cross Country training sessions designed to increase levels of fitness, running ability, stamina, and to prepare students for the Friendly and GISST Cross Country competitions.	25	Running shoes and appropriate running wear	None that I know of.	
Karate - Tang Soo Do (Korean self defense).	Monday, Wednesday	16.10-17.25	G2-9	Mixed	Atilia Balin (external)	15	New Upper Gym 1	Tang Soo Do - TSD - is a classical martial art and it's purpose is to develop every aspect of the "self" in order to produce a mature person who can totally integrate his intellect, emotions, body and spirit. The martial art of Tang Soo Do is relatively modern, but its roots lie in the ancient Korean art of Soo Bahk Do, which can be traced back many centuries. Tang Soo Do is a style composed from three major areas and styles, which are Soo Bahk Do (60%), Northern China Kung Fu (30%), and Southern China Kung Fu (10%).	5 Euro per session 11 Sessions x 5 Euro = 55 Euro) Monday 12 Sessions x 5 Euro = 60 Euro) Wednesday  Please put the total amount due in an envelope with your son / daughters name & Grade on the front.	White karate uniform(jimono) with a white belt and a karate head gear.		
Varsity Girls Football	Monday & wednesday	16.10 - 17.30	G9-12	Girls	Tina Boundy (External)	20	Track Field	Competitive Varsity Girls football Team, practice and games preparing you for our friends, GISST & ESC tournaments.	25	N/A		
Varsity Girls Volleyball	Monday, Friday	16.10 - 17.30 (Monday) 14.30 - 15.45 (Friday)	G9-12	Female	Alexis Liesman	14	New Gym 3	Learn the fundamentals of volleyball while also preparing for competitive matches. Training will focus primarily on strategy with some skill development. Though no experience is required, a basic understanding of the sport is expected.	25			No.
Yearbook 2020-21	Tuesday	16.10 - 17.30	G7-12	Mixed	Kimberly House, Jayna Daryna	18	Collaboratory (PS Maker Space)	Come help create the BIS Yearbook! This is a fantastic opportunity to learn about graphic design and layout. It's also a chance to have a say in how our yearbook looks from the colour scheme to the theme as well as how each page looks. We are looking for committed students who are ready to come each week, learn, create and get busy! Please note, this is an activity that covers both Season 1, Season 2 of ASAs. You will ideally commit to coming from September through April to complete the project with the team. Come along and join our super fun team!	Service no Fee	None	Please note, this is an activity that covers both Season 1, Season 2 of ASAs. You will ideally commit to coming from September through April to complete the project with the team.	
Floor Hockey (Ice Hockey rules)	Tuesday	16.10 - 17.30	G5-6	Mixed	Mike O'neill	20	New Gym	Indoor floor hockey that follows ice hockey rules. Beginners welcome. This course will be taught by a qualified yoga instructor.	25	Pe Uniform		Grade Six Tri Week September 19th
Yoga	Tuesday	16.10 - 17.30	G9-12	Mixed	Natalie Oldfield	15	New Upper Gym 1	Improve your flexibility, strength and find peace of mind after a busy day! Vinyasa flow is a dynamic form of yoga with lots of movement and challenge. There are also elements of relaxation, so it's the perfect to end a busy day! This class is suitable for all levels, from beginner to advanced.	25			No
FUNctional Training	Tuesday	16.10 - 17.30	G6-12	Mixed	Daniela Fond (External)	12	Weights Room/ New Gym 1	Whether you want to prepare for a longtime sports career, support other disciplines or prepare for a healthy life style, you / your kid will benefit from this course. Getting youth interested in exercise early is essential. Strength training is a vital part of that exercise and well achieved through functional training as a method. Everyone stronger! This course is designed for students of all fitness levels and will focus on building strength and movement quality.	6 Euro per Session (External paid Coach) (6 Euros x Sessions = Total)	Sportsgear and a water bottle	Wear Appropriate sport kit. Payment should be made directly to the coach during the first session.	
