

# ASAPP

## After School Adapted Physical- Activity Program

### ASAPP Students 2014-2015



ASAPP is wrapping up another awesome year! We will be finishing up our Spring 2015 session on Thursday, May 1st. Our program is designed to provide positive health-related physical fitness, fundamental motor skills, cooperative games, and sport experiences for children with special needs ages 5-12. ASAPP meets every Tuesday and Thursday from 3:45 pm to 4:45 pm. During the first 30 minutes our participants work one on one with their assigned teacher, who is a CSULB student studying to become an Adapted Physical Education (APE) teacher. The teachers use various assessment tools to help personalize appropriate lessons and goals for their student. The last 30 minutes are dedicated to a group activity; every week, a teacher is assigned to create a fun and active group lesson to teach to all the participants.

### Thank You!



Thank you to the children who come to ASAPP excited and ready to be active. Thank you so much to the parents for your continued support of ASAPP and an active lifestyle for your children! Also, thank you to Dr. Lavay, Dr. Reich, and the CSULB APE students for their hard work and dedication to making physical activity fun and accessible for everyone!

Visit our website at  
[www.csulb.edu/ASAPP](http://www.csulb.edu/ASAPP)

We hope everyone has a fun and active summer! Looking forward to seeing you again in the Fall!

# MEET ASAPP

MISS DARLIN & ALEXEI



Alexei is a loving and enthusiastic 10-year-old boy. He loves to run around the room and roll his poly spot, He brings such a friendly energy to any lesson he participates in with his huge smile and laugh. He is very capable in participating in activity you throw at him and thrives well when participating in locomotor activities with proper guidance. Alexei enjoys working with activities that involve running, hopping and walking up and down stairs with partners. He would benefit greatly in working on tossing and catching objects outside of the ASAPP environment to allow him to get more opportunities to thrive in different types of activities. Alexei could learn these skills as well as other skills by attending camp nugget and working with different types of young individuals.

[www.csulb.edu/camonugget](http://www.csulb.edu/camonugget)

Mr. LUCKY & ALIESSE



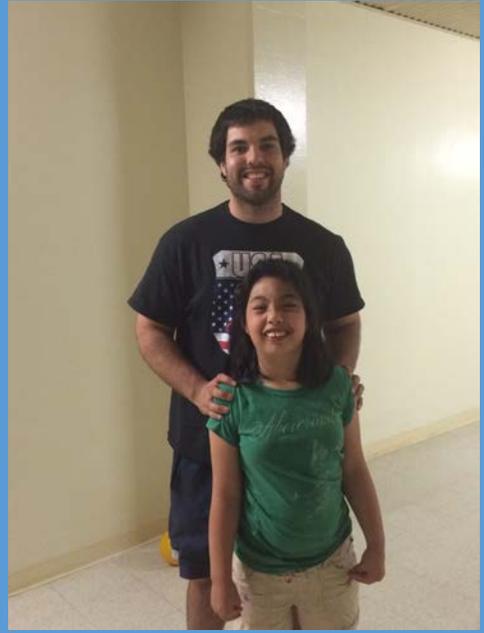
Alisse is a dancing superstar, she loves to express herself through movement and dance. Alisse likes working with others in different group activities. She also enjoys stretching and relaxing activities. Because of this, she would benefit from 'Happy me Yoga' in Pasadena, CA.

## MISS CINDY & ANTWONE



Antwone is a fun and energetic 8 year old boy. He lights up the room with his million dollar smile. He is friendly with others and likes to give high fives. Antwone loves to play sports and especially likes to run. He is very fast! Antwone is always dancing and having a good time. He loves to be challenged and always competes to be the best. By visiting [Adaptedsports.com](http://Adaptedsports.com) he can learn more information on where to participate in other sports outside of school.

## MR. EVAN & NAOMI



Naomi is a smart and amazing 12 year old girl who loves being active and participating in all the fun lessons the teachers of ASAPP teach each week. Naomi has a very kind soul and is always ready to greet you with a smile. Naomi is never scared of new challenges and she always gives her best effort. Naomi enjoys dancing and performing various loco motor movements such as sliding and running. Naomi has greatly improved her balance and endurance since her first day of ASAPP through performing the sit and reach and walking up and down stairs. I would highly recommend Naomi continue working on her flexibility and cardiovascular endurance outside of ASAPP. I believe Naomi will greatly enjoy a cheer leading program where she can dance to music and shake Pom-Poms!



