After School Adapted Physical Activity

By Josh Severson

After School Adapted Physical Activity Program

On May 3, 2012 ASAPP will be concluding another year of a successful physical education program. Program director Dr. Lavay and the CSULB students in the APE program have dedicated themselves to delivering quality physical activity, while also gaining valuable practical experience. ASAPP is on every Tuesday and Thursday between 3:45 pm and 4:45 pm for approximately ten weeks in both the fall and spring semesters. The focus of ASAPP is to improve motor skills, sport skills, and social skills, along with promoting life long physical activity. Thank you to the children who attended ASAPP for your participation and desire to learn and have fun. Parents, thank you for your continued dedication and support for our program. Also, thank you Dr. Lavay and the APE students for your diligent efforts to providing such an enriching program for such great children. Continue to remain physically active and dedicated to life long health! Thank you all for a wonderful year and see you again in the fall!

Summer Camp

Camp Nugget

If you are interested in continuing an active lifestyle during the summer, check out Camp Nugget! Camp begins on June 18th and ends on July 13th Monday through Friday from 9am-12pm. The program is directed by Dr. Barry Lavay and CSULB students who have been trained (or in training) in Adapted Physical Education. Camp emphasizes cooperative games, fundamental motor skills, fitness, swimming, social skills, and health related fitness. Space is limited, so please request for a registration form if you are interested or go to the website at www.csulb.edu/campnugget
Naomi
By Kylee

Naomi loves to move and moving to music brings a big smile to her face. During individual lesson time, Naomi enjoys working with shape and color counters as she helps track how many repetitions she has completed for fitness tasks such as PACER laps, curl-ups, sitting-to-standing drills, and modified push-ups. Additionally, Naomi becomes super excited when given the signal to go get a ball to play with. She is able to throw or bounce pass, basket catch, and roll a playground ball with prompts. Naomi loves interacting with her peers during group lesson time. She has been participating in social routines such as clapping and giving high fives with less prompting. Listed below are some fun summertime activities she would enjoy.

Jack
By Jon

Jack always comes to ASAPP with a positive attitude and excited to participate in physical activity. Jack is an energetic, fun-loving boy who loves to run and dance. Jack has shown outstanding cardiovascular endurance and would do well in the special olympics.

Ty
By Bri

Ty is a 9 year old boy with the brightest smile you will ever see. He loves to play baseball, and listen to music. Ty has been working on walking forward, sideways, and backwards this semester at ASAPP. He has been doing awesome in achieving goals like talking 7 steps backwards! Ty, along with his contagious smile, is always ready to work hard and play with his friends.
Ravi
By Enrique

Ravi is a six year old boy filled with an enormous amount of energy that is ready to be released. He is very high functioning, intelligent and is always willing to cooperate with whatever task is at hand. Ravi wants to have fun and he needs positive experiences to learn and grow.

Julian and Karl
By Kristen and Dione

Julian
Julian is an energetic, and athletic 7 year old boy who is always excited to be at ASAPP. He loves playing all sports and especially loves to run. Julian has done a great job learning muscles and sports of the week. Since he is such a great runner, he would enjoy playing soccer.

Karl
Karl is 9 years old student who every week comes to ASAPP with a huge smile on his face and is ready to engage in the day’s activities. He enjoys music, singing songs, running the Pacer and participating in the group activities. Since Karl is interested in music so much, he would benefit from attending one of the interactive concerts Music for Autism puts on.
Tommy, Liam, and Alexandria
By Brianna, Leah, and Robin

Tommy
Every Tuesday and Thursday, Tommy comes into ASAPP with a big smile on his face. He is a hard worker and very outgoing; he enjoys singing songs and telling jokes. Tommy has done an awesome job learning his muscles of the week and the different exercises that go along with them. His balance and fitness levels have greatly improved, as well as his ability to work with others. Tommy has been a joy to work with in ASAPP!

Liam
Liam is a very smart 8 year old boy. Liam is a quick learner and very attentive to detail. He has learned how to dribble a basketball 35 times in a row, shot a ball at a basket and correctly throw and catch a bounce and chest pass. He would benefit from learning to ride a bike.

Alexandria
Alexandria is a social and energetic 14 year old who loves to dance. She works very hard and is a great student. Alexandria is the oldest of the bunch and she will be graduating from ASAPP this year.

“Don’t let what you cannot do interfere with what you can do.”
–John Wooden
Marcos and Siasha
By, Adam and Tim

Marcos

Marcos is a 7 year old boy with a contagious smile. He is very good at shooting a basketball, catching a ball, and he can hold a push up position for 15 seconds! His skills with a basketball have greatly increased as well as his tossing and rolling abilities.

Siasha

Siasha is an excited and energetic 7-year-old girl. She loves sensory and tactile activities and loves to play and roll around on the floor or mats. Because of this, I believe she would be engaged and would benefit from a private instruction gymnastics class for children with special needs offered at the YMCA in Lakewood, CA.

Websites

Helpful Websites: parents please check out the many great website to promote physical activity and a healthy lifestyle for your child

- VIP soccer is the AYSO Very Important Players Program that provides a soccer experience for children and adults whose physical or mental disabilities:  www.ayso.org/programs/vip
- http://www.musicforautism.org/
- http://www.questcampsofsocal.com/
- www.losethetrainingwheels.org
- Abilityfirst.org offers programs for children with disabilities including aquatics. It also offers a variety of family support resources
- To learn more about Plaza Little League Challenger Baseball visit www.plazalittleleague.org.
- There are summer camps, horseback riding lessons and gymnasiums just for kids with special needs in orange county:

Take a look at this website: http://www.orangecountykidsactivities.com/special-needs/
• **Special Camp for Special Kids** is a non-profit summer camp program for kids and teens aged 6-21 with a wide variety of disabilities. A day camp program is offered and each day of camp kids take field trips all over Southern California - from the beach to Knott's! Campers are paired one-on-one with high school and college aged volunteer counselors/friends. All counselors go through training and interviews and we are selective in our process. The staff is very experienced and we also always have a nurse on staff. We provide a normal summer camp experience, long-lasting friends, and a fun-filled camp experience for the last 19 years!
  
  [www.specialcamp.org](http://www.specialcamp.org)

• Check out this website called Special Camps for Special Kids ([http://www.specialcampsforspecialkids.com/page9/page9.html](http://www.specialcampsforspecialkids.com/page9/page9.html)) for a list of information about fun camps that are available to kids during the summer throughout southern California.

• [http://www.lbymca.org/lakewood/programs](http://www.lbymca.org/lakewood/programs)

• Here is a helpful link to find out information about dance classes for children with disabilities in Orange County: [http://www.musicdance4kids.com/specialKM.html](http://www.musicdance4kids.com/specialKM.html)

• While special olympic athletes must be 8 or older, they offer a Young Athletes program for children ages 2 -7. More information can be found at: [www.Specialolympics.org](http://www.Specialolympics.org).