



AMERICAN SCHOOL OF
TEGUCIGALPA



athletics@amschool.org

Social Media:

Facebook as AST Eagles

Instagram as AST Eagles



EAGLES' FITNESS CENTER EFC

The Eagles' Fitness Center is a structured service provided to our athletes, staff, parents and alumni by appointment only .

This wellness program which includes a fitness evaluation and the development of a fitness program by a professional in the field, is devised to achieve the athletes'/client's individual goals. The program provides the following services:

1. Cardiovascular training/ aerobics classes
2. Strength training
3. Consult with our conditioning coach.
4. Injury rehabilitation (with appointment)

For more Information contact:

Mr. Javier Seidel

fitnesscenter@amschool.org



COMPETITIVE SPORTS

Our Eagles have a variety of sports to select from; basketball, track & field, soccer, cross country, and volleyball. We encourage our student athletes to be well-rounded individuals who can meet the challenges of handling the demands of being a good student along with fulfilling the rigorous training, scrimmages and game requirements which allow our school to have one of the most competitive bilingual high school athletic program in the nation.

For more information contact:

Mrs. Alina Fernandez

athletics@amschool.org



Our Kindergarten Eagles are offered a variety of extracurricular athletic activities which enhance their eye- hand coordination, agility, fundamentals, and introduces them to good sportsmanship and teamwork.

The program has designated seasons in which basketball, soccer and athletics are introduced. Practices and intramural scrimmages are held.

For more information please

Mrs. Lilia Laitano

llaitano@amschool.org



Eagle League is an intramural program which provides a safe and friendly environment where your children (1st through 4th grades) can develop their skills in different sports such as basketball and soccer. Each season lasts about two months and culminates with a tournament. We are currently introducing the world known "Kids' Athletics" program.

For more information please contact:

Mrs. Ana Melissa Alonzo

aalonzo@amschool.org



The Eagle Cup program serves as a type of transition between non- competitive play to a program in which skills need to be more polished and friendly scrimmages with other schools are organized. This group is composed of students from fifth and sixth grades. Basketball, soccer and volleyball are offered throughout the school year.

For more information please contact:

Mrs. Guisela Reidel

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