



April 2010

ASAPP NEWS

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CSULB

After school Adapted Physical Activity Program

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On April 29, 2010 ASAPP will be concluding its 40th year of a successful physical education program. Program director Dr. Barry Lavay, and the CSULB students in the Adapted Physical Education Program (APE) have dedicated themselves to delivering a quality physical education program, while at the same time gaining valuable practical experience. ASAPP is on every Tuesday and Thursday between 3:45pm to 4:45pm for duration of 10 weeks during both

the Fall and Spring semesters. The focus of ASAPP is on improving motor skills, sports skills, social skills, and to promote life long love for physical health. The first 30 minutes of the program is dedicated to individualized instruction, which is followed by a 30 minute group instruction lesson that is taught by a different APE student each week. Thank you to the children who attended ASAPP this year for your participation and your willingness to learn and have fun. Parents, thank you for your continued

dedication and support of our program. Finally thank you Dr. Lavay and the APE students for your diligent efforts to providing such an enriching program for such great children. Thank you all for a great year and see you in the fall!



Katie H. By Eleanor

Katie is a 6-year-old with energy that blasts through the roof! She always has a smile on her face and is a very hard worker. During our time together in ASAPP, Katie and I dance! Katie has learned different social dances like the Macarena, Pata Pata, and the Heel-Toe Polka. It has

been SUPER being able to spend time with Katie this past semester. Thank you Katie for all of your enthusiasm and dedication!! You're AWESOME!

Check out this website for some great adapted recreational activities like bicycling, sailing, and rock climbing!

UCLA—Adaptive Recreation, Los Angeles
 Jamie Hoffman, CTRS
 Phone: (310) 825-1059
 Website: www.recreation.ucla.edu



Ty By Diana

Ty is a fun-loving 8-year-old boy who never ceases to make me smile. He loves all things that involve baseball and has been working on different walking skills during his time in ASAPP this Spring. Ty continuously works hard and has made many advances this semester, one of which

includes standing independently for 6 minutes. Way to go Ty!

Check out the website for U.S. Adaptive Recreation Center (www.usarc.org) to find an amazing program in Big Bear, California that adapts winter sports such as skiing or snowboarding and summer sports such as water-skiing and biking for everyone.



Ty and Diana working hard

Ibrahim By Christopher

Ibrahim is a caring and hard working young boy who is steadily becoming one of the stars at the ASAPP program. Beyond the physical education in ASAPP, he is currently attending Hill Middle School as a member of Tina Robertson's class. In ASAPP, Ibrahim starts everyday by working on fitness routines and then on a sport skill. He loves soccer and has excellent



ball control, while his next love is to ride a bicycle. His family is very supportive of his

physical education so he is frequently out being active with his family. I think he would be an amazing asset to the Special Olympic's soccer team and I hope to see him on TV in the future.

http://info.specialolympics.org/SpecialOlympics+Public+Website/English/Program_Locator/North_America/California_South/default.htm

Chris V. By Meghan



Chris is an outgoing and enthusiastic 10 year old boy who always puts a

smile on your face. I have had the honor to work with Chris during the Spring 2010 semester. During our time in ASAPP, Chris has improved his basketball, fitness, loco motor and object control skills. Chris has made improvements not only in physical education, but also in social interactions with other classmates. Having the opportunity to work with Chris has taught me many skills and strategies that I will use when I become a future Adapted Physical Educator. Keep up the great work Chris!

YMCA inclusion camp: http://www.ymcaoc.org/community_service/inclusion-services.php



Makailee by Emily



This spring in ASAPP, Makailee has diligently been developing her fitness and hand-eye coordination through the official sport of Speed (cup) Stacking. She is able to consistently up-stack and down-stack cups in the 3, 3-3, 3-3-3 and 3-6-3 formations. Makailee has also showed her enthusiasm about cup stacking by earning the privilege to take a set of cups home to show her family and teacher. To learn more about

speed stacking check out the official website at <http://www.speedstacks.com/>.



James by Cyntia

James Morse is a very energetic and bright 10 year old boy. He is hard working and always tries his very best. At ASAPP, James and I did a unit on Basketball! He learned the necessary fundamentals in basketball, and applied the skills he learned in competitive basketball activities. James kept track of his daily social goals and fitness goals. I chose 2 great websites for James. Best Buddies at

www.bestbuddies.org, which would provide James the opportunity to establish friendships with other children. Another great website is www.allstarhoop.com, which allows James to enhance his basketball and social skills by being part of a team. I had tons of fun working with James this semester and hope to continue seeing him at ASAPP and Camp Nugget!



Kenny by Kurt



Kenny is a 13 year old athletic boy who exhibits physical skills with which we all need to take notice! One of Kenny's favorite sports to play is baseball. Therefore, we have worked hard together this semester developing the necessary skills for Kenny to become a well rounded baseball player. Skills we have worked on include: Catching, Throwing, Hitting and Base running. It would be a pleasure to see Kenny step on a future baseball field, smell the grass, and call his

infamous "Shot" (just like Babe Ruth). A fun baseball league Kenny might want to look into is called the Heartwell Buddy Ball Diamondbacks. It is a division of the Babe Ruth/Cal Ripken Jr. foundation. Michael Gengler is the lead organizer for the Long Beach Division and you can look at the website www.weplay.com.

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Liam by Kira

Liam is a funny, energetic, and imaginative 6-year old boy whom makes me laugh every day. He loves the movie "Up" and anything having to do with the Goodyear Blimp. Liam has worked very hard improving his perceptual motor skills and excelled in baseball skills. Liam's energy and hard work was truly amazing.

Keep up the good work Liam.

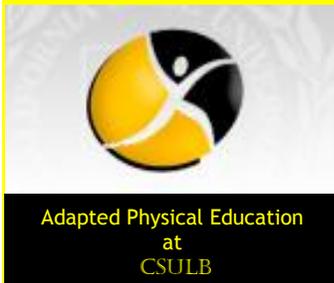
<http://leapsnboundz.com>
Leaps...n...Boundz is an adaptive sports and recreation program for children with special needs of all ages. We offer programs in gymnastics, swimming, and ball skills both one-on-one and in small groups.



2009-2010 ASAPP Student Assistants Carolina and Cris



Happy 40th Yr. Anniversary ASAPP!!!



Adapted Physical Education
at
CSULB