



# BECOME A VIKING

It is great to be back at school and be able to start our sports activities and clubs. At St. Jude School we seek to encourage students to participate in competitive and non-competitive sports and other extracurricular activities, to develop healthy lifestyles, and to enjoy the well-being that comes from physical activity. We also believe that these activities foster a positive school spirit.

This year we are offering a variety of "After School" activities, in order to promote the integral development of our students.

The After School offer is divided into two main categories, sports teams and clubs.

## SPORTS TEAMS 2022-2023

- Training began on Thursday, September 1, 2022.
- No previous registration is required, students can just show up at the relevant training sessions listed below.
- Each sport has two training sessions per week.
- It is recommended to purchase the school sports uniform for practices. If you wish to purchase it send an email to [gjimenez@stjude.ed.cr](mailto:gjimenez@stjude.ed.cr)
- The schedule is Monday- Friday from 2:30 pm to 4:00 pm.
- Students should bring their sports clothes to change after academic classes are over.
- Due to health protocols, parents are not allowed to be on the school grounds during practices or activities.
- Students can be picked up at the gym parking lot once the training is finished (Gate 5)
- In case the club is held in the main building, students are picked up at the reception area.

## TRAINING SCHEDULES ST. JUDE SCHOOL SPORTS ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soccer C 1st - 2nd grade Coach: Gustavo Mora	Soccer B 3rd - 4th grade Coach: Gustavo Mora*	Soccer C 1st - 2nd grade Coach: Gustavo Mora	Coach: Gustavo Mora	Soccer B 3rd - 4th Coach : Gustavo Mora
Soccer (All levels) Coach: Gerald Drummond	Soccer A 5th - 6th grade Grade Coach: Gerald Drummond	Soccer (All Levels) Coach: Gerald Drummond	Soccer A 5th - 6th grade Coach: Gerald Drummond	Coach: Gerald Drummond
Women's Soccer 1st - 2nd - 3rd grade Coach: Sugey Matarrita	Women's Soccer 4th - 5th - 6th Grade Coach: Sugey Matarrita	Women's Soccer 1st - 2nd - 3rd grade Coach: Sugey Matarrita	Women's Soccer 7th-11th grade Grade Coach: Sugey Matarrita	Women's Soccer 4th - 5th - 6th Grade Coach: Sugey Matarrita
High School Basketball A 5th - 6th Grade Coach: Mariela Iglesias	School Basketball C 1st - 2nd grade Coach: Mariela Iglesias	School Basketball B 3rd - 4th grade Coach Mariela Iglesias	School Basketball B 3rd - 4th Grade Coach: Mariela Iglesias	School Basketball A 5th - 6th Grade Coach: Mariela Iglesias
Chess (All levels) Coach: Francisco Hernández	Athletics-Triathlon 1st - 2nd - 3rd - 4th - 5th grade Coach: Max Sevilla	Goalkeepers (All levels) Coach: Roger Mora	School Basketball C 1st - 2nd grade Coach: Mariela Iglesias	High School Basketball (All levels) Coach: Mariela Iglesias
Volleyball (All Levels) Coach: Alexander Villegas		Volleyball (All Levels) Coach: Alexander Villegas	Athletics-Triathlon 6th - 7th - 8th - 9th 10th - 11th grade Coach: Max Sevilla	Chess (All levels) Coach: Francisco Hernández
				Goalkeepers (All levels) Coach: Roger Mora

## CLUBS 2022-2023

- Clubs start on Thursday, September 1, 2022.
- These are a variety of activities where students from Green Caterpillars to Eagles can live unique experiences.
- A registration process must be completed and is paid monthly (form attached at the end).
- Sessions are once a week.
- No uniforms are required.
- The schedule depends on the academic level to which the student belongs (it is explained on the registration form).
- Students must bring their clothes to the club (in case the club requires it) to change after the academic classes are over.
- Due to health protocols, parents are not allowed on the school grounds during practices or activities.
- Students are picked up at the gym parking lot once the training or class is over.
- Those who have classes in the building are picked up at the front desk so that they do not cross the street and in case of rain they do not get wet.

To register for the clubs, please fill out the following form

<https://forms.gle/B89NJoE56hQvA2qR7>

For more information write to

[gjimenez@stjude.ed.cr](mailto:gjimenez@stjude.ed.cr)

We look forward to seeing you in our sports activities and clubs.

## PRE SCHOOL

## CLUBS 2022-2023



Club payments must be made before the 10th of each month, and can be made by bank transfer, payment at the cashier's office or automatic charge to the card (the automatic charge form must be completed or updated).

