

ORTEGA CAMPUS | SEPTEMBER 9TH TO JANUARY 17TH 2020

GOALS OF THE AES DEPARTMENT & PROGRAM

Welcome to an exciting new round of activities and programs! This year, our focus will be on maintaining and growing our CIF High School Athletics Program and MUSIC program, especially amongst our female population. Last year, we entered into the CIF - SF section a Co-Ed team into the league. This year, our Cross-Country Co-Ed; Boys Basketball and Boys Soccer Teams will compete in the league section for the first time. It is our great hope to be able to field a full female team at the High School level by 2020-21. We were able to do this last year at the Middle School level. This is why we will try to encourage both students and parents at the MS level to participate and be a member of our MS athletic teams that compete both in the SFAL (competitive) and SFIAL (participation based) leagues. As we are in two leagues, both with distinct visions, we can cater to two very different types of student-athletes. We are also adding a MUSIC coordinator for both MS & HS who's mission is to grow our music after school programs.

This structure will assist our High School programs and act as a feeder. Please remember, activities and programs are a window for our students to explore new and different skills. They act as an amazing learning experience outside of the classroom. I encourage you to speak with some our CIF athletes and coaches from last year who gained so much through our participation with the schools in our section.

We understand that many of our students participate in activities and programs outside of our school. As the finishing times during the day for our students increase, we can't emphasize enough how important it is to continue to support our school activities and programs. Especially now as we are building and growing substantially at the High School level. This intern builds school and community spirit. If your child is finishing classes after 4 or 5pm, why not save the time, avoid the traffic and have them participate with us. We have the programs in place and they are growing, all we need is our students to participate and have FUN!

This semester we will also be launching our first ever High School E-Sport team that will be competing in the E-Sports High School's League along the West Coast!

A value that we will be placing the upmost importance on this year on our students is "COMMITMENT". We believe that when a student (and family) commits to a program by signing a league sponsored petition, they intend to follow through for the entire season. This includes attending the majority of practices and matches.

This year, each activity and ATHLETICS program has been individually priced for those not wishing to take mulitple activities or programs. The PASS will still be available and has reduced in price from last year to encourage higher participation rates amongst our students. The CIF surveyed over 100,000 student athletes in 2018|19 with 10 questions. The number **ONE RESPONSE** from them was "TO HAVE FUN". Our directive to our coaches this year, is to follow that motto.

We encourage you to read the updated 2019|20 Parent Guidelines for the AES and as always, our door is always open. We look forward to serving our entire community this year.



ENROLLMENT STARTS THURSDAY 29th AUGUST ON ACTIVENET! WWW.LELYCEE.ORG/INSCRIPTIONS

AES ORTEGA TEAM



Andrew Sobol Director, AES | Extracurricular Activities asobol@lelycee.org



Christophe de Renty Administrative Associate, AES | Extracurricular Activities crenty@lelycee.org

Note: AES Schedule subject to change at all times.

IMPORTANT INFORMATION

SESSION DATES

Session One: September 9th to January 17th 2020 Make up week is scheduled between January 21st-30th

YEARLY PASS & INDIVIDUAL FEE BASED + INDIVIDUAL ATHLETICS PASS

Yearly pass includes all the athletics and activities except Private Music Programs and Activities specifically listed as FEE-BASED. All Athletic Programs can be accessed via the PASS if purchased. Passes may only be used for classes on the campus they are purchased for. Purchase your pass and then register for the activities you would like. Activenet will automatically adjust charges on checkout.



For more information on how to enroll, please access your parent portal account. PAYMENT REGISTRATION IS ON-LINE ON ACTIVENET www.lelycee.org/inscriptions

You can only enroll your own child. Once enrolled you will not be able to make any changes. For any changes, please contact us.

PAYMENT OPTIONS ARE:

A. A one time payment at no additional charge

- B. A payment plan with 3 installments is available:
- Initial payment is 50% of the activity fee, then 25% on October 1st and 25% on November 1st.
- A one time additional credit card fee of \$12 is charged by the system for each payment plan (no refund).

ENROLLMENT MODIFICATIONS

Changes, transfers, refunds are possible within 2 weeks of registration deadline:

Session One Enrollment Deadline: Friday 27th SEPTEMBER (NO REFUNDS GIVEN AFTER THIS DATE)

A \$10 processing fee will be charged for any change or refund made after enrollment. After these deadlines, no new registrations, transfers and refunds will be accepted, even for a withdrawal.

ACTIVITIES OR PROGRAMS MAY BE SUBJECT TO CHANGE AT ANY GIVEN TIME. WE WILL DO OUR BEST TO COMMUNICATE ANY CHANGES OR CANCELLATIONS WHERE & WHEN POSSIBLE. Please note that due to unforseen circumstances, activities may be cancelled during the semester that are out of our or the school's control. If this occurs, a refund will be given for any remaining classes.

Note: Activites and programs require a minimum of six (6) students required for that activity|program to run unless communicated otherwise.

