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!

ASAPP is wrapping up another awesome year! We will be finishing up our Spring 2014 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 6-12.

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.

A Quality Physical Activity Program for Children with Special Needs

Visit our website at www.csulb.edu/ASAPP

We hope everyone has a fun and active summer! Looking forward to seeing you again in the Fall!
Siahsha is a very energetic 9 year old girl that loves coming to ASAPP. She always arrives with a smile on her face, ready to participate in all the activities of the day. Siahsha loves working with her peers in group activities especially when playing basketball. This semester she has exhibited excellent motor skills with galloping, hopping, leaping, dribbling, and overhand throwing. I would recommend Siahsha to continue to develop those sport and playground activity skills in a recreational setting. Since she loves to dance I think Siahsha would enjoy a beginner’s dance program for children that are offered at a local YMCA. As summer is coming soon, Camp Nugget is a great program that Siahsha could benefit a lot from in helping her improve her locomotor skills, and to also continue interacting with her ASAPP classmates.

Natalia is an energetic and loving 9 year old girl. She loves playing with hula hoops, scooterboards, dancing to music, and works great with other children I believe that she would benefit from activities that appeal to her high energy level and a social atmosphere such as AYSO soccer or a local dance studio.
Molly Marvin is a sweet energetic 8-year-old girl who loves being active and social. She shows up to ASAPP with a huge smile on her face and can't wait to see her friends and play games. Molly has been working hard on her basic soccer skills (dribbling, passing, trapping, and shooting) and is always eager to learn more. Thus, I feel she would enjoy and benefit from attending AYSO Region 177 of Long Beach. The goal of AYSO is to encourage the growth of soccer, no matter the experience or skill level and promote positive child development.

Nathaniel Lopez or Nate as he likes to be called is an 11 year old boy who always comes to ASAPP energetic, excited, and ready to give his all. Nate is intelligent and very skilled and has shown that he can excel in locomotor movements of sliding, running, galloping and jumping. He also has shown a great deal of skill in his object control skills: dribbling, throwing, catching, and kicking. Because of Nate’s skill level I believe that he might enjoy more sport based programs including, AYSO soccer, or YMCA sports teams such as basketball, or even swimming. And lastly one last option that might interest Nate and his competitive nature could be to look into a Special Olympics program. Nate was a pleasure to have with us and we wish him the best in the near future outside of ASAPP.
Naomi is a loving and enthusiastic 10 year old girl. She loves to run around the room and pick up any object off the ground, regardless of its weight. She brings such an affectionate energy to any lesson she participates in with her huge smile. She always tries her best in any activity you throw at her and thrives when participating in a locomotor activity with proper guidance. Naomi enjoys activities that involve running, squatting, and walking up and down stairs. She would benefit greatly in working on tossing and catching objects outside of the ASAPP environment to allow herself to get more opportunities to thrive in different types of activities. Naomi could continue to work on these skills as well as other skills by attending camp nugget.

Marcos is a happy 8yr. old boy with lots of energy! Marcos shows up to ASAPP ready to get going in each activity. He enjoys running, playing basketball and is improving in object control skills like throwing and catching. Marcos can be shy at times; therefore, I think it’s important that he continues to participate in group activities like ASAPP. I would also encourage him to try a team like sport like the Hoopstars Basketball League in Orange County, which provides a social environment for children with special needs. They focus on how to learn the game, increasing physical activity, and enhancing self-esteem.
Emmanuel is an energetic 12-year-old boy who absolutely enjoys coming to ASAPP each day. Emmanuel always comes to the program with a huge smile on his face and ready to start any activity assigned to him. He enjoyed group activities and was always up to new challenges. He loves to play basketball, paddleball, and hockey. He is very high skilled in all his motor skills, and can complete new tasks with little prompting. Emmanuel’s locomotor strengths are hopping, running, and sliding. His object control strengths are catching and overhand throwing. I recommend Emmanuel to participate in team sports to increase his locomotor/object control skills and social skills too. Emmanuel was a pleasure to work with this semester and I look forward to hearing great things in his future.

Julian is a 9 year old boy who loves playing sports. He always comes to ASAPP with great enthusiasm. Julian really enjoys playing basketball and soccer with his peers; he has demonstrated great leadership skills! Towards the last weeks of ASAPP Julian started to communicate more with his peers and myself. Julian is very athletic; his skills definitely impressed me many times. You can definitely see the joy in his face when he plays basketball and keeps scoring points; basketball is certainly one of his favorite sports. Julian has improved in his basketball and soccer skills, 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 year!
Miss Victoria & Alisse

Alisse is a very energetic little girl who always has a smile on her face. She is a very hard worker who loves to exercise and dance. Alisse has shown great improvements in locomotor skills such as jumping, running, and hopping. Some recommendations are Camp nugget and since she loves to dance, cheerleading would be a fun activity!

Mr. Jason & Caleb

Caleb is a twelve year old boy who is so much fun to work with. He comes off bashful at first but once he gets comfortable he is high energy. He always carries a slight smirk followed by a huge smile. Caleb loves any activity that involves a ball, whether he's bouncing one, throwing one, or catching one. After we have finished our activities he loves verbal and physical praises such as "you're awesome" and "high fives". Caleb would flourish in attending the Southern California Special Olympics Track and Field team. He would be able to practice his throwing skills as well as interact with his peers!
Alexei is a 9-year-old boy who is a wonderful student to work with. He always comes to ASAPP ready to work for the day. He absolutely loves the scooter board and just jumping around. He is great at doing retrieval activities and loves to color match. He also loves to take a stroll around the gym and even be chased around the gym. We have been working on some muscular strength and endurance activities such as holding a plank and modified sit-ups. I think Alexei should continue to work on strengthening his core, which I have already seen a great improvement in. I would recommend Camp Nugget for Alexei because a lot of the staff there knows him and they can work well with him. It has been an absolute pleasure working with Alexei. He is so much fun to be around and puts a smile on my face every day I get to work with him.
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 16th to July 11th, 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

Websites
Resources to help parents promote an active and healthy lifestyle for your children.

- 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](http://questcampsofsocal.com)