

ASOY Recreation Club & Sports Newsletter

January 11, 2010

Men's Tennis Tournament

ASOY hosted a fantastic player men's single's tennis tournament over the weekend. Dustin Mans captured first place in a thrilling championship game versus Dan Murphy, while Dave Greer defeated Patrice Vansok for third place. Chad Anderson defeated James Beighle for fifth place. Congratulations to all participants and a big thank you to our tennis coaches for refereeing and ball boyng the matches.

ASOY Club Men's Doubles, Women's Doubles & Mixed Doubles Tennis Tournament

ASOY is hosting a Men's Doubles, Women's Doubles, and Mixed Doubles Tennis Tournament on Sat. Jan. 23 and Sun. Jan. 24. There will be different divisions for the men's, women's and mixed categories. For those that would like to participate in two divisions, we will schedule the games at different times but be prepared to play many games. The tournament is open to all ages and abilities. Please sign up with Mr. Emmanuel or Mr. Mans by Wed. Jan. 20. The schedule for the tournament will be posted on Thurs., Jan. 21 in the afternoon. The games will be played on Sat., Jan. 23 from 8:00 am – 6:00 pm and Sun., Jan. 24 from 11:00 am – 5:00 pm at ASOY. The cost of the tournament is 5000 CFA which will cover the cost of the referees and a pizza party on Sunday afternoon.

Jazz Night

We have postponed Jazz Night due to the locker room renovations. We will announce the new date of Jazz Night in an upcoming Recreation Bulletin.

ASOY Under 18 Club Tennis Tournament

ASOY is hosting an Under 18 Recreational Club Tennis Tournament on Sat. Jan. 30 and Sun. Jan. 31. The tournament is open to all Recreational Members of all ages and abilities. Please sign up or have your child sign up with Mr. Emmanuel or Mr. Mans. The schedule for the tournament will be posted on Friday afternoon. The games will be played from 1:30 – 5:00 on Sat., Jan. 30 and Sun., Jan. 31. The cost of the tournament is 5000 CFA which will cover the cost of the referees and a pizza party on Sunday afternoon.

Locker Room Renovation

We are renovating the locker rooms and bathrooms attached to the canteen and pool. The renovations will hopefully be finished by the end of January. Please be patient with the noise and mess during that time. The locker rooms will be permanently closed. During the weekends please use the bathroom by the basketball courts or the bathrooms across from the large ELL room.

Facility Availability Board

We have white board in the Canteen. The white board displays all of the events and the facility that will be used. As our program continues to grow our facilities are being maximized. The board allows members to sign up to use the tennis courts during the weekdays and the weekends. Members can either sign up for a court or ask their tennis instructor to sign up for a time. The sign ups will be on a first come, first serve basis. Members can still drop in and use the courts but it is recommended to sign up first to avoid waiting. The board is another way that we can efficiently communicate to our members.

ASOY Recreation Club Calendar

Jan. 23 – 24: Doubles Tennis Tournament

Jan. 30 – 31: Children's Tennis Tournament



Fri., Feb. 5: Volleyball & Happy Hour (6 – 8 pm)
Sat., Feb. 6: Children's Swim Meet
Feb. 20 – 21: Women's Tennis Tournament

Fri., March 5: Volleyball & Happy Hour (6 – 8 pm)
Sat., March 13: Volleyball Tournament (8 am – 5 pm)
March 20 – 21: Men's Tennis Tournament (1 – 6 pm)
Sat., March 27: International Gala

Fri., April 16: Volleyball & Happy Hour (6 – 8 pm)
April 17 - 18: Tennis Pro Tournament
April 24 - 25: International Spring Bazaar

Fri., May 7: Volleyball & Happy Hour (6 – 8 pm)
Sat., May 8: Children's Swim Meet
May 8 – 9: Children's Tennis Tournament
May 15 – 16: Soccer Tournament

Elementary Activities (Grades 1 - 5)

New Activities

Arts and Crafts

Mon., Jan. 11 3:30—4:30 pm
Mon., Jan. 25 3:30—4:30 pm
Mon., Feb. 1 3:30—4:30 pm
Mon., Feb. 8 3:30—4:30 pm
Mon., Feb. 15 3:30—4:30 pm
Mon., Feb. 22 3:30—4:30 pm

Schedule: 6 Sessions
Cost: 18,000 CFA
Registration Date: Mon., Jan. 11



Freestyling Wrestling Lessons (Grades 4—8)

Mon., Jan. 25 3:30—4:30 pm
Mon., Feb. 1 3:30—4:30 pm
Mon., Feb. 8 3:30—4:30 pm
Mon., Feb. 15 3:30—4:30 pm
Mon., Feb. 22 3:30—4:30 pm

Schedule: 5 Sessions
Member's Cost: 8,000 CFA
Registration Date: Mon., Jan. 25



Beginning Swimming (Levels 1-3)