Total sessions per day for Semester One: Monday - 15 Tuesday- 16 Wednesday|Thursday- 15 Friday - 15 SCHEDULE

SCHEDULE

AES **EXTRA CURRICULAR ACTIVITIES**

AES – ORTEGA | 2019- 2020 Calendar

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Winter Athletics Season Spring Athletics Season

AES Music & Dance Show

Fall Athletics Season

Camps 2018-19

Camps 2019-20



AES		_		SCHEDULE	CULTURE	ATHLETICS	S.T.E.A.M.	MUSIC
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ACTIVITIES	Monday	Pass	CERAMICS 6th-8th	: 				
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		Pass Paid		Cooking 6th-10th	egins October 28th CIF	High School Soccer		
		Pass	Dance 6th-8th	Dance 9th-12th				
		Pass	JV Volleyball (Ends Nov 22nd)	JV Volleyball (Ends Nov 22nd	·			
		Pass	JV Basketball (Begins Nov 25th) Inventor Team Intermediat	JV Basketball (Begins Nov 25th	h)			
		Pass Paid		MUSIC PROGRAM				
	Tuesday	Pass		Varisty Volleyball (Ends Nov 22nd				
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		Pass	ART & DESIGN 6th-10th					
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		Pass Pass	Table Tennis 6th-12th	Table Tennis 6th-12th JUDO 6th-12th				
		Pass		DEBATING 7th-10th				
		Pass		DEBATING 6th	Min	ecraft All Levels		
		Paid		MUSIC PROGRAM Choir 6th-12th				
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	Wednesday	Pass	Inventor Team Junior 6th		-			ASE NOTE: THIS AE
		Pass	Touch Typing Typo A 6th-9th	Intro to Microsoft Basics 6th-9				HEDULE IS SUBJECT
		Pass Pass	JV Volleyball (Ends Nov 22nd) JV Basketball (Begins Nov 25th)	JV Volleyball (Ends Nov 22nd JV Basketball (Begins Nov 25t)	·		-	CHANGE AT ALL
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	Thursday	Pass	FENCING 6th-12th	FENCI	NG 6th-12th		POS	SSIBLE.
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		Pass	TENNIS 6th-12th (Ends No	ov 22nd)				
		Pass	Jiu Jitsu 6th-12th					
		Pass Pass	Advanced Textiles 6th-8th	Metal Working & Leathersmithing 6th-12 American Theatre Music 6th-10				
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		Pass	ART 6th-8th	Waller Center Gym	Begins Nov 25th CIF H	igh School Basketball		
		Paid		MUSIC PROGRAM				
		Pass			6th-12th		_h	
	Activities sta Registration	rts on 0	9/16/2019 - Ends 01/17/2020	One Make up week scheduled from 01/21 to 01/ All registrations closes definetely on 09/20/201		hia data		
	Registration	Online (Opens 6/5/19 Closes 9/2/19	Minimum Registration : 6 per activity unless sta		nis uale.		
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DRAMA | TUESDAY: 6TH-10TH

An exciting workshop for beginners and experts alike! Learn how to perform on stage, practice memorizing, reading and understanding texts in French, and mostly enjoy the improvisation exercises, as well as the characters creation. Under the direction and guidance of Grégory, transform into an apprentice actor and be an important part of a show related to famous movie scenes.

Instructor: Gregory Galin

ART 1 (6TH - 10TH) | FRIDAY

In this class, students will be influenced by the works of both traditional and contemporary artists. They will explore a variety of media in depth, including painting, drawing, book arts, and jewelry-making (for boys and girls). Each class will begin with a fun warm-up art activity to prepare students' brains for creativity. This is a class for art lovers!

Instructor: Monty Lumba, Art Teacher & Artist

CHOPPED! COOKING & BAKING | MONDAY (6TH - 10TH) PRICE: \$496

My name is Lamia Sphon and I'm a Pastry Chef Manager at Choux Bakery in San Francisco. I have taught at SFBA, EFBA, and the SF unified school district. I love to teach and my passion for food also involves the science part, preparation, safety and the importance of healthy eating. Together, I will introduce you to new flavors, and to appreciate each ingredient. I will introduce you to the basics and French cooking and baking techniques as well as sharing a few secret recipes. Materials, ingredients and recipes are included in the cost of the class.

Instructor: Lamia Spohn, private chef and pastry manager at Choux bakery.

LEATHERWORKING & METALSMITHING | THURSDAY

Explore working with metal & leather in this next level jewelry making class. Students will learn to create mixed media pieces & explore metalsmithing techniques such as riveting, patina, stamping & dapping and learn leatherworking skills such as dyeing, stitching, stamping & burnishing! Learn the properties of metal & leather and how to combine them into enviable wearable art. Projects may include the following: Leather-bound Journals / Stamped Leather Wallets

Mixed-Media Bag Charms / Leather Cuff Bracelets / Keychains Leather Sunglass Pouches / Stamped Rings & Necklaces

Instructor: Dragonfly

CULTURE



MUSIC





CULTURE

CULTURE

SCHEDULE

ART & GRAPHIC DESIGN (6TH-10TH) | TUESDAY

This course is about how graphics is used to pursue advertising objectives. Graphics design refers to the way artists create and lay out compositions, choose specific fonts, calligraphy, illustrations and photos.

Students will learn how to create and design cd covers. record album covers, print ads, greeting cards, posters. Composing, arranging, choosing fonts even designing logos. They'll come to understand why a certain font is better than another in communications; why photos and illustrations are used for; why some ads are rendered in black/white as opposed to color; finally, they'll come to understand the significance of KISS (Keep It Simple Stupid) in communications. They will write their own copy for the ad; understand the difference between headlines, sub headlines, and tag lines They're going to create mock up projects

of their choosing. Instructor: Monty Lumba

DEBATE ADVANCED (7TH-10TH) | TUESDAY

With its emphasis on critical thinking, effective communication, independent research and teamwork, debate teaches skills that serve individuals well in school, in the workplace, in political life and in fulfilling their responsibilities as citizens of democratic societies. Once students have learned how to debate, they are better able to make informed judgments about crucial issues. There will be two teams of three speakers. Each team is assigned a side (the Affirmative, who argue in favor of a topic; and the Negative, who argue against) a topic.