## Mr. EDWARD & JULIAN



Julian is a 10 year old boy who loves playing sports. He always comes to ASAPP with his very upbeat attitude. Julian really enjoys playing basketball, soccer and volleyball with his peers; he has shown some great leadership skills and proven to be an example and role model for his peers! Julian has made a great improvement in communicating not only with me but also with his peers. Letting me know that he likes going on jogs especially when it is up and then down a hill or up and down stairs. Julian is very athletic and is always willing to try new things; his skills and determination definitely impressed me many times. You can definitely see the joy in his face as he is smiling when he plays basketball and makes baskets; basketball is certainly one of his favorite sports. Julian has improved in his basketball, soccer and volleyball skills and awareness, I think he would benefit from soccer programs like the AYSO VIP in Long Beach, basketball camps, and our Camp Nugget during the summer. It was a pleasure working with Julian this

## Mr. JOSH & AIDEN



Aiden is a happy 7-year old boy who comes to ASAAP every day ready to play. After working hard during the activity, Aiden love to watch Elmo in a video clip. Aiden can be seen handing out high-fives to anyone and everyone. Aiden's balance and coordination have significantly improved since the first week of ASAAP. He is a ball of energy and always brings something new to work with each day.

Challenger Little League

<http://www.littleleague.org/media/challenger.htm>

## MISS BRITANY & NATALIA



Natalia is a 10-year-old girl who is always excited to come to ASAPP. She loves to run, play soccer, and dance. She really enjoys group lessons that are accompanied with upbeat music. During individual lesson time, Natalia likes to do our routine warm-up run around the building and say hi to her classmates as she passes by. Throughout the semester Natalia has been working to improve her soccer passing skills and has made great progress.

[https://www.abilityfirst.org/locations/locations\\_longbeach.aspx](https://www.abilityfirst.org/locations/locations_longbeach.aspx)

## MISS COURTNEY & SIAHSHA



Siahsha is a very affectionate and energetic 10 year old! She loves to take deep, relaxing yoga breaths and will mirror dance moves - as long as she has a buddy to dance with! She understands much of what is said around her, but sometimes needs a little extra help when she is asked to do something. Siahsha loves to work for the Scooter board at the end of class, and knows exactly what to do when we are reminded to use our HAPPY HANDS! She responds very well to thumbs up and positive feedback. If you're tall like me, she is REALLY into trying to jump up to reach even the highest high-fives after completing a task! She is great at running the PACER and interacts very well with her fellow ASAPP classmates.

Outbreak Soccer Clinic

<http://www.meetup.com/Autism-in-Long-Beach/events/221954550>

ASAPP provides a positive, active and fun  
experience for all our participants!

## MISS Mabelle & MOLLY



Molly is 9 year old girl who is a ball of energy with an endearing presence. She is always willing to greet everyone with a hello and a smile. Her favorite color is pink and her favorite activities are dancing and playing tennis! From the beginning of the semester Molly has been improving on her plank hold and she is currently working on balancing and strengthening her non-dominant side while hopping on one foot. She is a pleasure to teach and work with.

A quality physical activity program for  
children with special needs!

# Other Programs

## Camp Nugget 2015

### Websites

Camp Nugget is a great way for your child, between the ages of 5 to 13, to stay active during the summer! This year, Camp runs from June 22nd to July 17th, Monday through Friday from 9am-12pm. The program is directed by Dr. Barry Lavay, the Adapted Physical Education Coordinator. Our counselors are CSULB students who have been trained (or are in training) in APE. Our camp is designed to provide positive health-related physical fitness, fundamental motor skills, aquatics, cooperative games, and sport experiences for children with special needs and disabilities. Space is limited, so if you are interested please request a registration form or go to the website at [www.csulb.edu/campnugget](http://www.csulb.edu/campnugget)

- Long Beach Little League Challenger Baseball: <http://plazalittleleague.org/>
- Southern California Special Olympics: Long Beach Program <http://www.sosc.org/>
- Leaps N Boundz: Sports and Recreation Programs in Los Angeles <http://leapsnboundz.com>
- Ability First: Long Beach Center Programs  
[http://www.abilityfirst.org/locations/locations\\_longbeach\\_programs.aspx](http://www.abilityfirst.org/locations/locations_longbeach_programs.aspx)
- Big Fun: Therapy and Recreational Services [www.bigfungymnastics.com](http://www.bigfungymnastics.com)
- Quest Therapeutic Camp: Summer camp and rock climbing <http://questcampsofsocal.com>
- Aceing Autism: Tennis Programs for Children with Autism <http://www.aceingautism.com>