Varsity Girls/Preseason Basketball	Tuesday	16.10 - 17.30	G9-12	Female	Katrina Schuh	12	New Gym 2	The Girls Basketball preseason workouts will focus on conditioning and player development in order to prepare our team for the upcoming season.	25			No
Junior Varsity Boys Football	Tuesday & Thursday	16.10 - 17.30	G9-12	Boys	Bardia von Beust (External)	25	Track Field 2 / Old Gym	This is a competitive team. The team will have fixtures against other international schools. It is also a development squad for the varsity boys team.	25			
U14 Boys Football	Tuesday & Thursday	16.10 - 17.30	G6-9	Male	Matt Dang	20	Primary School Football pitch/ New Gym 3	Football training and development. Players will improve their fitness and skills throughout the season. Learning how to be a team player and also developing their understanding of team commitment and a passion for sports.	25	Sports clothing, football boots, shin guards, and drink bottle	There will also be games against the other international schools' football teams during the season, this could be during the week or Saturdays.	Not at the moment

Varsity Boys Football	Tuesday & Thursday	16.10 - 17.30	G9-12	Male	Andi Pichler	35 total	Track pitch/ Old Gym	This is the competitive season for Football, you will practice football skills and prepare for competitive games.	25		Even if you are the next Messi you need to make sure your academics are up to standards to be able to play in a tournament (... considering we will be able to play tournaments at all)	No	
Yoga & Meditation	Tuesday, Thursday	16.10 - 17.30	G6-12	Mixed	Darby Alinger	12	Room above in the New Gym	Students can come to this yoga and meditation ASA to get some movement and then quiet meditation time to end their school day with positive energy.	25	Comfortable clothes that are good for movement (not jeans, etc.) and possibly your own yoga mat (depending on COVID regulations at the time). Make sure to bring a water bottle and a towel if you want!	No previous knowledge necessary. Yogs of all levels are welcome.	Currently no	
High School Play Production	Tuesday & Thursday	16.10 - 17.30	G9-12	Mixed	Isabel Moraes	20	Auditorium	Join us for this year's Upper School Drama Production. Rehearsals will be held on both Tuesdays and Thursdays, but you don't have to commit to both days - we will have a flexible rehearsal schedule. If you love Drama, and want to be involved in the production of the play in any role, do join us. And if you have any questions, don't hesitate to contact Ms Moraes	25	Comfortable clothes		No	
U14 Girls Football	Tuesday & Thursday	16.10 - 17.30	G6-8	Female	David Escat	20	Primary School Football pitch/ New Gym 3	Football training and development. Players will improve their fitness and skills throughout the season. Learning how to be a team player and also developing their understanding of team commitment and a passion for sports.	25				
Primary & Secondary Swimming	Tuesday, Thursday, Friday (Morning)	07.00 - 08.00	G2-12	Mixed	Christie Sorenson, Ines Dumala (1 hour, 1 hour)	n/a	Hallenbad Oberschlesheim	Please note that this is not a "learn to swim" session, and is only open to children that can swim at least 25 meters without stopping or pushing off the bottom in at least 2 recognised strokes. A bus will bring students from the pool to BIS at 08.15.	25	swim suit, cap, goggles	Students must be able to swim 25 meters without stopping	n/a	
U14 Volleyball	Wednesday (Morning)	08.00 - 08.50	G6-8	Mixed	Ines Dumala	24	New Gym 3	Improve your volleyball skills and fitness for the upcoming competitive season.	25			N/A	
Brass Ensemble	Wednesday	16.10 - 17.30	G2-12	Mixed	Emma Morris	25	Music Room	Welcoming all beginner to expert level Brass players to enjoy being bold and fantastic together in harmony!	25			Students just need enthusiasm and an instrument	Not yet.
U14 Badminton	Wednesday	16.10 - 17.30	G6-8	Mixed	Jorge Morris	40	New Gym 1 & 2	The first 2 weeks will be a trial as this is a competitive sport. Jorge Javier Morris & Knud Thomsen will hold trials and then after week 2 will announce the 30 successful players. 1 month before the team travels to GISS T only selected players will be permitted to attend practice. After the GISS T competition the players will be invited back.	25	BIS sport dress code	None	No	
Varsity Badminton	Wednesday	16.10 - 17.30	G9-12	Mixed	Knud Thomsen (External)	16	New Gym 1 & 2	The first 2 weeks will be a trial as this is a competitive sport. Jorge Javier Morris & Knud Thomsen will hold trials and then after week 2 will announce the 30 successful players. 1 month before the team travels to GISS T only selected players will be permitted to attend practice. After the GISS T competition the players will be invited back.	25	N/A		No	
Varsity Boys Volleyball	Thursday	16.10 - 17.30	G9-12	Male	Alexis Liesman	14	New Gym 3	Learn the fundamentals of volleyball while also preparing for competitive matches. Trainings will focus primarily on strategy with some skill development. Though no experience is required, a basic understanding of the sport is expected.	25			No.	
