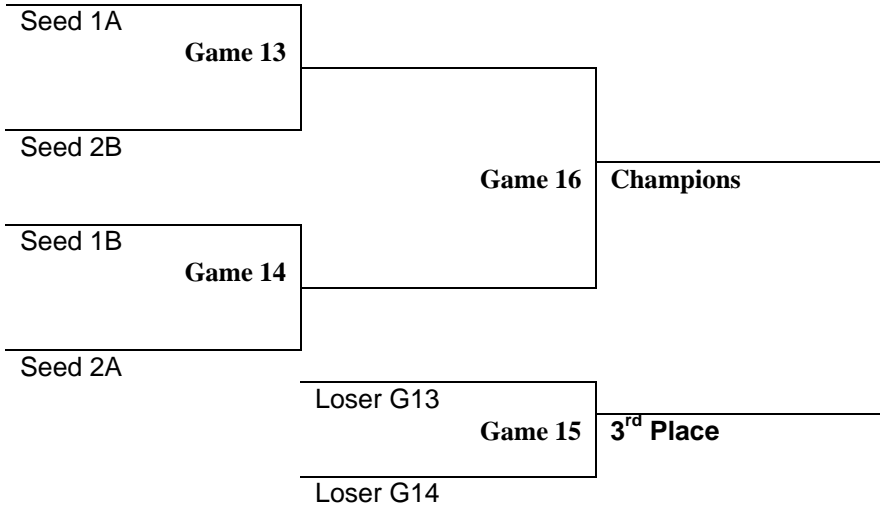


Teboh	XXX						
Lekama		XXX					
Tuba			XXX				
Henri				XXX			

PLAYOFF BRACKETS: MODIFIED DOUBLE ELIMINATION



Men’s Tennis Tournament

ASOY is hosting a men’s singles Recreation Club Tennis Tournament on Sat. April 17 and Sun. April 18. Please sign up with Mr. Emmanuel or Mr. Mans by Wed., April 14. The schedule for the tournament will be posted on Friday afternoon. The games will be played from 1:00 – 6:00 on Sat., April 17 and Sun., April 18. The cost of the tournament is 5000 CFA which will cover the cost of the referees and a pizza party on Sunday afternoon.

ASOY Recreation Club International Bazaar

The ASOY Recreation Club bazaar is on Sat., April 24 from 9 am – 4 pm & Sun., April 25 from 11 am – 4 pm. Discover the creative work of local Cameroonian artists from paintings, sculptures, fabric, furniture, handicrafts. There will also be music and dancing. The entry is free so invite a friend.

Red Cross Life guarding Lessons

ASOY is excited to host the second and the last lifeguarding course in Cameroon. Shirley Winters, certified lifeguard teacher, will be teaching the course. Registration is open for the American Red Cross Lifeguarding course to be held at the American School of Yaoundé, Cameroon. Class size is limited to eight students so registration will be on first come (with the registration fee paid to the business office) first serve basis.

The pre-course skills evaluation is on Friday, March 26th, 2010 at 3:30 p.m followed by the first class and the last class, to include the final written exam and final skill scenarios, will be held on Sunday, May 16th, 2010. Please see the course schedule at the end of this bulletin for more specific dates and times. ***Also, please note that attendance is required at all classes – no exceptions.***

The purpose of the American Red Cross Lifeguarding course is to teach candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and to prevent drowning and injuries. Please see the course schedule for a list of skills that will be covered in this course.

Upon successful completion of the Lifeguarding course, each participant will receive an *American Red Cross Universal Certificate* indicating Lifeguarding/First Aid, which is valid for 3 years, and an *American Red Cross Universal Certificate* indicating CPR/AED for the Professional Rescuer, which is valid for 1 year.

Successful completion requires participation in skills practice. The practice sessions will require some strenuous physical activity. You are encouraged to check with your health-care professional before participating in the practice sessions. If a medical condition or disability exists that might prevent participation in the activities, or if there are questions about fully participating in the Lifeguarding course, please contact me to discuss this before the course begins.