Instructor: Roger Mullins LFSF English Teacher

CERAMICS | POTTERY (6th-8th) | MONDAY

This class is an introduction to hand-built pottery and ceramic sculpture. Students will learn a variety of hand building methods (slab, coil, and pinch), explore exture, glazing techniques, and see the transformation of their pieces from clay to ceramic through the heat of the kiln. Students will create the ceramic projects of their choice. Class projects may include sculptures that tell stories, fantasy animals, self-portraits, interiors and exteriors of buildings, jewelry, beads, cups, plates and more.

Instructor: Farzaneh Sajadi

ADVANCED TEXTILES & FIBRE ARTS | THURSDAY

Advanced Textiles & Fiber Arts

This class introduces the different aspects of textiles and fiber as a creative medium. While considering the environmental and historical background of fiber arts, students will be learning techniques such as sewing, embroidery, macrame, weaving, indigo and synthetic dyeing, screen printing, wool felting, and crochet. Students will learn to design, plan, and execute their ideas from an abstract notion into a tangible product by combining the skills they have learned. Projects may include the following:

Hand-dyed Bags / Decorative pillows / Embroidered Patches Felt Essential Oil Diffusers / Macrame Plant Hangers & Wall Hangings Hand-dyed Silk Scarves / Crochet Accessories / Zipper Pouches

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S.T.E.A.M.

ATHLETICS







CULTURE

AMERICAN THEATRE (6th-10th) | THURSDAY

After a short study of American Musical Theater history (beginning with its roots in late19th century Yiddish theater in New York City), this class begins with viewing of film from the movies Guys and Dolls. The Sound of Music, The Music Man, West Side Story, My Fair Lady, among others. Then students collaborate to choose scenes/songs in which to perform, with the goal of putting together a musical revue in the spring. Hamilton will be featured. Students do not need to sing in order to join the class, but they must be willing to perform dramatically.

Instructor: Kathy Maguire

AES **EXTRA**

CURRICULAR ACTIVITIES

DANCE (6th-12th) | MONDAY

In this fun one hour class, we will start with a strong warm-up using yoga poses and gymnastic stretches. We will combine jumps, turns and falls with dance moves and choreography. This class helps to build strength and develop motricity while students learn how to support each other in a strong team oriented and safe environment.

Instructor: Samantha Erigio & Manuela

DEBATE BEGINNER (6TH) | TUESDAY

Debate is one of the oldest forms of human communication. It was perfected by the Greeks over 2,000 years ago and plays an important part in our country's democracy. When the ancient Greeks would meet, they called it a 'symposium,' a place where people gathered to discuss and debate the philosophical topics of the day. This exciting new class gives a forum for students to do just that. You will learn how to express yourself freely through language and learn how to be an effective communicator through various time-tested, ageappropriate activities. Additionally, this class learns about the basic functions of the U.S. court system through 'mock trials' where students will role-play as lawyers, defendants, and judges. Always a big hit! Come learn all the tools of effective debate and public speaking by joining us in weekly 'symposiums' where all opinions matter.

Instructor: Parker Anderson Enrichment

JOURNALISM (6th-8th) | THURSDAY











SCHEDULE

AES EXTRA CURRICULAR ACTIVITIES

MIDDLE SCHOOL ATHLETICS- LEAGUE PLAY (6TH-8TH)

(Please refer to daily schedule for training days)

ALL ATHLETIC MIDDLE PROGRAMS ARE COVERED UNDER THE PASS THIS YEAR. IF YOU'D LIKE TO **MUSKETEERS!** ONLY COMPETE IN INDIVIDUAL PROGRAMS, PLEASE PURCHAE THE PAY TO PLAY PASS

We compete in the San Francisco Athletic League (for Competative athletes) and San Francisco Independent Athletic League (Non Competative & Co-Ed athletes)

Come join our sports teams for one to two practices a week (depending on match schedule), and participate in the San Francisco Athletics League (SFAL) or the San Francisco Independent Athletics League (SFIAL). There will be approximately 6 games per season not including FINALS. Through individual and group techniques and team cohesion, our qualified coaches will teach you skills, techniques and team work. Different sports are played throughout the year, please see below under JUNIOR -6th Grade Only and VARISTY- 7th & 8th Grades.

Practices: Please refer to daily schedule for team training days and times.

NOTE: You do not need to participate in all of the multisports programs. For example, you can chose to participate in only Basketball. If you are an athlete then we highly recommend that you participate in as many programs as possible as this will definitely improve your athletic skills over time.

Junior Varsity & Varsity (6th-8th)

Fall Program September 16th to November 22nd: Cross Country; Volleyball; Tennis

Winter Program November 25th to February 14th: Basketball; Table-Tennis

Spring Program February 24th to May 29th: Futsal; Track & Field; Outdoor Soccer















CHEDULE CULTURE ATHLETICS S.T.E.A.M. MUSIC

ATHLETICS

HIGH SCHOOL ATHLETICS - LEAGUE PLAY (9TH-12TH)



ALL ATHLETIC MIDDLE PROGRAMS ARE COVERED UNDER THE PASS THIS YEAR. IF YOU'D LIKE TO ONLY COMPETE IN INDIVIDUAL PROGRAMS, PLEASE PURCHAE THE PAY TO PLAY PASS.

We compete in the California Interscholastic Federation (CIF) San Francisco Public Schools Athletic League Section.

Fall Program September 16th to November 22nd: Cross Country Co-Ed

Winter Program November 25th to February 14th: Boys Basketball; Boys Soccer

Spring Program February 24th to May 29th: Fencing; Swimming; Tennis; Badminton

Note: Petitions for each sport is due the year prior to the season commencing. The following teams above were established in the school years 2018|19 when individual athletes registered by signing the petition.

The AES department will notify all HS students when a petition of seasonal sport has been issued by the CIF - SF office. The CIF-SF section offers many sports to compete in for both male and female athletes. Eligibility requirements are enforced (minimum GPA of 2 is required to participate).