G4-5 Primary Basketball	Thursday	16.10 - 17.30	G4-5	Female	Schuh	12	New Gym 1	Basketball ASA - we learn and practise passes, shooting, defence, different tricks, rules and play games in each session. Students in this activity are expected to have enthusiasm for ball games and be sporty.	25			No	
Fitness	Thursday	16.10 - 17.30	G9-12	Mixed	Corneliu Robu	10	Fitness room	"This class is an all-inclusive, dynamic, and multifaceted afterschool activity designed to improve your overall fitness level: including strength and flexibility with different workouts which use resistance and body-weight training, cardio, plyometrics, do work, martial arts, yoga, and more!" Student Expectations and Safety Rules will be introduced during the first session."	25	sports equipment	NA	NA	
Sewing and crafts	Thursday	16.10 - 17.30	G3-5	Mixed	Deborah lee	10	My classroom 121	Learn how to sew and make things by hand and by using a sewing machine. You will make things to take home. We will start by making masks! This ASA will also include other crafts such as making pop up cards.	25			If the ASA runs on a Thursday, then I won't be able to do Thursday 17th September.	
G3-5 Football	Friday	14.30 - 15.45	G3-5	Mixed	Andi Pichler	20	Track Field 1	Kick a ball together with your friends + some top tips how to get even better at it.	25	Suitable cloths but no cleats			
Ballet G8-12	Friday	14.30 - 15.45	G8-12	Female	Mrs. Aileen Klammann (External)	12	New Upper Gym 1	I base my teaching on the syllabus of the Royal Academy of Dance London. With the possibility of taking exams or participating in events at the school. I would like students to stay till the end of the school year if possible. 10 Euro per session (11 sessions x 10 Euro = 110 euro) Please put the total amount due in an envelope with your son / daughters name & Grade on the front.	External Pay Coach Directly				
Gr. 1-2 Football	Friday	14.30 - 15.30	G1-2	Mixed	Andreas Kiernig (External) Stefan Albus (External)	14	Schloss Pitz	The Training will be set up in a playful game orientated manner to ensure the children have fun while learning the fundamentals of the sport. Please bring both indoor and outdoor kit 6 Euro per session (11 sessions x 6 Euro = 66 euro) Please put the total amount due in an envelope with your son / daughters name & Grade on the front.	External Pay Coach Directly				
Acrobatics	Friday	14.30 - 15.45	G1-10	Female	Ines Dumala	15	New Gym 1	The first 2 weeks are a trial period and assessment. This could mean that if your daughter does not meet the required standards, they will be asked not to continue. This is an all year program. Season 1: basic acrobatics (improving skills, basic partner elements) Season 2: specific acrobatics training (partners, short routines) Season 3: show acrobatics (final performance) Skills: general fitness skills: flexibility, coordination, strength/ specific gymnastic skills: static elements: split (or at least close to do one so it can be achievable during the first season), bridge (from the ground or from the standing position), dynamic elements: front/ back roll, cartwheel, handstand (at least against the wall), front/ back walkover, round off. Regular attendance and good behaviour is mandatory. Acrobatics: an infusion of choreography and complex skills performed in partnership. With no apparatus the gymnasts work in harmony and trust, each responsible for their partner or partners. Exercises performed on a standard gymnastic floor imposes on gymnasts a need for strength, agility, flexibility, balance and acrobatic skills. A requirement, and opportunity to express their artistry and individual gymnastics skills makes this a delight for spectators, and a tremendous feeling of attainment for gymnasts. All exercises must be performed to music and must start from a static position, be choreographed throughout and end in a static position. Balance Exercises must demonstrate strength, balance, flexibility and agility. Dynamic Exercises must demonstrate strength, balance, flexibility and agility. All pairs or groups take part in the qualification round.	25			N/A	
