

MODERN MONTESSORI SCHOOL

Athletics Department

“Together We Can!”



Volume 1 (2010-2011)
Issue 1 October 2010

Welcome to *Together We Can*

Welcome to the first edition of TOGETHER WE CAN, the MMS Athletics Department's newsletter.

Just like a good team's success comes from excellent communication among its players, we would like to be in touch with parents and students on a regular basis. As an Athletics Department, we are always eager to share our stories; this newsletter will serve as a platform to highlight our athletes and their coaches throughout each semester.

In this first edition, you will find a variety of exciting information, such as the results of our participation in the King Abdullah II Award for Fitness and news about our students, staff and school.

Every issue of TOGETHER WE CAN will feature the "Athlete of the Issue" section, in which we will draw attention to our outstanding students' achievements. We look forward to headlining all our athletes in future issues.

We hope you take some time to look through all the information regarding teams, clinics and little league programs we offer our athletes.

We look forward to another exciting year of MMS Athletics. Success is always a team effort, involving coaches, students, parents, administrators and the MMS community.

Go Eagles!!



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A Word from the Principal

It is often said that a healthy body leads to a healthy mind, and the School places great emphasis on the value of physical education in the curriculum. Not only does it promote physical fitness, perhaps more importantly it encourages discipline and the spirit

of teamwork, both of which play a vital role in contributing to the success of our students' future lives.

While Montessori philosophy discourages competitiveness before the age of six years, thereafter it fully endorses the concept of healthy competition. The numerous trophies on display in the school bear

witness to the enthusiasm and dedication of our Athletics Department in the development of our students' talents and ambitions.

With the new facilities now, I am confident that sports will become an even more important and rewarding part of our students' lives.



Ms. Randa Hasan
Principal

MMS Eagles



250 Athletes

Junior

- Football Grade 1 (M)
- Football Grade 2 (M)
- Football Grade 3 (M)
- Football Grade 4 (M)
- Football Grade 5 (M)
- Football Grade 6 (M)
- Basketball Grades 1-2 (Mixed)
- Basketball Grades 3-4 (M)
- Basketball Grades 3-4 (F)
- Basketball Grades 5-6 (M)
- Basketball Grades 5-6 (F)
- Gymnastics Team 1-6 (Mixed)
- Swimming Team 1-6 (Mixed)

Senior

- Football Grade 7 (M)
- Football Grades 8-9 (M)
- Football Grades 10-12 (M)
- Football Grades 7-10 (F) *NEW!!
- Basketball Grades 7-9 (M)
- Basketball Grades 7-12 (F)
- Basketball Grades 10-12 (M)
- Volleyball Grades 7-9 (F)
- Volleyball Grades 10-12 (F)

Head Coaches:

- Ayman Omari:** Football
- Mohammad Bakri:** Volleyball
- Musab Hilo:** Basketball (M)
- Yacoub Ayyad:** Swimming
- Mohammad Al-Akhdar:** Gymnastics
- Yasmine Madani:** Basketball (F)

“Champions aren’t made in the gyms. Champions are made from something they have deep inside them—a desire, a dream, a vision.”

~Muhammad Ali

King Abdullah II Award for Fitness

The King Abdullah II Award for Fitness fever swept the Modern Montessori School for the first time during the 2009-2010 school year. It consists of five types of fitness tests that measure: Endurance, Strength, Speed, Flexibility and Fitness.

The Athletics Department, Ms. Randa, and the Heads of School encouraged all students from Grades 4 - 10 to participate in the Award.

As our first experience, we are very proud of all students who participated, especially those who received the award directly from His Majesty King Abdullah II.

Approximately 400,000 students from around the King-

dom were involved in the Award. 47 of our 678 MMS participants were ranked in the Private Schools’ Division, while 13 of our students received Kingdom-wide rankings. Out of these, 7 were awarded medals.



Final Results: 7 Medals

Omar Abbas (Gr. 7)	Bronze Medal
Dana Sakkijha (Gr. 7)	Bronze Medal
Omar Hattab (Gr. 7)	Silver Medal
Abdulla Al Khatib (Gr. 7)	Silver Medal
Mira Qaroot (Gr. 7)	Silver Medal
Tala Hidayah (Gr. 7)	Gold Medal
Basel Hatabeh (Gr. 9)	Gold Medal

On behalf of MMS, the Athletics Department congratulates our athletes and we wish our students continued success.

MMS students began their participation for the 2010-2011 Award during the second week of this school year.

Good Luck!

A Word from the Athletics Director

As we begin a new school year, the Athletics Department remains firm in its belief that offering our students various opportunities to participate in athletics is a method of nurturing their athletic abilities and potential.

Our competitive season has already started and we will be updating parents and students with the results of our progress through future issues of “Together We Can” this year.

We would like to welcome our new coaches:

- Miss Lamees Al-Saqqa
- Coach Musab Hilo
- Coach Yasmine Madani

With your cooperation and support, we hope our students’ athletic achievements will be greater than our already wonderful previous results.



Oais Haddad
Athletics Director

Building a Bridge for Positive Communication:

Sportsmanship

- **Respect:**
Win with grace and lose with dignity.
- **Responsibility:**
Be a positive role model and exercise control.
- **Caring:**
Be positive and promote the team concept.

Parent Code of Conduct

- Make sure your child understands that, win or lose, you love him or her.
- Be realistic about your child’s athletic ability.
- Don’t try to relive your own athletic past through your child.
- Respect your child’s coach.
- Be sensible, responsible and keep your priorities in order. There is a lot more at stake than a win or loss.