Our aim this year is to have female teams competing in the league by season 2020|21.

For more information on CIF, team, rules, requirements and eligibility, please visit the following website: http://www.cifsf.org/





CALIFORNIA INTERSCHOLASTIC FEDERATION











HIGH SCHOOL Esports- LEAGUE PLAY (9TH-12TH)!

(Training days to be determined by the coach and team)

ALL ATHLETIC MIDDLE PROGRAMS ARE COVERED UNDER THE PASS THIS YEAR. IF YOU'D LIKE TO ONLY COMPETE IN INDIVIDUAL PROGRAMS, PLEASE PURCHAE THE PAY TO PLAY PASS

Contact the AES Department to register your interest to join the team for 2019!

For more information on rules, requirements and eligibility, please visit the following website: https://www.highschoolesportsleague.com/











ATHLETICS

ATHLETICS

MIDDLE & HIGH SCHOOL ATHLETICS PROGRAMS AVAILABLE - NON LEAUGE

The following athletic programs are available for our students. These programs do not compete in any league play. Some of the programs compete in local and international tournaments and events.

FENCING (6TH-12TH)

REGULAR CLASS - THURSDAY

Automatic Roll-Over into Semester Two once Registered in Semester One.

Fencing is the art of mastering space, time and ...life! Hold your opponent at the tip of your foil under the watchful eye of the rigorous master of arms, Yves Ghiai. Fencing develops a sense of brotherhood, loyalty, righteousness and nobility of heart. At the end of the training you can get your "blason", an official French diploma accredited by the French Fencing Federation. LFSF is the only Lycée Français in the world to be member of this Federation! All fencers will have an additional cost of \$54 for the Fencing Federation license that will need to be paid by check directly to Yves Ghiai at the start of the school year. All students from all campuses are to have their own equipment. Please contact the fencing master for equipment details: yves@ghiai.com

Note: A set of Parent Guidelines specifically for fencing will need to be signed and returned before participation.

Instructor: Maître d'armes Yves Ghial

CHESS (6TH-10TH) | WEDNESDAY

Come spend your Wednesday afternoons improving your brain activity and having fun while playing and learning the most popular board game of all times. Chess Club gives students an opportunity to play friendly games of chess against their peers in a low-stress environment. Students of all levels are welcome to come. We challenge you with chess quizzes, puzzles and problems, and teach you new and classic strategies. Be it at school or in a tournament, we invite you to join this club which is pure fun guaranteed! Students will be able to participate in a Chess tournament at the end of the year!

Instructor: Chess Academy

KUNG FU KICKING & SHAOLIN 6 MONDAY (6TH-10TH)

Learn low, mid, high, and flying kicks, low ground sweeps, and lots of cool Kung Fu moves and how to use them. After kicking up a storm every class students will learn the exciting Shaolin 6 "Close Fighting" routine that will use many of their kicks and other moves in a dramatic tournament ready sequence. Learn how to use the long range of your legs to kick others before they can close to touch you and then make a quick escape. Kicking is fun to practice as you develop your accuracy and power kicking targets.









JUDO FOR ALL (6TH-12TH) | TUESDAY & FRIDAY - YEAR LONG COMMITMENT

Automatic Roll-Over into Semester Two once Registered in Semester One.

As created by Jigoro Kano, Judo (literally 'Gentle Way') is an intellectual, physical and moral method of education. It includes throwing, pinning and submission techniques. Judo is also educational and has fundamental values which are part of the Judo Moral Code: Friendship, Courage, Sincerity, Honor, Modesty, Respect, Control of Oneself, and Politeness. Be ready to share those values with William a black belt, through regular practices, and participating in clinics, local, state or abroad tournaments, and group training with other schools. Every year you could reach a new level rewarded by a colored belt!

Instructor: William Desmole

TENNIS SPRING (6TH-12TH) | THURSDAY - LAKE MERCED

Ends Thursday 21st November!

Tenacious Tennis Academy (TTA) is open to anyone, Lycée Francais students will meet and play with kids from all over San Francisco. Groups are arranged by age and/or ability, and because there are 14 courts at SFSU, we are able to spread out to ensure that groups are copacetic. Our goal is to meet each student where they are and to help them reach their tennis goals, whether it be just for fun or to train for competition. With our 14 person passenger van we are now able to transport up to 12 LFSF students to and from the courts at SFSU.

PICK UP AFTER CLASS AT THE SFSU TENNIS COURTS AT 5:45PM, OR THE PARKING LOT ON BOWLING GREEN DRIVE IN GOLDEN GATE PARK AT 6PM.

PLEASE NOTE THAT TRANSPORTATION TO/FROM THE COURTS IN THE TTA VAN IS AVAILABLE TO THE FIRST 12 STUDENTS TO SIGN UP FOR AES TENNIS. TRANSPORTATION MUST BE ARRANGED DIRECTLY WITH TTA.

PLEASE EMAIL JEFF THOMAS DIRECTLY TO ARRANGE SHUTTLE. jeff@tenacioustennisacademy.com <u>THE LFSF IS NOT RESPONSIBLE FOR TRANSPORTATION. WE ALSO RECOMMEND KANGO</u> <u>SERVICE AS AN ALTETRNATE OPTION</u>

Instructor: Jeff Thomas - Tenacious Tennis Academy

ATHLETICS







TABLE TENNIS - (6TH-12TH) | TUESDAY

Discover this strategic game with Nicolas! Come play in different types of tournaments with the SFIAL and live the smashes, lifts and effects of any kind. Students with learn techniques and game analysis and players of 6th, 7th, and 8th grade will have the chance to play in SFIAL tournaments this winter. *Instructor*: Nicolas Legatelois

