



CORVUSS AMERICAN ACADEMY PURSUES ACCREDITATION EXCELLENCE THROUGH SECOND WASC TRAINING.

- ZACHARIAH PETERS

In an ongoing commitment to educational excellence, Corvuss American Academy recently conducted its second accreditation training session on October 11, 2023. This training brought together a diverse group of individuals, including teachers, coaches, and non-teaching staff, all dedicated to ensuring that the school meets the rigorous standards set by the Western Association of Schools and Colleges (WASC).

WASC accreditation is a prestigious recognition that demonstrates an institution's commitment to providing high-quality education. The training focused on understanding and implementing WASC's criteria through five essential categories, each playing a pivotal role in establishing Corvuss American Academy as an institution of exceptional quality.

Category A: Organization for Learning - This category centers on how the school is structured and organized to support effective learning. It evaluates the school's leadership, governance, policies, and processes, ensuring that they are conducive to educational success. In essence, Category A addresses the foundational elements that underpin the institution's educational mission.

Category B: Curriculum Instruction and Assessment - The curriculum, instruction, and assessment category explore the heart of the educational process. It delves into the quality of the academic programs, the methods of teaching, and the ways in which student learning is assessed. This category ensures that Corvuss American Academy is committed to delivering a comprehensive, rigorous, and engaging educational experience.

Category C: Support for Student Personal and Academic Growth - Supporting students' personal and academic growth is vital for their overall development. This category assesses the strategies and programs in place to foster student well-being, their social and emotional growth, and their academic success. It is about creating a nurturing environment where students can thrive academically and personally.

Category D: School Culture & Environment - Focuses on the school's culture and environment. It assesses the inclusivity, safety, and overall climate of the institution.

A positive school culture encourages diversity, respect, and collaboration among students, staff, and the community. It is about fostering a welcoming environment where everyone feels valued and supported.

Category E: Residential Life - Assesses the quality of the residential life experience. This include evaluating the living conditions, support services, and the impact of residential life on students' personal and academic growth. It ensures that students who live on campus have a safe and enriching experience.

Corvuss American Academy's aim is not only to meet the stringent criteria set forth by WASC in these five categories but also to ensure that the mission and vision of the school are aligned with the accreditation

criteria. By doing so, the institution can demonstrate its unwavering commitment to providing a world-class education that prepares students for success in an ever-evolving world.

The second WASC accreditation training session signifies Corvuss American Academy's dedication to continuous improvement and excellence. It is a testament to the dedication of teachers, coaches, and non-teaching staff to provide the best possible education for their students. As the school continues on its path to accreditation, it is certain that the entire community will benefit from the commitment to fostering an environment that is conducive to academic and personal growth.



GREETINGS FROM THE ADMISSIONS AND MARKETING TEAM OF CAA

-PRITI SATPUTE

Fantastic news for Team Corvuss!

Congratulations to the community on ranking 5th in India and 3rd in Maharashtra in the International Residential school category at the recent education award functions in Delhi. It's a significant achievement, and it reflects the dedication and hard work of the school's staff and community.

Such recognition is a testament to the quality education and the commitment to excellence at our institution.

Maleeva Dias a member of the admissions team received the award on behalf of the School.

Outreach

As part of our school's strategic plan for growth and student recruitment, our team is actively exploring opportunities to connect with parents and showcase Corvuss American Academy. We believe that parent outreach events are a vital component of our recruitment strategy.

We are reaching out to our friends and partners across various cities and communities to seek support for hosting these events. If you are aware of any such opportunities in your city or within your network, we kindly request your assistance.

Should you know of any suitable platforms or have contacts within your community that could facilitate an outreach event, we would greatly appreciate it. Your support could be instrumental in helping us introduce Corvuss American Academy to a wider audience.

Please feel free to contact me at prii.satpute@corvuss.in to discuss any potential opportunities or collaborations. We are excited about the possibility of hosting an outreach event in your city and are eager to work together to make it a success.

Your support is invaluable to our school's growth and recruitment efforts.