Tues., Jan. 12 3:30—4:30 pm
Sat., Jan. 16 No Classes—Holiday
Tues., Jan. 19 3:30—4:30 pm
Sat., Jan. 23 3:00—3:45 pm
Tues., Jan. 26 3:30—4:30 pm
Sat., Jan. 30 3:00—3:45 pm
Tues., Feb. 2 3:30—4:30 pm
Sat., Feb. 6 2:30—4:30 pm—Swim Meet
Tues., Feb. 9 3:30—4:30 pm
Sat., Feb. 13 No Classes—Youth Holiday
Tues., Feb. 16 3:30—4:30 pm
Sat., Feb. 20 3:00—3:45 pm

Schedule: 10 Sessions
Cost of Course: 16,000 CFA
Registration Date: Tues., Jan. 12



Intermediate Gymnastics (Grades 3-5)

Tues., Jan. 12 3:30—4:30 pm

Schedule: 6 Sessions



Tues., Jan. 19 3:30—4:30 pm
Tues., Jan. 26 3:30—4:30 pm
Tues., Feb. 2 3:30—4:30 pm
Tues., Feb. 9 3:30—4:30 pm
Tues., Feb. 16 3:30—4:30 pm

Cost of Course: 9,000 CFA
Registration Date: Tues., Jan. 12

Intermediate & Advanced Swimming (Levels 4-6)

Thurs., Jan. 14 3:30—4:30 pm
Sat., Jan. 16 No Classes-Holiday
Thurs., Jan. 21 3:30—4:30 pm
Sat., Jan. 23 2:15—3:00 pm
Thurs., Jan. 28 3:30—4:30 pm
Sat., Jan. 30 2:15—3:00 pm
Thurs., Feb. 4 3:30—4:30 pm
Sat., Feb. 6 2:15—3:00 pm—Swim Meet
Thurs., Feb. 11 No Classes—Youth Day Holiday
Sat., Feb. 13 No Classes—Youth Day Holiday
Thurs., Feb. 18 3:30—4:30 pm
Sat., Feb. 20 2:15—3:00 pm
Thurs., Feb. 26 3:30—4:30 pm
Sat., Feb. 30 2:15—3:00 pm

Schedule: 11 Sessions
Cost of Course: 16,000 CFA
Registration Date: Thurs., Jan. 14



Beginning Gymnastics (Grades PreK—2)

Thurs., Jan. 14 3:30—4:30 pm
Thurs., Jan. 21 3:30—4:30 pm
Thurs., Jan. 28 3:30—4:30 pm
Thurs., Feb. 4 3:30—4:30 pm
Thurs., Feb. 11 No Classes—Youth Day Holiday
Thurs., Feb. 18 3:30—4:30 pm
Thurs., Feb. 26 3:30—4:30 pm

Schedule: 6 Sessions
Cost of Course: 9,000 CFA
Registration Date: Thurs., Jan. 14



Tennis Lessons

Fri., Jan. 8 3:30—4:30 pm
Sat., Jan. 9 12:00—1:00 pm
Fri., Jan. 15 3:30—4:30 pm
Sat., Jan. 16 NO CLASS—HOLIDAY
Fri., Jan. 22 3:30—4:30 pm
Sat., Jan. 23 12:00—1:00 pm
Fri., Jan. 29 3:30—4:30 pm
Sat., Jan. 30 12:00—1:00 pm
Fri., Feb. 5 3:30—4:30 pm
Sat., Feb. 6 12:00—1:00 pm
Fri., Feb. 12 NO CLASS—HOLIDAY
Sat., Feb. 13 NO CLASS—HOLIDAY
Fri., Feb. 19 3:30—4:30 pm
Sat., Feb. 20 12:00—1:00 pm

Schedule: 11 Sessions
Cost of Course: 27,000 CFA
Registration Date: Fri., Jan. 8



Existing Activities

Tae Kwan Do Lessons

Mon., Jan. 11 3:30 – 4:30 pm

Middle & High School Activities

New Activities

SAT Prep Classes for High School Students

Sat., Feb. 6 10:00 am—12:00 pm
Sat., Feb. 20 10:00 am—12:00 pm
Sat., Feb. 27 10:00 am—12:00 pm
Sat., March 6 10:00 am—12:00 pm
Sat., March 13 10:00 am—12:00 pm
Sat., March 20 10:00 am—12:00 pm

Schedule: 6 Sessions (12 Hours)
Cost of Course: 36,000 CFA
Registration Date: Fri., Feb. 6