BEGINNING BRAZILIAN JIU JITSU - (6TH-12TH) | THURSDAY

Brazilian Jiu Jitsu is a martial art that focuses on grappling and ground maneuvers. The sport focuses on the concept that a smaller, weaker opponent can defend against a larger stronger opponent by using technique, leverage, grip, maneuvers and counter-manuevers. Students will learn the basic foundations of Brazilian Jiu Jitsu and participate in technique drills and positioning drills. In this beginning class students will be introduced to primary ground positions including mounts, guards and side controls. This is the perfect introductory class for any student wanting to try martial arts or learn more about Brazilian Jiu Jitsu. (Official Uniform is required and can be purchased from instructor for an additional fee) *Instructor*: Ivan de Silva

HANDBALL - CO-ED 6th-12th | WEDNESDAY & FRIDAY

Take the opportunity to participate in the school's Middle School and HIgh School Handball team! Friendly matches will be played during school days with other schools in the Bay Area who run a Handball Program. Both MS & HS will compete in any CalHEAT (official handball team of California) sanctioned tournaments in Freemont on weekends. International Handball tournaments may also be scheduled - this will require a seperate fee for any interested players wishing to travel and represent the school.

For more information on CalHeat and Handball in the Bay Area, please visit this page: http://www.calheat.com/wp/index.php/youth-team-handball *Instructor*: Christophe Navaux







ATHLETICS

ATHLETICS







An Introduction to our new Handball Coach: Christophe Navaux (LFSF Teacher)

Une vie de Handball, une vie de Sport ...

Je découvre le handball en suivant mon oncle et mon père sur les terrains de l'Oise et de Picardie. Mon père sera mon premier entraineur dans la catégorie Poussin, j'ai alors 7 ans... Au collège, je découvre les compétitions UNSS où j'ai la chance de décrocher rapidement mon premier titre dans la catégorie Poussin :

- Champion départemental.

En club, ma petite taille de l'époque ne me permet pas d'être un leaderde mon équipe mais je redouble d'efforts aux entraînements pour décrocher une place en Sport-Étude au lycée Marie-Curie de Nogent sur Oise. Cette entrée au lycée et dans ce dispositif de formation coïncide avec mon développement physique et technique. Sur la base de 3 entraînements par jour, notre équipe devient très compétitive et nous décrochons de nombreux titres dans la catégorie Cadet (-15 ans) :

- Champion départemental UNSS.
- Champion académique UNSS.
- 1er place au championnat inter-académique UNSS.
- 1/2 finale de championnat de France UNSS.
- 4ème place au championnat de France UNSS.

Dans mon Club de l'Entente Creil – Liancourt Amicale, je décroche dans la catégorie Junior(-18ans) de nombreux titres :

- Champion de l'Oise
- Champion de Picardie
- Coupe de l'Oise
- Coupe de Picardie
- 1/4 finale de coupe de France
- 1/2 finale du challenge nationale Sabatier

Ces bons résultats me permettent d'intégrer plusieurs stages départementales, régionales et inter-régionales de détection. Surclassé rapidement dans la catégorie Sénior, j'intègre l'équipe Espoir d'Amiens évoluant en Nationale 1B, les clubs d'Abbeville et de Corbie en Nationale 3 puis à nouveau Amiens en Nationale 2. Lors de ces années, je remporte en tant que capitaine d'équipe :

- 2 titres de champion de Picardie
- 3 coupes de Picardie
- 3 coupes de Somme
- Une qualification pour les 1/32ème de coupe de France.
- Une qualification pour les 1/16ème de coupe de France.
- A l'étranger, j'ai également quelques références :
- Finlande Encadrement d'un atelier d'initiation Handball mixte (11 ans)
- Koweït Équipe de Salmya Championnat élite Préparation &
- Entrainements avec l'équipe Pro Pas de compétition pour des raisons de nationalité.
- Koweït Encadrement d'une équipe fille (-13 ans) & d'un atelier d'initiation garçon (-12 ans) au lycée français de Koweït.
- Qatar Encadrement des élèves au championnat du Monde de Doha.
- Australie Participation au National de Handball à Sydney avec l'équipe du NSW(3ème place).

- Australie – Membre de l'équipe de préparation et d'encadrement sur le site de Canberra de la coupe du Monde de Rugby à 13 – Coordinateur et responsable de la visite de l'équipe de France au Lycée franco-australien de Canberra. Coorganisateur de l'avant match France – Australie avec l'entrée officielle sur la pelouse des joueurs accompagnés de 17 jeunes ambassadeurs de l'école francoaustralienne de Canberra.







INVENTOR TEAM JUNIOR (6TH) | WEDNESDAY

A team of teachers collaborating with Anton Ritzu, our Technology and Innovation Coordinator will help our students to grow fantastic STEAM-centric content all wrapped inside our core vision to inspire creative, compassionate leaders of tomorrow. Our project-based curriculum will get our students excited about research, problem solving and communication. Through the innovation lab we will create fun inventions combining mechanical, electronic circuitry, 3D printed material but also use artsy Tinkercad design, emotional intelligence and environmental sensitivity. We will also program robots and develop computational thinking skills in an informal, out-of-school setting but still linked to the French Maths, Science and Technology Curriculum (adapted by Anton Ritzu).

Instructor: Giny Lamini

INVENTOR TEAM INTERMEDIATE (7TH-8TH) | MONDAY

This club for intermediate/advance STEAM students will keep growing technological skills, emotional intelligence and an appreciation for our planet with the goal of inspiring creative, compassionate leaders of tomorrow. Our project-based curriculum will get our students excited about research, problem solving and communication. Through the innovation lab, on top of Arduino/Robotics/Maker Art projects we will develop/ reinforce computational thinking skills adding Raspberry Pi microprocessor and Python. The training has been adapted for middle school student French Maths, Science and Technology Curriculum by Anton Ritzu our Technology and Innovation Coordinator.