ELEVATING ATHLETIC PERFORMANCE: A VISIT FROM A SPORTS NUTRITIONIST AT CORVUSS AMERICAN ACADEMY

-APURVA SURVE

Introduction

Corvuss American Academy prides itself on a holistic approach to athlete development, and this commitment extends to ensuring that our athletes receive the best possible nutrition guidance. Recently, we had the privilege of hosting a renowned sports nutritionist who conducted a comprehensive nutritional assessment and provided valuable insights to help our athletes reach their peak performance. This article offers an overview of the visit and its impact on our athletes.

A Nutritional Assessment Odyssey

Our goal is to nurture the complete athlete, and this includes optimizing their nutrition. During the nutritionist's visit, a thorough nutritional assessment was carried out, encompassing dietary habits, nutrient deficiencies, and specific dietary requirements based on training and performance objectives.

Checking Athletes' Plates : The nutritionist initiated the assessment by closely examining our athletes' dietary choices and portion sizes. This initial assessment served as a foundation for personalized dietary recommendations, ensuring that each athlete maintains an ideal macronutrient balance.

Assessing Body Composition : To help our athletes maximize their potential, regular body composition assessments were conducted. These assessments allowed us to monitor changes in body fat

percentage, muscle mass, and overall physical health, facilitating fine-tuning of nutritional recommendations and exercise regimens.

Baseline Pre-Season Body Composition Assessment : A comprehensive baseline pre-season body composition assessment was conducted, providing insights into each athlete's physical condition at the start of the season. This data will guide future interventions, and our athletes are already dedicated to working towards their goals.

Fueling for Victory

In the world of sports nutrition, the timing and choice of food are pivotal to performance enhancement. The nutritionist shared invaluable insights with our athletes to ensure they are well-prepared for game days and optimize their recovery processes.

Match Day Fueling Strategies : Our athletes were eager to learn how to optimize their nutrition on game days. The nutritionist provided tailored strategies emphasizing the importance of carbohydrates for energy, protein for muscle recovery, and hydration for endurance. These strategies aim to ensure that each athlete has the fuel they need to excel on the field.

Boosting Recovery : Recovery is integral to athlete well-being, and the nutritionist discussed the importance of post-exercise nutrition. Our athletes gained a deeper understanding of the significance of



Boosting Recovery : Recovery is integral to athlete well-being, and the nutritionist discussed the importance of post-exercise nutrition. Our athletes gained a deeper understanding of the significance of refueling with a mix of carbohydrates and protein to repair muscles and replenish glycogen stores. This knowledge will help reduce the risk of injuries and expedite recovery.

Conclusion

The visit from the sports nutritionist was a significant step in our journey to provide the best support for our athletes. We recognize that nutrition is a cornerstone of success, and we are committed to nurturing the complete athlete. The athletes at Corvuss American Academy demonstrated exceptional dedication to their craft, and the nutritionist's insights will undoubtedly enhance their performance and overall well-being.

Corvuss American Academy remains dedicated to the development of our athletes, understanding that a multifaceted approach to their development is key. The collaboration with the sports nutritionist marks a significant milestone in our ongoing commitment to shaping the future of sports nutrition and athletic excellence. We look forward to continuing this partnership to ensure our athletes are well-equipped to reach their full potential.



CONNECTING TOMORROW'S ATHLETES WITH THEIR FUTURES

- LATOIYA PASCUA

Dear Corvuss American Academy Community,

We hope this newsletter finds you well as we embark on a new academic year filled with exciting opportunities for our student-athletes. In this edition, we will reflect on the success of our college placements from the previous year and share our plans for the upcoming college placement process.

A Look Back at College Placements in 2022-2023

Last year was a momentous one for our student-athletes as they pursued their dreams of higher education while

excelling in their respective sports. Here are some highlights from our college placements in 2022-2023:

1. Record-Breaking Acceptance Rates: We are thrilled to report that 95% of our senior student-athletes received college acceptance letters, a testament to their hard work, dedication, and the support of our coaching and counseling staff.