Tennis Lessons

Fri., Jan. 22 3:30—4:30 pm
Sat., Jan. 23 12:00—1:00 pm
Fri., Jan. 29 3:30—4:30 pm
Sat., Jan. 30 12:00—1:00 pm
Fri., Feb. 5 3:30—4:30 pm
Sat., Feb. 6 12:00—1:00 pm
Fri., Feb. 12 NO CLASS—HOLIDAY
Sat., Feb. 13 NO CLASS—HOLIDAY
Fri., Feb. 19 3:30—4:30 pm
Sat., Feb. 20 12:00—1:00 pm

Schedule: 8 Sessions
Cost of Course: 20,000 CFA
Registration Date: Fri., Jan. 22



Existing Activities

MS/HS Tennis Lessons

Fri. Jan. 15 3:30 – 4:30 pm

Adult Activities

New Activities

Women's Tennis Lessons

Tues., Jan. 12 3:30—5:00 pm
Tues., Jan. 19 3:30—5:00 pm
Tues., Jan. 26 3:30—5:00 pm
Tues., Feb. 2 3:30—5:00 pm
Tues., Feb. 9 3:30—5:00 pm
Tues., Feb. 16 3:30—5:00 pm
Tues., Feb. 23 3:30—5:00 pm

Schedule: 7 Sessions
Cost of Course: 35,000 CFA
Registration Date: Tues., Jan. 12



Existing Activities

African Drumming Lessons for Adults

Mon., Jan.11 4:40—5:40 pm
Mon., Jan.25 4:40—5:40 pm
Mon., Feb. 1 4:40—5:40 pm



Saturday Camps Session II

Schedule:

Session I : Sat., Jan. 9— Sat.. March 6 (Only on Saturdays)

Registration Date

Sat., Jan. 9

Ages: 4—6 years old 7-9 years old

Cost:

English Lessons:

Soccer Lessons

Swimming Lessons

Member's:

20,000 CFA

15,000 CFA

15,000 CFA

Non Member's:

25,000 CFA

20,000 CFA

20,000 CFA

English Classes:

Ages 4—6 11:00 am—12:00 am
Ages 7—9 9:00 am—10:00 am

Soccer Classes:

Ages 4—6 9:00 am—10:00 am
Ages 7—9 10:00 am—11:00 am

Swimming Classes:

Ages 4—6 10:00 am—11:00 am
Ages 7—9 11:00 am—12:00 am

ASOY ATHLETICS CALENDAR

MT. CAMEROON TRAINING

Season Dates: Sept. 14 – Feb. 21
Trip Dates: Feb. 17 – 21

ELEM. HARAMBE SOCCER

Season Dates: Feb. 1 – March 27

MS SOCCER

Season Dates: Nov. 16 – March 6
YMAC Tournament @ RFIS on Feb. 27
Doula Exchange: March 6 & 7 @ ASD, Doula

HS BASKETBALL

Season Dates: Nov. 16 – Feb. 27
Tournament @ ASOY on Feb. 27

HARAMBE SOCCER SCHEDULE



Under 6 (U6) years old (Kg – 1st Grade):

Game form: 4 vs. 4 GK status: No goal keepers
Field size: 40 yards x 25 yards Ball size: 3
Game duration: 2 X 15 minutes Modified Rules: No throw in – ball is restarted with a kick

Under 8 (U8) years old (1st and 2nd grade)

It is the same as the under 6 except it is appropriate to play with a goalie.

Under 11 (U11) years old (3rd -5th grade)

Game form: 6 vs. 6 Field size: 60 yards x 40 yards
Ball size: 4 Game duration: 2 X 25 minutes

<u>Date</u>	<u>Time</u>	<u>Event</u>
Wed., Feb. 3	3:30 — 4:30 pm	Practice
Sat., Feb. 6	10:00 – 11:00	U6 & U8 Practice
	11:00 – 12:00 pm	U11 Practice
Wed., Feb. 10	No Practice – Short Wednesday	
Sat., Feb. 13	No Game – Holiday	
Wed., Feb. 17	3:30 — 4:30 pm	Practice
Sat., Feb. 20	10:00 – 11:00 am	U6 & U8 Game
	11:00 – 12:00 pm	U11 Game

Wed., Feb. 24	No Practice – Short Wednesday	
Sat., Feb. 27	10:00 – 11:00 am	U6 & U8 Game
	11:00 – 12:00 pm	U11 Game
Wed., March 3	3:30 — 4:30 pm	Practice
Sat., March 6	10:00 – 11:00 am	U6 & U8 Game
	11:00 – 12:00 pm	U11 Game
Wed., March 10	No Practice – Short Wednesday	
Sat., March 13	10:00 – 11:00 am	U6 & U8 Game
	11:00 – 12:00 pm	U11 Game
Wed., March 17	3:30 — 4:30 pm	Practice
Sat., March 20	10:00 – 11:00 am	U6 & U8 Game
	11:00 – 12:00 pm	U11 Game
Wed., March 24	No Practice – Short Wednesday	
Sat., March 27	10:00 – 11:00 am	U6 & U8 Game
	11:00 – 12:00 pm	U11 Game