Varsity Rugby	Friday	14.30 - 15.45	G8-12	Male	Matt Dang	22	Track Field 2 / Weights Room	Physical training and learning the game of rugby. Players will develop their gross motor skills and fitness during the season and teaching the team about commitment towards an enjoyable sport to play.	25	Sports training clothes, drink bottle, mouthguard, football boots	There will be matches against the other international schools around Munich during the season.	Not at the moment	

<b>Playball (Dinkies: EC0-1)</b>	Friday	12:45 - 13:30	<b>EC0-1</b>	Mixed	Melanie Wilcocks (External)	8	<p>Old Gym 2</p> <p>Playball was developed 35 years ago as a programme that offers young children the chance to develop the basic skills that they need to for participating in various ball sports later in their lives. Since then, it has been refined with input from experts in education and sport, as well as occupational therapists and other specialists.</p> <p>Today Playball is enjoyed by children in countries all over the world, now also in Germany! Playball kids are gradually coached in the correct execution of skills such as catching, throwing, batting and kicking in a constructive and affirming learning environment that makes participation rewarding and fun. Children's perceptive as well as fine- and gross motor abilities are sharpened through learning, practicing and playing sports and games.</p> <p>In this way, Playball ultimately helps to support healthy physical, emotional, social and academic growth.</p> <p>What makes Playball different from other sport programmes?</p> <ul style="list-style-type: none"> <li>• Playball coaches are trained in utilising an age-appropriate curriculum created in line with children's developmental milestones;</li> <li>• Playball stages are age-specific, helping children to learn the right skills at the right time;</li> <li>• Playball is designed to contribute to holistic growth by complementing the life skills learned in early childhood education settings;</li> <li>• Playball is taught to small groups (6- 8 children per class) to facilitate individual attention within a group learning environment;</li> <li>• Playball focuses on teaching foundational skills in a variety of ball sports, rather than specialising in only one sport.</li> </ul> <p>Annual once-off registration fee: 12- Euro and 9- Euro per lesson (one lesson per week)</p> <p>Need more information? You can learn more about Playball at <a href="http://www.playballkids.com">www.playballkids.com</a> or watch a video about Playball at <a href="https://vimeo.com/168780098">https://vimeo.com/168780098</a> Playball Introduction Video</p>	Annual once-off registration fee: 12- Euro and 9- Euro per lesson (one lesson per week) Pay Coach directly	Comfortable clothes and indoor gym shoes	
<b>Tennis</b>	All week	To be confirmed with Coach	<b>G1-12</b>	Mixed	Michel Guzek (External)	N/A	<p>Tennis Centre</p> <p>For our Exclusive Cooperation 15% for the indoor Court in the Wintertime and 15,-€ per Person for a Tennis court at 4 Person Group. This special offer is for all Students and Staff from BIS. **Please contact the Tennis Center Directly via the emails provided below and mention that you are a BIS parent <a href="mailto:michel.guzek@tennis-center-oberschlesheim.de">michel.guzek@tennis-center-oberschlesheim.de</a> <a href="mailto:janine-lang@tennis-center-oberschlesheim.de">janine-lang@tennis-center-oberschlesheim.de</a></p> <p>Please note that this is an exclusive offer for BIS Students &amp; Staff, however this is run directly with the Tennis Centre.</p>	External Provider		
<b>Golf</b>	All Week	To be confirmed with Coach	<b>G1-12</b>	Mixed	Henniette Schilling (External)	N/A	<p>Please contact Open 9 directly: Henniette Schilling <a href="mailto:henniette.schilling@open9.de">henniette.schilling@open9.de</a> Tel: 08123 388 23 12</p> <p>The website is: <a href="http://www.open9.de">www.open9.de</a></p> <p>1) Schnupperkurs for beginners (price depends on number of students) Naturally teachers are very welcome as well!</p> <p>2) Einsteigerkurs for students until 14 years 8 x 30 minutes single lesson with one of our Golfpros 150 EUR per person, clubs for the lesson are included)</p> <p>3) Individual single lesson (for beginners and advanced students) with one of our Golfpros Price: 25 minutes for 35 EUR; 50 minutes for 65 EUR</p> <p>4) The Driving Range Fee is for every student of BIS free!</p> <p>5) Greenfee for 9 holes for students Mo - Fr : 15 EUR Weekend: 20 EUR Holidays: free!</p>	External Provider		N/A