2. Scholarships Galore: Our athletes secured an impressive array of athletic and academic

scholarships, totaling over \$2.5 million. This achievement reflects their exceptional talents, both on the field and in the classroom.

3. Diverse College Destinations: Our graduates enrolled in a wide range of prestigious colleges and universities across the nation, including Ivy League institutions, Division I schools, and renowned liberal arts colleges.

4. Alumni Success Stories: We have received heartwarming success stories from our alumni who are thriving in their college environments, both academically and athletically. They have also actively engaged in community service, making us proud of their character development.

Looking Ahead: Our College Placement Process for 2023-2024

As we begin a new academic year, we remain committed to guiding our student-athletes toward successful college placements. Here's an overview of our planned process:

1. Personalized Counseling: Our dedicated college placement counselors will continue to provide one-on-one guidance to each student-athlete. They will help identify suitable colleges and universities, navigate the application process, and explore scholarship opportunities.

2. Athletic Development: Our coaching staff will work closely with athletes to enhance their skills, improve performance, and create highlight reels that showcase their talent to college recruiters.

3. Academic Support: We will maintain our focus on academic excellence, offering tutoring and study resources to ensure that our student-athletes meet the academic requirements of their chosen colleges.

4. Networking and Exposure: We will organize showcases, tournaments, and recruiting events to connect our athletes with college coaches and scouts. Additionally, we will leverage digital platforms to increase exposure.

5. Financial Planning: We will assist families in navigating the financial aspects of college education, including scholarship applications, FAFSA, and understanding the costs associated with attending college.

6. Community Engagement: Emphasizing the importance of giving back, we will encourage our student-athletes to engage in community service and leadership activities, which will strengthen their college applications.

We are excited about the opportunities that lie ahead for our student-athletes, and we are confident that with their dedication and our support, they will continue to achieve great success in their academic and athletic pursuits.

Thank you for being a part of the Corvuss American Academy family. We look forward to another remarkable year of helping our student-athletes reach their full potential.

Stay tuned for more updates and success stories throughout the year! Sincerely,



ON THE TRACK - SPORTS CORNER SWIMMING

- PAUL BARRY

It has been another very busy week in the swimming program putting final preparations in place for specific aspects of swimming e.g. technique, capabilities of controlling pacing by either stroke rate or kick, enhancing power output in the stroke via body posture, rotation angle, and biomechanics. The focus now turns to very focused periodization by way of training sets and very regular competitions primarily within our area, but also to away competitions. I'm currently creating the competition schedule in relation to this.

We are training very hard this week with high intensity in the pool, and gym including double gym sessions on some days as well as doing MAS - Maximum Aerobic Speed track work three times a week. The benefits of this are definitely beginning to show in a variety of stats and times across all three of these training aspects. On Thursday night we completed a significantly higher level of training set in terms of intensity, focus required, energy input, energy system pressures, accumulation of lactate (buildup of lactic acid levels), and very short rest duration -SRD. The training set is designed to mimic the back end of an elite-level 200m race - what it feels like at the World Championship or Olympic level in the last 75m. We did the set twice with a 300m easy recovery and 10-minute rest in between. The set is 2km and consists of:

- 16 x 50 Freestyle @45 seconds cycle per 50m and every 4th 50m swum at maximum velocity

- 12 x 50 Freestyle @50 seconds cycle per 50m and every 3rd 50m swum at maximum velocity
- 8 x 50 Freestyle @55 seconds cycle per 50m and every 2nd 50m swum at maximum velocity
- 4 x 50 Freestyle @60 seconds cycle per 50m and all 4 x 50m are swum at maximum velocity

We also welcomed Anoushka into the afternoon swimming program this week and she is swimming with us for the next three weeks, In the mornings she is with the track team. Welcome Anoushka, we are really enjoying having you swimming each afternoon with us. Annoushka is swimming 50m laps and completed 1km (20 laps) on her first three days and swam 1.3 km on Thursday. I have been working with her on maintaining stability and balance in the frontal quadrant of her stroke. Her freestyle stroke is now of a very high quality and she is swimming very efficiently. Great work Anoushka.





