

# Creating balance

Time spent in activities outside the classroom

February 2024

The American School in London

Activity	Hours per week while in season		School days missed
	Min	Max	
<b>Athletics</b>			
Baseball (Spring)	10	10	3
Basketball (Winter)	5	7	3
Crew (Fall, Winter, Spring)	11	11	2
Cross Country (Fall)	8	8	3
Field Hockey (Fall)	10	10	2
Golf (Spring)	7	7	2
Rugby (Winter)	8	8	3
Soccer (Fall)	8	10	3
Softball (Spring)	10	10	3
Swim (Winter)	6	6	2
Tennis (Spring)	10	10	3
Track & Field (Spring)	10	10	3
Volleyball (Fall)	5	7	3
Clubs (hours per club)	1	2	0
Community Action Council	1	2	0
Community Partnerships	2	3	0
Debate	1	6	0
High School Musical (Fall, includes performance week)	3	35	0
Model UN	1	1	1
National Honor Society	1	2	0
National Honor Society: Computer Science	1	1	0
National Honor Society: Journalism Honor Society: Quill and Scroll	1	1	0
Robotics (Winter, excluding Feb break ~70 hours)	12	19	3
Student Council (StuCo)	2	6	0
Student Faculty Advisory Board / Council	1	1	0
Student Faculty Advocacy Board (SFAB, formerly SFDB)	1	2	0
Student Justice Council (SJC)	2	3	0
Sustainability Council (SusCo)	1	8	0
West London Model UN	7	12	0
Writer's Seminar	1	2	0
youngPOWER	1	7	1