Instructor: Serge Ndjemba

MINECRAFT (6TH-8TH) | TUESDAY 4:30 pm

Come play the most popular computer game on the planet! Create individual worlds using specific building techniques and learn the basics of 'command blocks,' as well as how to change the look of the game in an infinite number of ways. This class will be especially fun for those students interested in ARCHITECTURE and/ or ENGINEERING but first-timers are encouraged to join as we explore the world of Minecraft by learning strategy, team building, and cooperation skills. Hope to see you in this exciting class in the Fall!

Instructor: Parker Anderson Enrichment



PATHWAY TO MEDECINE (6TH-12TH) | FRIDAY PRICE: \$615

If you are a science fanatic with insatiable curiosity and a passion for hands-on experiments, Pathways to Medicine's "MD in the Making" is definitely the after-school program for you! Our pre-medical school series offers 6th-12th graders the opportunity to get in-depth instruction and practice in four key medical specialties: Surgery, IV + Injection, Primary Care, and Emergency Medicine. Not only will you be able to explore your interests in health and science, but you will also practice medicine using the same tools, skills, and tests doctors and nurses use to treat patients and save lives every day. "MD in the Making" allows students to immerse themselves in the world of medicine as they master medical techniques and become skilled at treating a patient, from start to finish. In this course, students will learn the complex process of diagnosing illness/injury, documenting their work using patient charts, working collaboratively as a part of a healthcare team, developing comprehensive treatment plans, and treating real-life medical cases. We use experiential learning to cultivate each student's unique potential in medicine.

Instructor: Pathway to Medecine

AES EXTRA CURRICULAR ACTIVITIES

TYPO A (6TH-9TH) | WEDNESDAY

Type A+ has successfully taught students grade 2 through 12 how to touch type for 7 years. Students learn the proper techniques for developing muscle memory needed for accurate computer keyboarding. Trained and experienced teachers will also work on speed development.

Significantly reduce time on computer- related homework. Improve Standardized Test scores. Students can advance to the number-key pad for mathematical assignments. Give your student the Advantage of Touch Typing -a life long needed skill.

Instructor: Typo A

INTRO TO MICROSOFT BASICS (6th-9th) | WEDNESDAY

Word is a powerful processing program used to create, edit and save new documents. In this class students will learn to create and format documents, insert and edit images, charts, and more! Using quick tips, shortcuts and time-saving tricks, students will be able to zip through homework and make well-formatted and attractive papers!

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S.T.E.A.M.





Instructor: Typo A

A NOTE FROM OUR NEW MUSIC COORDINATOR

AES Ortega Office Hours: Tuesday 9am-3 pm Contact: aesmusic@lelycee.org

Hello, my name is Daniel de Lorimier. I am originally from Salinas, California, and have been a bay area resident since 2009. I am a music teacher, a multi-instrumentalist performer, and a writing and recording musician of the bay area. I play the guitar, bass, drums, piano, and various other string and percussion instruments. I graduated from SFSU in 2018 with a B.A. in Jazz Guitar and Music Education. I have been a Guitar, Bass and Ukulele private instructor in San Francisco for 5 years now. I offer lessons at home, and in local music stores such as Vibo Music, Blue Bear Music, and Exploring Music. In addition, I have been teaching the rudiments of music in grades K-5th in elementary schools throughout the bay area since 2016, through programs such as Music For Minors and Nusku Arts. In my 10 years living in the bay area, I have been a member of 6 different bands of various styles within the rock/blues/ indie/pop genres, playing small and large shows from San Diego to Seattle. I aim to earn a Masters degree in Music Education and also apply myself in the field of Music Therapy. Here at Lycee Ortega, I aspire to expand and enhance it's Music Department by helping lay the foundation for our school to offer more opportunities for students to learn, perform, understand and enjoy music.

Please consider joining one of our awesome Music classes!



Lycee Ortega Music Curriculum 2019/2020 - SCHEDULE TO BE RELEASED IN AUGUST

ATHLETICS

Private lessons;

CULTURE

SCHEDULE

- -Intro to Piano Learn easy melodies and chords, 2 hand technique, and basic sight reading of music notation.
- -Intermediate Piano For continuing students of piano, learn more advanced songs, styles, exercises and sight reading.
- -Beginner Guitar Introduction to playing strings, learn melodies, scales, and chords through the language of tablature and/or notation.
- -Intermediate Guitar For continuing students of guitar, learn more advanced songs, styles, exercises and sight reading.
- -Ukulele Introduction to playing strings learn melodies, scales, and chords through the language of tablature and/or notation.
- Bass Guitar Learn the basics of the electric bass guitar and it's role in a band context. Learn to read Bass clef and tablature notation, to play popular bass lines with good fingerstyle technique.
- -Voice lessons Learn exercises and techniques with good singing etiquette. Learn to sight read vocal melodies, and sing solo and in harmony.
- Drums Learn the basics of drumming and it's role in a band context. Learn the rudiments of rhythm and reading basic notation. Learn to utilize a drum set and play popular rhythms good technique.

Ensembles and Group Classes;

Guitar Ensemble - Learn to play with others, read and perform melodies and chords in 2 - 4 part harmony, classical and pop/rock styles.

Middle School Rock Band - Perform in a rock band! Learn easy classic and contemporary pop/rock songs to sing and/or play Guitar, Bass, Drums, Piano/keyboard. Other instruments invited to join as well.

High School Rock Band - Perform in a rock band! Learn easy classic and contemporary pop/rock songs to sing and/or play Guitar, Bass, Drums, Piano/keyboard. Other instruments invited to join as well.