Communications Coaches Expect from Parents:

- Concerns should be expressed directly to the coach.
- Notification of any schedule conflicts in advance.
- Notification of any illness or injury in a timely manner.

MMS Sport Complex

We are proud to announce that our Sport Complex is ready. It contains:

1. Main Hall:

A Multi-Purpose Hall suitable for playing every type of indoor sport: Handball, Football, Basketball, Volleyball, Tennis, etc.

2. Swimming Pool:

An indoor swimming pool, heated, suitable for tournaments, training sessions and clinics.

3. Two small Multi-Purpose Halls:

Gymnastics Hall
Self Defense Hall

The priorities for the Sport Complex are P.E. Lessons, Clinics and Teams. After 5:00 pm, it may be reserved for private use. For further information and reservations, please contact Mr. Mazen Qasmieh at 079/5922088.

Both halls are located beside the main large Multi-Purpose Hall.



Clinics and Little League

Kindergarten:

Football Clinics
Basketball Clinics
Gymnastics Clinics
Swimming Clinics
Tae Kwon Do Clinics
(260 students per year)

Junior School:

Basketball 1-4 Little League
Basketball 5-6 Little League
Football 1-4 Little League
Football 5-6 Little League
Swimming 1-3 Clinics
Swimming 4-6 Clinics
Gymnastics Clinics
Tae Kwon Do Clinics
(820 students per year)

What's New??

* **New clinics for the SENIOR SCHOOL have been added to the Athletics Program:**

- Football (M/F)
- Self-Defense
- Basketball
- Volleyball
- **Amazing Race (Coming Soon)**

We are encouraging all our students to take part in these clinics.

* The Athletics Department newsletter, "Together We Can", which will be issued four times per year: *October, December, March and May*. If you would like to contribute articles to be published in future issues of "Together We Can", please send them as an attachment to the following e-mail address:

pehead@montessori.edu.jo.

Athlete of the Issue: Tala Hidayah, Gr. 8

Being awarded the "King Abdullah II Award for Fitness" meant a lot to me. I felt so surprised but proud of having achieved this amazing and distinguished prize. I worked hard to score well and get the gold medal, and had fun working on it at the same time.

I have a black belt in tae kwon do, and enjoy ballet and volleyball. Sports and exercise should play an important part in everyone's life, since we all have the ability to be fit, but we just need to put this ability to use.

Since winning the Award, I've been trying to push my friends to try harder and go further with sports, or even during our P.E. classes.

My deep thanks go to my family for their continuous support, to my school, my P.E. teachers, and especially coach Mohammad Bakri for his encouragement and belief in me.

From this experience I learned that hard work always leads to success.



Tala Hidayah

"They never said it would be easy. They only said it would be worth it."

~Mae West



Modern Montessori School

Athletics Director
Qais Haddad

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Who's Who in the Athletics Department

Mr. Qais Haddad:	Athletics Director, Track and Field Head Coach
Mr. Ayman Omari:	P.E. Teacher, Football Head Coach
Mr. Mohammad Bakri:	P.E. Teacher, Volleyball Head Coach, Swimming Coach
Miss Lamees Al-Saqq:	P.E. Teacher, Football Coach
Mrs. Juliana Jreisat:	P.E. Teacher
Mr. Jalal Sleiman:	P.E. Teacher Grades 5,6 , Junior Athletics Coordinator
Mr. Yacoub Ayyad:	P.E. Teacher, Grades 3,4 , Swimming Head Coach
Mr. Mohammad Al-Akhdar:	P.E. Teacher, Grade 1,2 , Gymnastics Head Coach, Swimming Coach
Mrs. Sina Qardan:	P.E. Teacher, P.E. Classes Coordinator
Mrs. Faten Odeily:	P.E. Teacher, Grades 1,2 , Gymnastics Coach
Mr. Jamal Anni:	Swimming Coach
Mr. Amjad Al Taher:	Football Coach
Mr. Mosab Al Helo:	Basketball Coach (M)
Miss Yasmine Madani:	Basketball Coach (F)

Our Part-Time Staff consists of:

**10 Football Coaches (Little League), 1 Swimming Coach (Clinic) and
6 Basketball Coaches (Little League)**

A Big Achievement



Alexander Voros

Our son, Alexander, was still in KG 2 at the Montessori, when he had to be operated on for the third time back home, in Budapest, Hungary, last spring. His legs' operation was successful, but his six-year-old muscles were so weak, he could only walk by using two canes.

When we returned with him to Amman, the doctors at the Military Hospital gave us the same recommendation as in Budapest: all his muscles and joints are healthy, but (as a result of all three operations he had to undergo) were still very weak. "The solution would be, if he could swim regularly. It will strengthen him!" - they

told us. But how could he swim in his physical condition?

We met Coach Mohammad Bakri from the School's Athletics Department, and Alexander became his student in July. For the first 15 lessons, he had to use floaters, but the day finally arrived, when he managed without them. At the beginning, it was a kind of dog-paddle style of swimming, but later, it became the so-called fast-swimming.

He just finished the 50th lesson with Coach Bakri last week, and he can swim the length of the 16-meter-long pool 20 times during every lesson, independently, taking one or

two breaths during the laps!

In addition, he is walking better with his canes every day. Today, we can say, he is a better swimmer than he is a walker, but we do hope that one day, he will walk as well as he can already swim.

We are very grateful to the Athletics Department of the Modern Montessori School and to Coach Bakri!

**-The parents of
Alexander Voros (Grade 1)**

A Big Achievement

Alexander the Great...Swimmer