ASAPP is for children ages 6 to 12, with disabilities and gross motor delays. It provides small group instruction, with typically two to one, or one to one, child to staff ratio. The instruction is provided by university students studying in the KIN Department, and who are also working toward an Adapted Physical Education Specialist Credential under the supervision of Dr. Barry Lavay.

Activities emphasized through individualized and group instruction includes gross motor fundamental skills, cooperative lead-up games, sports, relaxation activities, and social interaction.

In Spring 2010, ASAPP celebrated 40 years of providing positive and quality movement experiences on the CSULB campus, making this ASAPP’s 46th year!
This year at ASAPP...

Spring 2016

ASAPP has concluded another fun and active year at Cal State Long Beach! Program director Dr. Barry Lavay and the CSULB Kinesiology students use ASAPP as their practical experience in Adapted Physical Education [APE].

They have met with their students twice a week, on Tuesdays and Thursdays from 3:45-4:45pm. During the 60 minutes, the students work with their buddies, or Instructional Aides on individual, one on one lessons for the first half of the program. The second half of the program works in a group or whole class setting, where students work with their peers lead by one of the KIN students.

Individual goals and lessons all differ from each other, based on assessments selected for their students, including the TGMD-2 and the CARE-R 2. The ASAPP students are pre-tested at the beginning of the semester, and post-tested at the end. The results are used to create fun and creative ways to get their students UP and MOVING, while working on locomotor movements and object control skills!

Once again, thank you for allowing us the opportunity to teach and work with your child! We hope it has been another year of positive experiences for them. We hope you and your child will remain active over the summer during ASAPP sessions, and we can’t wait to see you in Fall 2016!
During this summer...

Camp Nugget 2016

If you are interested in continuing an active lifestyle this summer, check out CSULB’s Camp Nugget! It begins on Monday, June 20th and ends Friday, July 15th. Camp is 4 weeks, Monday through Friday, from 9am – 12pm.

Camp Nugget is run by CSULB students that have been trained in Adapted Physical Education, as well as students who are in training. The program is overseen by Dr. Barry Lavay and Dr. Lori Reich.

Camp Nugget emphasizes cooperative games, fitness, fundamental motor skills, swimming, social skills, and health-related fitness! Space is limited, so please fill out and return your registration form, or request one if you are interested! Please visit the website at www.csulb.edu/campnugget
Natalia is a fun, friendly 11-year old girl. She always comes to ASAPP with great energy and ready to work. She enjoys seeing her friends at ASAPP, and always greets them with a big smile. Natalia loves music and enjoys listening to fun songs during individual and group time. Sometimes she can’t stop dancing! Her fitness level has improved throughout the semester from incorporating dance as cardiovascular exercise. She would really enjoy and benefit from continuing with dance classes at a local studio.

Amanda is so much fun! She is kind and helpful to everyone at ASAPP. She loves to cheer on her friends, and work on a team. Amanda also enjoys tumbling, dancing and music. Musical theatre would give her a chance to incorporate all of these things and show off her skills! - Ms. Terri

Molly

Molly is a vibrant 10 (almost 11!) year old who fills other's hearts with her kindness, and willingness to help others. She loves to dance, and participate in all of the instructors lessons each week. This semester, Molly has been working on balance and coordination, and has become very confident in standing on one foot! She has also been working on having her hands ready when playing games such as volleyball, or catch. Molly participates in swimming outside of ASAPP, and would love to practice dancing as well. It is a joy to see all of Molly's progress and growth after her many years of participating in CSULB's programs. - Ms. Caitee