Jazz/Blues Band - Learn to read and perform jazz standards in a group setting. Learn the basics of improvisation, Vocals, Piano/keyboard, Guitar, Bass, Drums, Woodwind, and Brass. (Some previous experience required)

Intro to Music Theory class - Learning the basics of reading and writing music notation, listening exercises and ear training, Music History and Appreciation.

Percussion Ensemble - Learn the functions of beat and rhythm through playing Wood, Metal, and Skin percussion instruments in a group setting. Learn improvisation techniques and the etiquette of a drum circle.

*Brass, Woodwind, and Bowed String instrument instruction may be offered at Lycee Ortega upon request, depending upon the availability of teachers and students.

MUSIC

MUSIC

CHOIR (6TH-12TH) | TUESDAY

Do you like to sing in the shower?Then why not come join a group of people like you and be part of the new Lycée Choir?! Wether you are beginner or intermediate, there will be a spot for you! we will be singing in French, English, Spanish, Russian and as many languages as we would like to sing. (you dont have to speak the language to sing it!) We will take a trip around the world learning folk songs from everywhere and we can make arrangements to make them sound funky, jazzy, rock or classical.But most of all, it will be fun and relaxing as singing was made to be since humans learned to make sound come out of their mouth!!

Instructor: Magali Sanscartier, LFSF Music Teacher

SCHEDULE TO BE RELEASED IN AUGUST PRIVATE MUSIC CLASSES - Coordinator Daniel in conjunction with VIBO PRICE: \$40 / HALF HOUR LESSON

ViBO Music Schools offer high quality, affordable, and a full range of music lessons to students of any levels. Our faculty is one of the most highly qualified collections of artist-educators in the bay area. The mission of ViBO Music schools is to create a supportive and inspiring learning environment that provides education in different aspects of music, to establish a life-long growth and appreciation in music. www.vibomusic.com

- -Intro to Piano
- -Intermediate Piano
- -Begineer Guitar
- -Intermediate Guitar
- -Ukulele
- -Bass Guitar
- -Voice Lessons
- -Drums

ENSEMBLE & GROUP CLASSES - Coordinator Daniel in conjunction with VIBO PASS

-Guitar Ensemble -Middle School Rock Band -High School Rock Band -Jazz|Blues Band -Intro to Music Theory Class

- -Percussion Ensemble
- -Brass | Woodwind & Bowed String Upon request

MUSIC







COLLEGE COUNSELING & GUIDANCE DEPARTMENT

Provided by: College Counseling

REGISTRATIONS MUST BE MADE DIRECTLY WITH COLLEGE COUNSELING by

sending an email to collegecounseling@lelycee.org

You do NOT need to purchase the PASS to enroll in College Counseling Programs

STANDARDIZED TEST PREP

PSAT/SAT/ACT MATH - Algebra I/II Review (Open to Grade 10 only)

Want to get started on preparing for your college admissions tests? Sign up for this Math Preparation class, which will focus mainly on Algebra I/II topics (solving simultaneous equations, factoring, variables, word problems, etc...) The course prepares for the PSAT 10, PSAT/NMSQT 11, SAT, and ACT.

Day: TBD Fee: \$500 Enrollment: Grade 10 only Instructor: David Schiller Registration HERE: https://forms.gle/JGbTUAuBjvXiWhBw6

PSAT/SAT/ACT MATH - Algebra I/II Review (Open to Grade 11 only)

Want to get started on preparing for your college admissions tests? Sign up for this Math Preparation class, which will focus mainly on Algebra I/II topics (solving simultaneous equations, factoring, variables, word problems, etc...) The course prepares for the PSAT 10, PSAT/NMSQT 11, SAT, and ACT.

Day: TBD Fee: \$500 Enrollment: maximum 15 students, Grades 11 only Instructor: David Schiller Registration HERE: https://forms.gle/JGbTUAuBjvXiWhBw6

PSAT/SAT/ACT English - (Open to Grade 11 only)

Instructor: David Schiller

Want to get started on preparing for your college admissions tests? Sign up for this Math Preparation class, which will focus mainly on Algebra I/II topics (solving simultaneous equations, factoring, variables, word problems, etc...) The course prepares for the PSAT 10, PSAT/NMSQT 11, SAT, and ACT. Day: Thursdays, 4-5:30 Fee: \$500 Enrollment: maximum 15 students, Grades 11 only Get ready for college ACT[®]& SAT[®] Test Prep Courses

FOR MORE INFORMATION REGARDING THESE PROGRAMS PLEASE CONTACT THE COLLEGE COUNSELING & GUIDANCE DEPARTMENT.

NATALIE BITTON

DIRECTOR OF COLLEGE COUNSELING & GUIDANCE LYCÉE FRANÇAIS DE SAN FRANCISCO (LFSF) A WORLD OF OPPORTUNITIES 1201 ORTEGA STREET SAN FRANCISCO, CA 94122 T 415.661.5232 EXT. 1751 | E collegecounseling@lelycee. org |



COLLEGE COUNSELING & GUIDANCE DEPARTMENT

OPEN LEARNING - Career Exploration and Community Engagement Programs

ENRICHMENT - Career Exploration and Community Engagement Programs

TECHNOVATION: Girls in Technology Entrepreneurship (Open to Grades 8-11)

Celebrate our 10th year! Technovation is the global technology entrepreneurship competition for girls. Girls work in teams with mentors in the tech industry to build a mobile app that will address a community problem. Girls then pitch their app idea for a chance to win money to develop the app. Field trips have included brainstorming sessions at Google, Dropbox, Stanford dschool, etc.... Girls do not need to have programming experience to participate, as this program is an entrepreneurship program and NOT a tech/coding program. https://technovationchallenge.org/ Day: TBD based on girls' schedules, December - April Fee: \$50

