



THE AMERICAN SCHOOL OF SÃO PAULO

2026-27 - Semester 1 High School

Athletics and Activities Information Document



Athletics and Activities Office

SEMESTER ONE (AUGUST 2026) PUBLICATION

Welcome to Semester One Athletics and Activities

Graded believes that a strong after-school athletics program, as part of the school's overall curriculum, helps prepare students to be successful in life. Graded teams emphasize hard work, cooperation, sportsmanship, leadership, and fair play, while promoting and fostering a desire to learn from athletics experts.

The Athletics and Activities Team

Fernando Archila - Director of Athletics and Activities: fernando.archila@graded.br

Ricardo Paraventi - Athletics Associate Manager: ricardo.paraventi@graded.br

Julia Vieira - Student Life & Clubs Associate Manager: julia.vieira@graded.br

Maira Varlesi - School Trips and Activities Consultant: maira.varlesi@graded.br

Registration Guidelines

- We will run a pre-season program for our competitive HS and Varsity teams to select teams through tryouts and prepare for the upcoming games. Students should register for tryouts on this [FORM](#).
- Sports teams hold tryouts to determine the best placement for athletes. There is no limit to the number of students who can participate in the tryout; however, spots are not guaranteed.

Here are a few helpful links/documents to help you navigate the Graded Athletics semester:

- [Graded Master Game Schedule](#)
- [Master Facilities Schedule 2026-27](#)
- [Student-Parent Athletics Handbook](#)

HIGH SCHOOL ACTIVITIES

Model United Nations

Marcia Souza marcia.souza@graded.br

Edu Levati edu.levati@graded.br

Upper School (HS)

Thursdays, 3:40-4:40 pm

Location: D-23

Model United Nations (MUN) simulates the activities of a United Nations body, typically the Security Council or the General Assembly, and its committees. Participants assume the roles of representatives of Member States (or Official Observers) and consider items from the United Nations' vast agenda. Through an accurate simulation of the United Nations, students gain a deeper understanding of global issues and the complexities of the international system, developing valuable skills such as critical thinking. MUN students have the opportunity to attend a conference and debate world issues with students from around the world.

Robotics

Charles Pimentel charles.pimentel@graded.br

Upper School (MS and HS)

Fridays, 3:40-4:40 pm

Location: Innovation Center

Want to try robotics but didn't have the opportunity to take it as an elective? Can't get enough of robotics? Does competing in a robotics competition interest you? Join us for after-school Robotics! Robotics is a place to learn and explore, improve your teamwork skills, and have fun. We challenge you to use your creativity to design and build a robot using VEX kits.

Beach Tennis

Graded Tennis Academy gradedtennisacademy@eche.com.br

Upper School (MS and HS)

Mondays, 3:40-4:40 pm

Location: Sand Court

Maximum number of students: 8

Beach tennis is the fastest-growing beach sport worldwide, played in more than 70 countries, including Brazil. Beach tennis combines beach volleyball, tennis, and badminton. It is played on a sand court, with no bounce allowed, and it follows the same scoring rules as tennis. Beach tennis lessons are a great way to exercise and socialize. During the lesson, you will learn the basic techniques and shots necessary to play a game.

Wall Climbing

Instructor (TBD)

Upper School (MS and HS)

Mondays, 3:40-4:40 pm

Location: Wellness Studio

Maximum number of students: 20

Indoor wall climbing and bouldering are great ways to stay active, and experts recommend that children start climbing indoors in a safe, controlled environment. Our wall climbing activity includes both belaying (ropes and harness climbing) and bouldering (ropes-free low climbing).

Chess

David Cunha david.cunha.ext@graded.br

Upper School (MS and HS)

Tuesday 3:40-4:40 pm, Wednesdays, 3:10-4:10 pm, or Thursdays, 3:40-4:40 pm

Location: H05

Activity Fee: \$1600/semester

Direct payment to the external instructor

Welcome to the exciting world of chess! In this course, designed for intermediate students, we embark on a journey to elevate your chess skills to new heights and nurture your passion for this timeless game.

Our dynamic and interactive approach to learning sets this course apart from others. Chess is not just a game of moves and strategies but an art that requires creativity, critical thinking, and a deep understanding of its principles. Our course is carefully crafted to stimulate your mind and challenge your intellect while keeping learning enjoyable and engaging.

Hearty Bowls Project

Lucinha Ariani lucinha.ariani@graded.br

Upper School (HS)

Thursdays, 3:40-4:40 pm

Location: AC-21

Maximum number of students: 10

Hearty Bowls is a community project that supports the ACTC - Casa do Coração, an institution that provides support to children undergoing heart treatment in São Paulo.

Throughout the year, we will create many ceramic bowls to serve different types of soup on the night of the event, which will be held in May. All funds raised from dinner ticket sales will be donated to ACTC.

