



SINGAPORE AMERICAN SCHOOL
40 Woodlands Street 41,
Singapore 738547

HIGH SCHOOL ACTIVITIES & ATHLETICS

Activities & Athletics

HS Activities

The SpongeBob Musical - High School Edition

We have a wonderful cast that is rehearsing. Please save the date for the show on October 9, 10 & 11. Any questions, please contact [Tracy van der Linden](#) or [Janeen Clark](#).

Co-curricular Fair and registration

We had our fair this week on August 27 & 28 for students to find out more about our after-school clubs, student organizations, and activities/arts. All high school students received an email regarding registration for after-school clubs and student organizations on Monday, Aug 25.

Students will register themselves for their activities. If you would like to see the co-curricular offering, please click [this link](#). If students have any trouble with signing up for their activities, they should contact [Rochelle Toney](#) or [Tracy van der Linden](#). After school clubs and student organizations start the week of September 1st.

Please find the [25-26 Arts and Activities calendar](#).

[Here is the quick start up guide for 25-26](#)

Should you have any questions regarding arts, activities, clubs, or student organizations, please contact [Tracy van der Linden](#).

HS Athletics

Please keep an eye out for emails and WhatsApp messages about a guest speaker we have coming in the week of September 1-5. John O'Sullivan will be here at SAS to speak to our parents about 'Champion Parenting' and how you can best support your child.

John O'Sullivan, founder of the **Changing the Game Project**, has inspired parents worldwide since 2012 with his mission to transform youth sports. Drawing on over 20 years of experience as a player and coach at every level—youth, high school, college, and professional—John offers parent sessions that blend research, real-world insights, and practical strategies. As the author of bestselling books like *Changing the Game: The Parents' Guide to Raising Happy*,

High-Performing Athletes, his message has been featured on ESPN.com, CNN.com, Outside Magazine, and more. In his engaging workshops, John helps families navigate topics such as sport-specific development, fitness and nutrition, college recruiting, and the crucial role parents play in creating a positive, player-centered environment where kids can thrive.

Youtube link here - <https://www.youtube.com/watch?v=eSjZC3noZHA>

Season 2 Pre-season

Sign ups have gone out to all HS students about signing up for Season 2 pre-season. The sports on offer are boys and girls basketball, boys rugby and girls touch, boys and girls tennis.

You will find linked here, the [HS Athletics calendar](#).

Fan App Download and Calendar Subscription

I'd also like to share with you instructions on how to add this to your phone home screen for easy reference and how to subscribe to the events so that you can see them on your calendar and receive notifications. This is particularly helpful if events are changed or canceled. I highly recommend you take this step!

You may find the instructions [linked here](#).

If your high school student has questions about any of our athletics programs, they can email [Justin Teves](#) or have them drop by the Activities and Athletics office.

You can access the full Athletics calendar here -

 [HS Activities & Athletics Calendar 2024-25](#)

This comprehensive calendar is loaded with the important dates and events for this academic year. It includes everything from Friday Night Lights, Exchange, and IASAS to tryouts, end-of-season awards ceremonies, and some smaller sports-specific events. Please bookmark this link so you can stay up to date with all things HS Athletics! This information will also be added to our SAS Athletics Website - [linked here](#).