



Competitive Sport

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.



Eagles' Fitness Center EFC

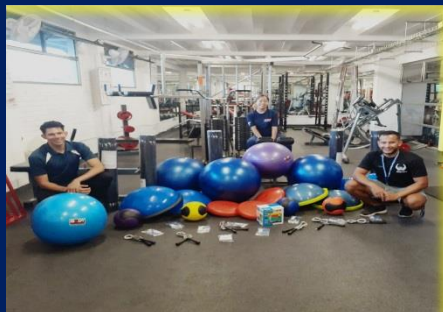
The Eagles' Fitness Center is a structured service provided to our athletes, staff, parents and alumni by appointment only. This wellness program which includes a fitness evaluation and the development of a fitness program by a professional in the field, is devised to achieve the athletes'/client's individual 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



AST

EAGLES

ATHLETIC DEPARTMENT



For more information contact:

athletics@amschool.org



ONCE AN EAGLE ALWAYS AN
EAGLE!!!