HS Athletic Development

Rafael Felix: rafael.felix@graded.br

Mondays and Thursdays, 3:40-4:40 pm

Location: Wellness Gym

Maximum number of students: 18

This after-school program is designed for high school athletes seeking to enhance their strength, speed, and overall fitness through structured weight-room workouts. Sessions focus on proper technique, injury prevention, and sport-specific conditioning to support athletic performance across all sports. Athletic Development is a great opportunity for student-athletes to build confidence, develop healthy training habits, and achieve their performance goals.

Flag Football *NEW*

Upper School (HS)

Fridays, 3:40-4:40 pm

Activity Fee: R\$720

Direct payment to the external instructor

The Flag Football program at Graded offers classes for students focused on fun, learning, and the development of competitive teams. Training sessions will be structured to serve both beginners, who will learn the fundamentals of the sport, and more advanced students, who will deepen their technical, tactical, and strategic knowledge of Flag Football. Our goal is to build Graded Flag Football teams prepared to compete in school competitions and official tournaments, such as the NFL Flag School Program.

STUDENT CLUBS AND ACTIVITIES

The new guidelines for HS Clubs and Activities may be found below. Please read this information carefully.

 [Graded Clubs and Activities Guidelines](#)

The HS student club and activities application process closed on May 24. All approved clubs and activities are listed on the [Club and Activities Website](#).

HIGH SCHOOL ATHLETICS

Graded offers a competitive interscholastic athletics program that enriches our students' educational experience. As one of the pillars of our institution, athletics is an integral part of a well-rounded Graded education. Our athletics community values teamwork, school spirit, and the development of individual skills and self-esteem through training and competition. At Graded, emphasis is placed not on winning and losing but on facing the challenges of competition to the best of our ability. Coaches are both teachers and role models for our athletes and foster sportsmanship, respect for fair play, and a commitment to lifelong fitness.

Semester One Sport(s): Basketball, soccer, volleyball, cheerleading, swimming, tennis, cross country, and badminton.

Semester Two Sport(s): Futsal, volleyball, basketball, cheerleading, swimming, tennis, badminton, track & field, and softball.

- **Eligibility:** High school students may participate in one or more of our Graded teams. To continue the development of our Athletics Program as well as to manage our team numbers, Graded offers three formats for high school teams this semester:
 - **JV (U16):** Grades 9 and 10
 - **Varsity:** Grades 9, 10, 11, and 12

JV (U16) Age Eligibility: For São Paulo High School League (SPHSL) and AASB Invitational tournaments, students must be enrolled in grades 9 or 10.

Liga Água na Caixa: Graded Athletics has entered a Brazilian school league for the development of our athletic teams and to maximize playing opportunities for Graded student-athletes in basketball, volleyball, and soccer in various age categories. Age eligibility for each category is determined based on the student's age as of July 1 of that year.

Details: At the high school level, teams place greater emphasis on competition. JV teams will compete in the Liga Água na Caixa, SPHSL (São Paulo High School League) local leagues, and the AASB Nationals, which take place at NR (Nosso Recanto). Varsity soccer and basketball teams compete in the SPHSL. In addition, basketball, cheer, and soccer teams (semester one) and futsal, volleyball, cheer, and softball teams (semester two) participate in the culminating AASB Nationals (formerly Big 8) tournaments. Swimming, volleyball, and soccer teams compete in the semester one SAAC tournaments, while basketball, tennis, and track & field teams compete in the semester two SAAC tournaments. Local varsity volleyball games are also scheduled. Swimming and tennis events are hosted at Graded. Coaches select tournament teams (SAAC or AASB) based on the student's commitment, behavior, attendance at practices and games, responsibility, and skill level. The list is then presented to the director of athletics and activities, who checks the student's eligibility.

Tryouts and Team Selection

JV and varsity teams hold tryouts during the first week of the season. All students who try out are given a fair and equitable opportunity to make the team. All athletes are given at least two days of tryouts before being released. The head coach and their assistants are responsible for the final team selection. Registration for tryouts is open in this [FORM](#).

Practice Sessions

Athletes are expected to attend every training session and all scheduled games and tournaments. Missing a practice or game should only happen under exceptional circumstances. Outside appointments should be scheduled on non-practice days. The coaches communicate any requests, changes, modifications, or additions to all parties.

Varsity teams meet two to three times per week. Junior varsity and middle school teams meet twice a week.

Uniforms

All varsity and JV players will purchase their uniforms from the Athletics Office. The uniform order form is shared with families and should be completed as soon as possible after the tryouts. Uniforms can be used for multiple years. They are personalized with either the student's first or last name. Requests for Jersey numbers are subject to availability and are chosen in collaboration with the Athletics Office.

Communication

Coaches communicate through the SportsYou platform, which includes information such as calendars, important documents, and updates. At the start of the season, athletes, coaches, and parents receive an invitation to join the team on the platform. Parents can connect directly with the coaches through the chat function. An account on the SportsYou platform may be created on the website (www.sportsyou.com) or by downloading the app on your phone.



If a SportsYou account already exists, parents can use the team code to register their child for their team. Please note that notification settings can be adjusted to your preferences (e.g., email only, app only, or both).