William

William is a loving and enthusiastic 9-year-old boy. He loves to play soccer, dribble a basketball, and run around playing with his ASAPP buddies. He brings such a joy and always makes everyone smile around him. He is a very high functioning boy who is capable in participating in any activity you throw at him. He would benefit greatly in working with other and participating in group activities to enhance his social skills. William can improve in this by attending Camp Nugget in the summer and working with different types of individuals. - Mr. Alexis
Alisse is 12 years old, she’s a sweet, caring, and an affectionate girl to everyone she meets, not to mention she has a contagious smile. During AASAP she works hard to complete any task that is given, currently she is working on making eye contact while throwing to targets and throwing for distance with accuracy. Alisse has a dynamic personality one minute she’s quiet and the next minute she’s sassy and competitive. She likes to dance, batting off of the baseball stand, taking rides on scooter boards, sensation of balancing on one foot, running, sliding, waving scarfs in the air to music, (Beyoncé) and on occasion will challenge you to wiggle your eyebrows as fast as she can. - Ms. Demetra

Naomi is a happy and fun loving young lady. She works hard and tries her best everyday at ASAPP. This semester we worked on strength and endurance for functional fitness that will help Naomi in her everyday activities. One of the things we worked on where walking up and down stairs with safe and functional movements. We also bowled and danced to her favorite song Uptown Funk. - Ms. Jessica

Connor is a fun and loving 10 year old boy who loves participating in ASAPP. Connor is always up for new challenges, and is willing to step out of his comfort zone with positive encouragement. He really enjoys listening to music, participating in fun and creative games, and the swimming pool. He also loves to work for the scooter board after individual and group lessons are completed. He knows that in order to play with scooter board, he has to participate and work well with others. He has shown great improvement on his basketball skills, specifically dribbling and passing. Connor has been a pleasure to work this semester in ASAPP. Based off Connor’s love of the swimming pool I would recommend, Ability First Aquatics in Long Beach. - Mr. Kenny
Marcos

Marcos is a fun loving and energetic 11-year-old boy who enjoys being physically active. He enjoys playing soccer, basketball, and doing fitness exercises for example, running, push-ups, squats and curl ups. Through the ASAPP program, Marcos’ spatial awareness, object manipulation, locomotor and communication skills have improved. For example, at the beginning of the program he did not want to participate in most of the activities with the other students in ASAPP nor did he know how to properly shoot or dribble a basketball. Now, he interacts and plays with the other students and knows how to properly shoot and dribble a basketball with correct form. At times he may need assistance doing some of the activities but through physical/verbal prompting he is able to successfully perform the skill.

- Mr. Miguel

Marcos is a spirited 11 year old who loves being physically active! He loves sports and playing sports such as basketball, soccer and playing catch with a football. His communication skills have greatly improved with not only Mr. Miguel and I but also when speaking to his fellow ASAPP buddies. Marcos has a great skill set but sometimes needs some extra help when performing activities with proper form. Marcos loves working for relaxation and time on the mat after a hard day of fitness. Because of his love for mats as well as to continue to build strength and relax I would recommend taking yoga classes at Goda Yoga in Culver City.

- Mr. Tillman

Chris

Chris is a fun loving, joke cracking, soon-to-be 11 year old who loves being a part of our ASAPP program. He looks forward to participating and socializing with his friends in ASAPP on a weekly basis. He has many talents and is an exceptional athlete! He excels in soccer, dancing, and running. He loves new challenges and is a secret agent spy in training. I think he would benefit by participating in a sport league like AYSO VIP soccer. It would be a great opportunity for him to show off his soccer skills, make new friends, and have fun! - Mr. Julio
Max

Max is a sweet and smart 9 year old boy. He likes activities that incorporate subjects that he has learned at school like math and spelling. He participates in all the activities and enjoys when he gets rewarded. This semester we have been working on activities like soccer and basketball and try to add math or spelling into them so he has been in his comfort zone. Max would benefits from activities where he can improve his hand-eye coordination. I would recommend trying out the YMCA soccer youth league which can get him to interact with other and work on his hand-eye coordination.