High School Basketball Schedule

<u>Date</u>	<u>Time</u>	<u>Event</u>
Mon., Jan. 11	3:30 — 4:30 pm	Girls Practice
Fri., Jan. 15		Holiday - No Practice
Sat., Jan. 16		Holiday - No Game
Mon., Jan. 18		Holiday - No Practice
Fri., Jan. 22	3:30 — 4:30 pm	Boys Practice
Sat., Jan. 23	1:00 – 2:00 pm	Girls Game
	2:00 – 3:00 pm	Boys Game
Mon., Jan. 25		Final Exams - No Practice
Fri., Jan. 29		Final Exams – No Practice
Sat., Jan. 30	1:00 – 2:00 pm	Girls Game
	2:00 – 3:00 pm	Boys Game
Mon., Feb. 1	3:30 — 4:30 pm	Girls Practice
Fri., Feb. 5	3:30 — 4:30 pm	Boys Practice
Sat., Feb. 6	1:00 – 2:00 pm	Girls Game
	2:00 – 3:00 pm	Boys Game
Mon., Feb. 8	3:30 — 4:30 pm	Girls Practice
Fri., Feb. 12		Holiday – No Practice
Sat., Feb. 13		Holiday - No Game
Mon., Feb. 15	3:30 — 4:30 pm	Girls Practice
Fri., Feb. 19	3:30 — 4:30 pm	Boys Practice
Sat., Feb. 20	1:00 – 2:00 pm	Girls Game
	2:00 – 3:00 pm	Boys Game
Mon., Feb. 22	3:30 — 4:30 pm	Girls Practice
Fri., Feb. 26	3:30 — 4:30 pm	Boys Practice
Sat., Feb. 27	1:00 – 5:00 pm	Tournament at ASOY



MIDDLE SCHOOL SOCCER SCHEDULE



<u>Date</u>	<u>Time</u>	<u>Event</u>
Mon., Jan. 11	3:30 — 4:30 pm	Girls Practice
Fri., Jan. 15		No Practice - Holiday
Sat., Jan. 16		No Game - Holiday
Mon., Jan. 18		No Practice - Holiday
Fri., Jan. 22	3:30 — 4:30 pm	Boys Practice
Sat., Jan. 23	1:00 – 2:00 pm	Girls Game
	2:00 – 3:00 pm	Boys Game
Mon., Jan. 25		Final Exams - No Practice
Fri., Jan. 29		Final Exams – No Practice
Sat., Jan. 30	1:00 – 2:00 pm	Girls Game
	2:00 – 3:00 pm	Boys Game
Mon., Feb. 1	3:30 — 4:30 pm	Girls Practice
Fri., Feb. 5	3:30 — 4:30 pm	Boys Practice
Sat., Feb. 6	1:00 – 2:00 pm	Girls Game
	2:00 – 3:00 pm	Boys Game
Mon., Feb. 8	3:30 — 4:30 pm	Girls Practice
Fri., Feb. 12		No Practice – Holiday
Sat., Feb. 13		No Game – Holiday
Mon., Feb. 15	3:30 — 4:30 pm	Girls Practice
Fri., Feb. 19	3:30 — 4:30 pm	Boys Practice
Sat., Feb. 20	1:00 – 2:00 pm	Girls Game
	2:00 – 3:00 pm	Boys Game
Mon., Feb. 22	3:30 — 4:30 pm	Girls Practice
Fri., Feb. 26	3:30 — 4:30 pm	Boys Practice
Sat., Feb. 27	1:00 – 5:00 pm	YMAC Tournament @ ASOY
Mon., March 1	3:30 — 4:30 pm	Girls Practice
Fri., March 5 – Sun., March 7		Tournament at Doula

Mt. Cameroon Training Schedule

<u>Date</u>	<u>Time</u>	<u>Venue</u>
Tues., Jan. 12	3:30 – 4:30	
Thurs., Jan. 14	3:30 – 4:30	
Tues., Jan. 19	3:30 – 4:30	
Thurs., Jan. 21	3:30 – 4:30	
Sun., Jan. 24	8:00 – 11:00 am	Meet at US Embassy
Tues., Jan. 26	3:30 – 4:30	
Thurs., Jan. 28	3:30 – 4:30	
Sun., Jan. 31	8:00 – 11:00 am	Meet at US Embassy
Tues., Feb. 2	3:30 – 4:30	
Thurs., Feb. 4	3:30 – 4:30	
Sat., Feb. 6	10:00 – 11:30 am	ASOY Soccer Field
Sun., Feb. 7	8:00 – 11:00 am	Meet at US Embassy
Tues., Feb. 9	3:30 – 4:30	



Feb. 17 - 21: Mt. Cameroon Trip