To participate in the Lifeguarding course, you must be at least 15 years of age before the last scheduled class session on Saturday, May 16th, 2010. Please be prepared to prove your age via a driver's license, national ID, birth certificate, or passport at the pre-course skills evaluation. In addition, to participate in the Lifeguarding course you must be able to demonstrate the following skills:

- Swim 300 yards continuously, using these strokes in the following order:
 - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
 - 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
 - 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of front crawl and breaststroke.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object, and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

As stated above, pre-course skills evaluation will occur on Friday, March 26th, 2010 at 3:30 p.m. Please bring a swimsuit, a towel, paper, and a pen/pencil to the pre-course skills evaluation and to every class thereafter. Goggles may only be used during the 300-yard swim at the pre-course skills evaluation. They may NOT be used for any other skills during the pre-course skills evaluation or during the course.

Upon successful completion of the pre-course skills evaluation and admittance to the course, you will have to complete the registration process by filling out a registration form and by paying the course cost of 85,000 CFA at the main office at the American School of Yaoundé, Cameroon.

We look forward to having you in our course. If you have any questions or concerns regarding this course, please contact Dustin Mans by e-mail at dustyray77@gmail.com or by telephone at 7619-1664.

ASOY Recreation Club Calendar

March 26-28: Tennis Pro Tournament

Fri., April 16: Volleyball & Happy Hour (6 – 8 pm)

April 17 - 18: Men's Tennis 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)

Arts and Crafts

Mon., March 22 3:30—4:30 pm

Mon., March 29 3:30—4:30 pm

Mon., April 12 3:30 – 4:30 pm

Mon., April 19 3:30—4:30 pm

Mon., April 26 3:30—4:30 pm

Freestyling Wrestling Lessons

Mon., March 22 3:30—4:30 pm



Mon., March 29	3:30—4:30 pm
Mon., April 12	3:30—4:30 pm
Mon., April 19	3:30—4:30 pm
Mon., April 26	3:30—4:30 pm

Beginning Swimming

Tues., March 23	3:30—4:30 pm
Sat., March 27	3:00—3:45 pm
Tues., March 30	3:30—4:30 pm
Sat., April 3	No Classes— Holiday
Tues., April 13	3:30—4:30 pm
Sat., April 17	3:00—3:45 pm
Tues., April 20	3:30—4:30 pm
Sat., April 24	No Classes - Spring Bazaar
Tues., April 27	3:30—4:30 pm
Sat., May 1	No Classes—Holiday
Tues., May 4	3:30 – 4:30 pm
Sat., May 8	Swim Meet 2 – 4:30
Tues., May 11	3:30 – 4:30 pm



Intermediate Gymnastics

Tues., March 23	3:30—4:30 pm
Tues., March 30	3:30—4:30 pm
Tues., April 13	3:30—4:30 pm
Tues., April 20	3:30—4:30 pm
Tues., April 27	3:30—4:30 pm
Tues., May 4	3:30—4:30 pm

Beginning Gymnastics

Thurs., March 25	3:30—4:30 pm
Thurs., April 1	3:30—4:30 pm
Thurs., April 15	3:30—4:30 pm
Thurs., April 22	3:30—4:30 pm
Thurs., April 29	3:30—4:30 pm



Intermediate & Advanced Swimming

Thurs., March 25	3:30—4:30 pm
Sat., March 27	2:15—3:00 pm
Thurs., April 1	3:30—4:30 pm
Sat., April 3	No Classes—Holiday
Thurs., April 15	3:30—4:30 pm
Sat., April 17	2:15—3:00 pm
Thurs., April 22	3:30—4:30 pm
Sat., April 24	No Class – Spring Bazaar
Thurs., April 29	3:30—4:30 pm
Sat., May 1	No Classes—Holiday
Thurs., May 6	3:30 – 4:30 pm
Sat., May 8	2:00 – 4:30 pm – Swim Meet



Tennis Club

Fri., March 26	3:30—4:30 pm
Sat., March 27	12:00—1:00 pm
Fri., April 2	NO CLASS—HOLIDAY
Sat., April 3	NO CLASS—HOLIDAY
Fri., April 16	3:30—4:30 pm



Sat., April 17	12:00—1:00 pm
Fri., April 23	3:30—4:30 pm
Sat., April 24	12:00—1:00 pm
Fri., April 30	NO CLASS—HOLIDAY
Sat., May 1	NO CLASS—HOLIDAY