### MUSICAL CLUBS

#### DRUMS

Integrated teaching of drums and percussion, starting from basics, music reading, control and coordination exercises. The students learn different rhythms and musical genres.

Fernando Peña Porras • Preeschool • Cost: 28.000

#### PIANO AND KEYBOARD

This club allows students to learn the basic techniques so they can develop the capacity to read musical notes and the coordination necessary to play the piano or keyboard.

Nadya Chaverri • Brown Squirrels & Red Ladybugs • Cost: 28.000

### ARTISTIC CLUBS

#### SCULPTURE

This is a creative and relaxing space that combines theory and practice, so that students can learn abilities and techniques to make sculptures using different materials as clay, dough, cardboard, and mache paper.

Elisa Flores • Preeschool • Cost: 24.000

#### ARTS & CRAFTS

Artistic expression club to develop the creativity and abilities to create and build using different materials. Students learn the basis of design to create individual and artistic projects, always thinking about the environment. They will make shoes, woven, luminaires, notepads, painting on clothes, bracelets and necklaces, and artistic installations.

Elisa Flores • Preeschool • Cost: 24.000

### COOKING CLUBS

#### MINI BAKER- NEW!

Pastry club where students will have fun while learning to make delicious deserts and sweets such as cookies, cupcakes, cake pops, gummies, chocolates, donuts, and much more.

Patsy Trejos • Brown Squirrels & Red Ladybugs • Cost: 28.000 Materials are included

### SPORT CLUBS

#### SOCCER

We promote the teaching and learning of soccer as we reinforce values such as team work, respect, and fellowship. We also improve physical and psychomotor skill in our students, while developing the basic techniques of this amazing sport.

Gerald Drummond • Gustavo Mora • Preschool • Cost: 24.000

#### GYMNASTICS

Entertaining club where students learn a way of artistic communication. It is a very beneficial activity for kids, which allows them to learn about their own bodies, helping them to discover their movement abilities, while directing their creative and energetic potential.

Carolina Mc Quidy • Preschool • Cost: 24.000

#### CHESS

This a deep strategy game, that requires a lot of concentration and different skills that each player must develop. Many of the best chess players started to play at an early young age, for this reason we want to teach students all the necessary skills so they can compete and reach goals.

Francisco Hernández • Brown Squirrels & Red Ladybugs • Cost: 24.000

#### BASKETBALL

Students learn all the basics of this amazing sport, besides improving their motor skills. We care about teaching students all the values such as fellowship, trust, and respect.

Miguel Pantoja Murillo • Preschool • Cost: 24.000

#### KIDS ATHLETICS

Promotes the development of basic movements, throwing, motor skills, running, coordination, jumping and cognitive games, all in a non-competitive game practice where children have fun and learn to manage their fine and gross motor skills in an important stage of their physical and emotional development. • Cost 28.000

#### TAEKWONDO

Our practices are based on the formation of better human beings, through values such as discipline, self-control, honor and patience, we develop physical skills, coordination, motor skills, strength, speed, giving the student more confidence and security. Cost: 28.000

#### BUSINESS KIDS

It is the pioneer and leading program for children's entrepreneurship worldwide, where children learn entrepreneurship through play. • Cost: 28.000

## PRESCHOOL CLUBS SCHEDULE PER DAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:30 md - 1:30 p.m.  	Kids Athletics	Basketball	Soccer	Taekwondo Badminton	
1:30 pm - 2:30 p.m. 	Kids Athletics Business Kids Gymnastics Chess Ukulele	Mini baker Basketball	Soccer Drums Ballet	Taekwondo Badminton	Soccer Piano

# CLUBS 2022-2023

**PRIMARY SCHOOL**



**SECONDARY SCHOOL**

Club payments must be made before the 10th of each month, and can be made by bank transfer, payment at the cashier's office or automatic charge to the card (the automatic charge form must be completed or updated).

## MUSICAL CLUBS

### ACOUSTIC AND ELECTRIC GUITAR

Students learn basic aspects of guitar performance. We teach different techniques and rhythms, following a specific musical curriculum.

Manuel Brenes • Primary School • Secondary School • Cost: 28.000

### DRUMS

Integrated teaching of drums and percussion, starting from basics, music reading, control and coordination exercises. The students learn different rhythms and musical genres.

Fernando Peña Porras • Primary School • Secondary School • Cost: 28.000

### ELECTRIC BASS

We teach students the execution of this instrument using different rhythmic and harmonic tools. It has an integral teaching focus, where they learn to play different songs and musical genres.

Emmanuel Barquero • Primary School • Secondary School • Cost: 28.000

### PIANO AND KEYBOARD

This club allows students to learn the basic techniques so they can develop the capacity to read musical notes and the coordination necessary to play the piano or keyboard.