Game schedules may also be found on the Graded website:
<https://www.graded.br/life-at-graded/athletics>

Graded HS Athletics Teams 2026-27 Semester One		
Team	Practice Times	First Practice, Location
Athletic Development Sessions Grades 9, 10, 11, and 12	Mondays , 3:30-4:30 pm, Wellness Gym Thursdays , 3:30-4:30 pm, Wellness Gym	Monday, August 10 3:30-4:30 pm Wellness Gym
Varsity Girls Volleyball (selective) Grades 9, 10, 11, and 12	Tuesdays , 6:30-8:00 am, Athletics Center B Thursdays , 4:40-6:10 pm, Athletics Center A	Tuesday, August 11 6:30-8:00 am Athletics Center B

JV Girls Volleyball (selective) Grades 9,10	Tuesday , 6:30-8:00 am, Athletics Center A Thursday , 4:40-6:10 pm, Athletics Center B	Tuesday, August 25 4:40-6:10 pm Athletic Center A/B
Varsity Boys Volleyball (selective) Grades 9, 10, 11, and 12	Tuesdays , 4:40-6:10 pm, Athletics Center A Wednesdays , 4:40-6:00 pm Athletics Center A Fridays , 6:30-8:00 am, Athletics Center A	Tuesday, August 11 4:40-6:10 pm Athletics Center A
JV Boys Volleyball (selective) Grades 9,10,11, and 12	Fridays , 6:30-8:00 am, Athletics Center A	Friday, August 28 6:30-8:00 am, Athletics Center A
Varsity Boys Basketball (selective) Grades 9, 10, 11, and 12	Monday , 4:40-6:10 pm Athletics Center B Wednesdays , 6:30-8:00 am, Athletics Center A Thursdays , 4:40-6:10 pm, Athletics Center B	Monday, August 10 4:40-6:10 pm Athletics Center Court B
U16 Boys Basketball (selective) Grades 9 and 10	Mondays , 4:40-6:10 pm, Athletics Center A Wednesdays , 4:10-5:40 pm, LS Gym	Monday, August 24 4:40-6:10 pm Athletics Center A
Varsity Girls Basketball (selective) Grades 9, 10, 11, and 12	Mondays , 4:40-6:10 pm, LS Gym Wednesday , 3:10-4:40 pm, Athletics Center A Thursdays , 6:30-8:00, Athletics Center B	Monday, August 10 4:40-6:10 pm LS Gym
Varsity Girls Soccer (selective) Grades 9, 10, 11, and 12	Mondays , 4:40-6:10 pm, Field A/B Thursdays , 4:40-6:10 pm, Field A/B Friday , 6:30-8:00 am, Field A/B	Monday, August 10 4:40-6:10 pm Field A/B
Varsity Boys Soccer (selective) Grades 9, 10, 11, and 12	Mondays , 6:30-8:00 am, Field A/B Wednesdays , 5:10-6:40 pm, Field A/B Thursdays , 6:30-8:00 am, Field A/B	Monday, August 10 6:30-8:00 am, Field A/B
U16 Boys Futsal/Soccer (selective) Grades 9 and 10	Tuesdays , 4:40-6:10 pm Field A/B Fridays , 4:40-6:10 pm, Athletics Center A	Monday, August 24 6:30-8:00 am Field A/B
Varsity Cheerleading (selective) Grades 9, 10, 11, and 12	Tuesdays and Thursdays 4:40-6:10 pm Wellness Center	Tuesday, August 12 4:40-6:10 pm Wellness Center
MS/HS Badminton (inclusive) Grades 6, 7, 8, 9, 10, 11, and 12	Fridays , 3:40-4:40 pm Athletics Center A/B	Friday, August 28 3:40-4:40 pm Athletics Center A/B
High School Swimming (selective) Grades 6, 7, 8, 9, 10, 11, and 12	Mondays, Tuesdays, Thursdays, and Fridays , 4:40-6:10 pm Wednesdays , 6:30-8:00 am Graded Swimming Pool (Swim Team members must attend a minimum of two to three practices per week. Swim coaches provide additional information.)	Monday, August 10 4:15-6:10 pm Graded Swimming Pool

Middle and High School Cross Country (inclusive) Grades 6, 7, 8, 9, 10, 11, and 12	Tuesdays and Thursdays 4:40-6:10 pm Fridays 3:40-4:40 pm Track	Tuesday, August 11 4:40-6:10 pm Track
High School Tennis (selective) Grades 9, 10, 11, and 12	Tuesdays and Thursdays, 4:40-6:10 pm* (Fridays by invitation only) Athletics Center Tennis Courts	Tuesday, August 11 4:40-6:10 pm Tennis Courts

*** Different day from a regular practice.**

VARSITY TRYOUTS SIGN UP

We will run a pre-season program for our competitive HS and Varsity teams to select teams through tryouts and prepare for the upcoming games. Students should register for tryouts on this [FORM](#).