ON THE TRACK - STRENGTH AND CONDITIONING

- PAUL BARRY

The Strength and Conditioning Program forms a part of the Academic Program at Corvuss American Program and covers Strength, Conditioning, Nutrition, Anatomy, and Physiology. This provides a very holistic approach towards both the educational and athletic components for our student-athletes knowledge, awareness, and skillset development to empower them in taking ownership of their health, well-being, and athletic development. It's the combination of this along with elite high-performance coaches, training periodization, and competition that sculpts, adapts, creates, and unlocks their full athletic potential.

Our focus recently has been learning the Olympic Lifts (Olys) from a technical perspective utilizing the correct movement patterns, biomechanics, eccentric, isometric, and concentric phases, and breathing correctly during the lift sequence. We have been focusing each class on Olympic main lifts and finishing with a variety of lower-weight dumbbell work both with benches and without. Bench work has included the bench pitched at different angles known as incline, flat, and decline.

Additionally, we have been discussing aspects in relationship to Anatomy and Physiology e.g. joints, tendons, muscle groups, fast and slow twitch muscles, and recruitment. The students have all had their weight and height measured and the process of measuring their BMI - Body Mass Index has commenced this week. In its simplest form, this is a measure of the ratio of muscle to fat and derives a body fat percentage.

Baseline testing data has been captured for three Olympic Lifts Bench Press, Back Squat, and, Trap Bar. This will be retested at the end of October as a calibration of Strength Gains to assist with Semester Grading. In undertaking this process, school records were broken. Siddart now holds the record for the Trap Bar with a lift of 210kg and Milind holds the new record for Back Squat with a lift of 145kg. Congratulations to both student-athletes.





ON THE TRACK - SPORTS UPDATE TENNIS

-RYAN HORN

Ahaan De & Kabir Jaitly will be traveling to Mumbai on Friday the 13th, to sign in for MSLTA & Corvuss American Academy U18 CS7 to be played 14-20 October in Mumbai being held at MSLTA.

Although this tournament is the first tournament of the Fall Schedule, Ahaan & Kabir have not stopped training and competing all summer.

Kabir, attended Ed Krass College Exposure Camp in the USA, and The Jonathan Markson Summer Camp in Brighton, UK.

Ahaan, attended the Corvuss Monsoon Camp and travelled to Malaysia to compete in ITF World Tour.

Good Luck this weekend!

RAVEN CELEBRATES

- MIDO FAWAZ

It was a very tough week for the squash players. The Chandak Group - GSC Junior Open was held between 7-11 October 2023.

Dev Sharma (Grade 11) won the U17 years title after winning all of his matches 3-0 in the best-of-5 games format with no player being able to win a set against him. This reflects the consistently high quality of squash that Dev displayed.

Siddham Rewari (Grade 12) won the U19 years title. He played with a strong will and determination to beat Arjun Samani ranked #4 in the tournament 3-2 in the quarter-finals and followed this up with a 3-2 win against the #1 seed Adith Achpa in the semi-finals. In the final, he played the #2 seed Abhay Vasuder 3-0 with all three of these games lasting around one hour.





Coach Paul Barry has been and is going to be working very closely with both Siddhan and Dev this year. To date, this has been primarily in the area of elite-level sports psychology and the benefits were on display in their play during this tournament. Paul is about to commence personalized high-performance strength, conditioning, and athletic development to rapidly enhance their nonsport-specific training. This will quickly transition their strength, power, speed, endurance, and rate of force development including acceleration. On behalf of myself, Sidd, Dev, and their parents, we all want to thank Coach Paul for attending the GSC Tournament on Sunday to support the boys, meet with their parents to outline and discuss the above training plans and to watch them play.



UPCOMING EVENTS

- **BB Tournament : Punjab - Sacred Souls School 12 – 16 October 2023**
- **CAA MSLTA U18 Tennis Tournament 14 – 20 October 2023**