Nadya Chaverri • Primary School • Secondary School • Cost: 28.000

### SCHOOL BAND

Club that promotes the integral development of students through teamwork. Song arrangements in different musical genres and formats are performed.

Manuel Brenes • Primary School • Secondary School • Cost: 28.000

## ARTISTIC CLUBS

### SCULPTURE

This is a creative and relaxing space that combines theory and practice, so that students can learn abilities and techniques to make sculptures using different materials as clay, dough, cardboard, and mache paper.

Elisa Flores Elizondo • Primary School • Secondary School • Cost: 24.000

### ARTS & CRAFTS

Artistic expression club to develop the creativity and abilities to create and build using different materials. Students learn the basis of design to create individual and artistic projects, always thinking about the environment. They will make shoes, woven, luminaires, notepads, painting on clothes, bracelets and necklaces, and artistic installations.

Fiorella Del Vecchio • Primary School • Cost: 24.000

## TECHNOLOGY AND SCIENTIFIC CLUBS

### ROBOTICS

This club has a multidisciplinary learning focus and promotes the interaction of different disciplines such as Math, Engineering, Science, and Technology. Students can build, design, develop, and operate different robots to solve problems and challenges. This methodology improves their creative skills, design skills, technological fluency, teamwork, problem solving, and critical thinking skills.

Kathya Sánchez • Primary School • Cost: 24.000

## COOKING CLUBS

### MINI BAKER

Pastry club where students will have fun while learning to make delicious deserts and sweets such as cookies, cupcakes, cake pops, gummies, chocolates, donuts, and much more.

Patsy Trejos Scott • Primary School • Cost: 28.000 (Includes materials)

## COOKING CLUBS

### GYMNASTICS

Entertaining club where students learn a way of artistic communication. It is a very beneficial activity for kids, which allows them to learn about their own bodies, helping them to discover their movement abilities, while directing their creative and energetic potential.

Carolina Mc Quiddy Vásquez • Primary School • Cost: 24.000

### BADMINTON

We promote the teaching and learning of Badminton and at the same time we strengthen the values of teamwork and individual work, respect and companionship improving physical and psychomotor skills of this beautiful sport.

Gloriana Jiménez • Primary School • Secondary School • Cost: 24.000

### EDUFT

It is an introductory fitness program for children and young people whose main objective is to fight against physical inactivity and childhood obesity with classes created and developed specifically for this population.

Luis Ramírez • William Chinchilla • Primary School • Secondary School • Cost: 24.000

### BALLET

A development environment where ballet is encouraged, and aspects of discipline and perseverance are developed in a comprehensive environment for beginners and advanced students alike.

Gabriela Gamboa • Primary School • Cost: 24.000

### GYMNASTICS

Entertaining club where students learn a way of artistic communication. It is a very beneficial activity for kids, which allows them to learn about their own bodies, helping them to discover their movement abilities, while directing their creative and energetic potential.

Carolina Mc Quiddy Vásquez • Rabbits • Toucans • Owls • Cost: 28.000

### BUSINESS KIDS

It is the pioneer and leading program for children's entrepreneurship worldwide, where children learn entrepreneurship through play. • Cost: 28.000

### TAEKWONDO

Our practices are based on the formation of better human beings, through values such as discipline, self-control, honor and patience, we develop physical skills, coordination, motor skills, strength, speed, giving the student more confidence and security. • Cost: 28.000

### KIDS ATHLETICS

Promotes the development of basic movements, throwing, motor skills, running, coordination, jumping and cognitive games, all in a non-competitive game practice where children have fun and learn to manage their fine and gross motor skills in an important stage of their physical and emotional development. • Cost: 28.000

### STEM CLUB

This is an amazing opportunity for kids to get involved with science, technology, engineering, and math. They will learn about problem solving, teamwork and creativity while facing challenges where they need to create and build models. If your child loves science, this is the club for them! • Cost: 28.000

## PRIMARY AND SECONDARY CLUBS SCHEDULE PER DAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PRIMARY SCHOOL</b>      2:30 PM - 3:30 PM	Bass	Acoustic guitar	Drums	Stem club	Ensamble
<b>SECONDARY SCHOOL</b>       2:45 PM - 3:45 PM	Gymnastics (RB - TO - OW)	Robotics (RB - TO - OW)	Ballet (RB - TO - OW)	Taekwondo	Violin
	Business Kids	Piano (Elementary)	Robotics (RC-FR)	Electric Guitar	Ukulele
		Eduft		Sculpture	Caricaturarte
		Eduft		Badminton	
		Mini baker (Elementary)		Eduft	
		Dance		Piano (Middle-High School)	