– Mr. Edwin

Julian

Julian is a 11 year old boy who loves playing sports. From the moment I met him to the last day of ASAPP, Julian’s enthusiasm and energy was infectious and something we all truly looked forward to. Julian really enjoys playing basketball and soccer with his peers along with all the other sports and activities. Julian’s skills and ability are amazing and always impress me during class. He is so friendly with his peers and really shows great leadership. His favorite sports are basketball and soccer. Julian has improved in his basketball and soccer skills this semester and proud is an understatement. Beside the sports, cooperative activities also highlighted Julian’s ability to lead and cooperate with others in teamwork skills. I am so proud of Julian and it has been a great pleasure and adventure working with him. These are some great sites that can provide additional recreation and sport programs for Julian that he might really enjoy during school year and summer time!

– Ms. Silvia

Siahsha

Siahsha is a very energetic 11 year old that always comes to ASAPP with a smile. She loves participating in activities especially when they involve her fellow ASAPP friends. Siahsha is an all-star when it comes to sports. She can throw, catch, kick, roll, jump, and run with the best of them! This semester Siahsha added a new skill to her arsenal. Shot-Put! Yes, she is now an official ASAPP Track and Field champion. She is able to perform in the relay race, long jump, and shot-put events in a spectacular manner. Siahsha loves her friends and I recommend Siahsha to go to Camp Nugget this summer where she can play with her friends and stay active!

– Mr. Ryan
Aiden

Aiden is a very happy and energetic 8 year old boy who always comes into ASAPP ready to interact with his peers. He loves any activity that revolves around music and bubbles. Aiden is always willing to give high fives and smiles to anyone in the program. Aiden’s walking and balance have greatly increased over the year; he is now able to walk independently and enjoys to explore new places. I recommend Aiden to enroll in Big Fun Therapy and Recreation Services because they offer occupational therapy services, gymnastics, and social skills classes including social skills training. I also recommend Exceptional Swim from Sands Recreation in Huntington Beach because they offer swim lessons for any age and disability; Aiden also loves to swim, so this can be very beneficial. - Ms. Mariandrea

Antwone

Antwone is a 9-year-old boy who is always smiling and ready to play. He excels at basketball, soccer, and especially dance. He can dunk like Kobe, shoot like Ronaldo, and dance like Michael Jackson, which makes Antwone a true triple threat with his skillset. My favorite part about Antwone is his confidence in himself as he can often be heard saying, “That was almost too easy,” when he has been challenged, or “Let me show you my ‘Real Powers,’” when he plans to show off his skillset. When Antwone remains focused, there is no limit to what he can accomplish. I believe that Antwone would benefit from an organization, such as the Special Olympics of Southern California because he is very skilled, has a strong competitive drive, and he loves physical activity. SOSC provides “meaningful training and competition opportunities” in a variety of sport settings. (Aquatics, Track and Field, Basketball, Bocce, Bowling, Floor Hockey, Golf, Gymnastics, Soccer, Softball, Tennis, and Volleyball. – Mr. Desmond
Website Resources

For your information...

Ability First
- https://www.abilityfirst.org/locations/locations_longbeach.aspx
Provides programs for adults and children to reach full potential in life.

US Youth Soccer - TOPSoccer
http://www.usyouthsoccer.org/programs/topsoccer/

Goda Yoga
http://www.godayoga.com

AYSO Soccer Belmont Shore
http://www.ayso177.org

Big Fun Therapy and Recreational Services – Gymnastics for Children with Autism
http://www.bigfungymnastics.com/

City of Huntington Beach American Red Cross Swim Lessons
For your information...
Website Resources continued

Long Beach Parks & Recreation – Youth Sports

Kidz Love Soccer - College Estates Park, Long Beach

En Pointe Dance & Fitness - see "Limitless Movement"
www.enpointedanceandfitness.com

YMCA - Youth Sports Leagues
https://www.ymcapkc.org/youth-sports-leagues/

The Special Olympics of Southern California – Summer Games at CSULB
http://www.sosc.org/home

Expressions Dance – Long Beach
www.expressionsdancelb.com

Outbreak Soccer – Autism Soccer Clinic
http://www.outbreaksoccercenters.com/wolfpack/

The program is offered to students from Elementary and Middle school from 11-12pm every Saturday in Signal Hill.