Registration: send email of interest to collegecounseling@lelycee.org

#BUILTBYGIRLS#: (Open to Grades 10-12)

AES EXTRA CURRICULAR ACTIVITIES

Three times a year, girls are matched with mentors at Silicon Valley companies like Pixar, Netflix, Google, Dropbox. Day: students and mentors work out their schedules Fee: NO fee Registration HERE: https://www.builtbygirls.com/programs/wave

STUDENT DIVERSITY LEADERSHIP CONFERENCE - SDLC: (Open to Grades 9-12)

Students interested in diversity, social justice, and access issues attend the SDLC conference in November, and then bring back their knowledge and enthusiasm to serve as LFSF diversity ambassadors. https://pocc.nais.org/About/Student-Diversity-Leadership-Conference Day: Conference is December 4-7, Seattle,WA Fee: TBD for flights, attend an information meeting in September Apply HERE: https://forms.gle/Wfz6YHtAwgeYBj7v7

SERVICE LEARNING TRIP TO VIETNAM: (Open to Grades 10-12)

Students engage in local community service and participate in a global service learning trip. https://drive.google.com/file/d/1 kWHcxFWelEySc28Yf59FOHWRooOY1Ah3/view?usp=sharing Day: June 2020 Fee: TBD, registration required for information meeting in September Interest form HERE: https://forms.gle/33BFUr1qCqPrzrD98

Provided by: College Counseling REGISTRATIONS MUST BE MADE DIRECTLY WITH COLLEGE COUNSELING by sending an email to collegecounseling@lelycee.org







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VICE-PRINCIPAL DEPARTMENT - PEDAGOGICAL ACTIVITIES

THESE ACTIVITIES ARE FREE TO REGISTER IN - PLEASE SEE BELOW FOR CRITERIA AND CONDITION PLEASE CONTACT THE TEACHERS ASSOCIATED DIRECTLY FOR INFORMATION FOR ANY ADMINISTRATIVE QUESTIONS, PLEASE CONTACT PAULINE SEDDON: pseddon@lelycee.org

ATELIER SCIENTIFIQUE: Maximum 12 students from 7th & 8th Grades (5eme et 4eme)

This Club will follow the AES calander (September to May)

Promouvoir la pratique expérimentale en chimie et en physique chez les élèves de collège. Envisager la production d'objet de la phase conception jusqu'au produit fini en passant par la promotion et l'aspect économique.

Instructors: Stpehan Lampert and Cynthia Talon (slampert@lelycee.org)

CHEMISTRY OLYMPIADS: Maximum 8 students from 12th Grade (terminale S) running September to February

Encourager les élèves à s'engager dans des études supérieures scientifiques. Développer l'intérêt des élèves pour la chimie : discipline expérimentale aux multiples applications. Construire un regard citoyen sur la chimie.

Cela se traduit par des séances de travaux pratiques inédites, des conférences, des résolutions de problèmes scientifiques, des compléments de cours et éventuellement des sorties pédagogiques autour du thème de l'année.

Instructors: Stpehan Lampert and Cynthia Talon (slampert@lelycee.org)

MATH EN JEANS Maximum 35 students from 9th to 12th Grade (3eme - T)

Travail de recherche mathématique durant 6 mois sur des problèmes posés par des chercheurs professionnels. Le travail de recherche sera suivi d'un congrès à Montréal en mars 2020 lors duquel tous les élèves d'Amérique du Nord présenteront leur travaux dans des conférences durant 3 jours. Les avantages de ce Congrès sont très nombreux au niveau mathématique, culturel et humain dans les échanges avec des jeunes de leur âge, mais aussi les professeurs et chercheurs qui les encadrent et écoutent leur présentation. Le Congrès est aussi l'occasion d'assister à des conférences de haut niveau en mathématique, adapté à un niveau d'élève lycéen.

Instructors: Matthieu Schavsinski et Nicolas Legatelois (mschavsinski@ lelycee.org)

OLYMPIADES MATHEMATIQUES Maximum 10 students 11th graders (1st)

Préparation à ce concours exigeant, permettant de travailler de beaux problèmes, intéressants et motivants. Séances de janvier à mars 2020 Instructor : Matthieu Schavsinski (mschavsinski@lelycee.org)

SCIENCE FAIR: No limit of students from 6th to 7th Grades (6eme et 5eme) running October to March Initier la démarche scientifique propre à l'élève dès le cycle 3 et la renforcer au cycle 4 Développer la curiosité

Pratiquer des expériences inédites Promotion des savoir-faire de nos élèves en sciences sur les différents campus et à l'extérieur du Lycée. Instructors: Gildas Guillaumet and Manuela Vu Trieu (gguillaumet@lelycee.org)





Either on Bryant or in the Presidio, buy leasure & sports gear and give back to our school!

AND-

Just mention LFSF at check-out!









Lycée Français de San Francisco

YEAR ROUND CAMPS

We conduct highly-valued French Immersion camps during school scheduled vacation time across all 3 of our campus locations. Our camps are conducted in a safe and fun environment with experienced and well trained LFSF staff. For each specific camp, our aims are to organize and structure each one with impeccable quality adding in a fun and exciting educational theme for our campers! We offer extended day care services fro 8 am to 5:30 pm daily and provide a shuttle service between campus locations when needed.

For LFSF parents, more detailed information can be found by visiting your parent portal accounts regarding LFSF camps only.

October February- Slots Available to Public April

SUMMER CAMPS

June-August - Slots Open & Available to Public For more information please contact the AES department: asobol@lelycee.org

> REGISTRATION OPENS 1 MONTH BEFORE CAMP SESSION MORE INFORMATION TO COME IN NOVEMBER/DECEMBER