Middle & High School Activities

MS & HS Tennis Lessons

Fri., March 26	3:30—4:30 pm
Sat., March 27	12:00—1:00 pm
Fri., April 2	NO CLASS—HOLIDAY
Sat., April 3	NO CLASS—HOLIDAY
Fri., April 16	3:30—4:30 pm
Sat., April 17	12:00—1:00 pm
Fri., April 23	3:30—4:30 pm
Sat., April 24	12:00—1:00 pm
Fri., April 30	NO CLASS—HOLIDAY
Sat., May 1	NO CLASS—HOLIDAY



Adult Activities

African Drumming Lessons for Adults

Mon., March 22	4:40—5:40 pm	Schedule: 6 Sessions Cost of Course: 9,000 CFA Registration Date: Mon., March 15
Mon., March 29	4:40—5:40 pm	
Mon., April 19	4:40—5:40 pm	
Mon., April 26	4:40—5:40 pm	
Mon., May 3	4:40—5:40 pm	

New Activities

Women's Tennis Lessons

Tues., March 23	3:30—5:00 pm
Tues., March 30	3:30—5:00 pm
Tues., April 13	3:30—5:00 pm
Tues., April 20	3:30—5:00 pm
Tues., April 27	3:30—5:00 pm
Tues., May 4	3:30—5:00 pm
Tues., May 11	3:30—5:00 pm



ASOY ATHLETICS CALENDAR

HARAMBE SOCCER SCHEDULE

<u>Date</u>	<u>Time</u>	<u>Event</u>
Wed., March 24	No Practice – Short Wednesday	
Sat., March 27	10:00 – 2:00 pm	Tournament



TOURNAMENT SCHEDULE

Teams in the Tournament

American School of Yaoundé	(ASOY)
English Elementary School	(EES)
Holy Infants School	(HIS)
Fustel	(FL)

Under 12 years: Born on or after September 1, 1999

Game form: 6 vs. 6

Field size: 60 yards x 40 yards

Ball size: 4

Game duration: 2 X 25 minutes

Playoff Schedule

Sat., March 27 @ ASOY

10:30 – 11:00 Warm up

11:00 – 12:00 ASOY vs. EES

12:00 – 1:00 HIS vs. FL

1:00 – 2:00 3rd Place Game: Loser of Game at 11 vs. Loser of Game at 12

2:00 – 3:00 Championship: Winner of Game at 11 vs. Winner of Game at 12

PLAYOFF BRACKETS



American Red Cross Lifeguarding Course Schedule

Date	Time	Lesson Plan
Fri., March 26 th , 2010	3:30 to 6:30 p.m.	Pre-Course Skills Evaluation Lesson 1: The Professional Lifeguard & Injury Prevention
Sat., March 27 th , 2010	9 am to 1 p.m.	Lesson 2: Patron Surveillance & Emergency Preparation
Sun, March 28 th , 2010	11 a.m. to 3 p.m.	Lesson 3: Rescue Skills, <i>Part 1</i>
Fri., April 16 th , 2010	3:30 to 6:30 p.m.	Lesson 4: Before Providing Care & Rescue Skills, <i>Part 2</i>
Sat., April 17 th , 2010	9 am to 1 p.m.	Review
Sun, April 18 th , 2010	11 a.m. to 3 p.m.	Lesson 5: Breathing & Cardiac Emergencies
Fri., April 23 rd , 2010	3:30 to 6:30 p.m.	Lesson 6: Two-Rescuer CPR & AED
Sat., April 24 th , 2010	9 am to 1 p.m.	Review
Sun, April 25 th , 2010	11 a.m. to 3 p.m.	Lesson 7: First Aid

Fri., April 30 th , 2010	3:30 to 6:30 p.m.	Lesson 8: Injuries to Muscles, Bones, & Joints; and Caring For Head, Neck, & Back Injuries, <i>Part 1</i>
Sat., May 1 st , 2010	9 am to 1 p.m.	Lesson 9: Caring For Head, Neck, & Back Injuries, <i>Part 2</i>
Sun, May 2 nd , 2010	11 a.m. to 3 p.m.	Review
Fri., May 14 th , 2010	3:30 to 6:30 p.m.	Lesson 10: Final Written Exam & Final Skill Scenarios
Sat., May 15 th , 2010	9 am to 1 p.m.	<i>if needed</i>
Sun, May 16 th , 2010	11 a.m. to 3 p.m.	<i>If needed</i>

Course Cost: 85,000 CFA due at 4 p.m. on Wednesday, March 24th, 2010
 (registration fee includes a manual and pocket mask)