

# ALL STAR UNIVERSITY, El Capitan

STUDENT INFO - READ AND REVIEW CAREFULLY

Name (First and Last) \_\_\_\_\_

Student ID #(Don't know it, You better find it out!) \_\_\_\_\_

What Kind of grades do you get? \_\_\_\_\_ What's your GPA? \_\_\_\_\_

Any Special Countdown Request? \_\_\_\_\_

Are you playing any spring sports for E.C.M.S? (if yes, please list) \_\_\_\_\_

\*\*\* Remember if you play a sport and want to be in the After-School program, you must report to H.M.V. Lounge after practice. Homework is important to our program and you have to do it after practice if you don't go to countdown!!!!

How do you get home? \_\_\_\_\_

\*\*\* Remember if you walk or take the bus you'll probably have to leave before 5pm and if you get picked up remember After School Program runs everyday until 5:30pm.

## After School Rules

THE FOLLOWING IS A LIST OF AFTER SCHOOL RULES FOR PARTICIPATION:

1. Report to the After-School Program on time and prepared.
2. Remain within Supervised areas within school boundaries at all times.
3. Be RESPECTFUL of classmates, staff and school while in program.
4. Be RESPONSIBLE for getting homework started and asking questions if help is needed
5. Sign-Out before leaving everyday.

I \_\_\_\_\_ have read and understand the rules listed above. If I break one of these rules then Program Management has the right to suspend me from program and contact my parents.

Signature \_\_\_\_\_

\*\*\* Remember the After-School Program is a **NO PUTDOWN** zone. Be courteous and respectful of others at all times. Name calling, inappropriate touching, fighting, cussing and defiance will not be tolerated!

Remember students: Homework Lounge will be offered everyday all periods for any student that needs extra help with homework

MAKE YOUR CLASS SCHEDULE BELOW... Choose your top 3 classes and list them in order

### Monday & Wednesday

- Alpha
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_

- Omega
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_

### Tuesday & Thursday

- Alpha
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_

- Omega
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_



# A.S.U

All Star University, El Capitan

El Capitan  
Middle  
School

Spring  
2007



El Capitan All - Stars After School Adventures  
GENERAL CLASS CATALOG

**Monday & Wednesday Classes**



**Grffiti/Mural Art**

Think you have art skills? Come have Dianna & Joshua show you how to tap your talent for tagging & turn it into art!



**Astronomy**

Ever wanted to explore the Universe? If so, Jen will take you on a mission! You'll experience on what goes on in space...



**Stitchery**

Whats the stitch?! Find out in Stitchery We will be creating projects by needle point & crochet.



**Yu-Gi-Oh**

The ultimate card game is coming. All of Duelist from El Capitan Battle Yu-Gi-Oh style!! Space is limited!

**Jewelry Art**

Want to learn how to make your own accessories? Then come get creative with Kayla & Liz in Jewelry Art 101...

**Salon/Barbershop**

Want to learn how to do edge ups, tappers, & fades Or if you want to learn the newest up-dos, get a spa facial or a manicure

**Hip-Hop**

Want to learn all of the latest dance moves? Then Join Hyphy Hip-hop & get ready to show your stuff with Lynette!!

**ALPHA**



**Bootleg Ball Games**

Looking for a high energy, crazy, fulfilled class? Miss playing games like kickball or 4 square? We have class you won't want to leave.



**Street Stamp**

Come let Sharmaine get you in step.. In this class learn how to choreograph & perform like the professional step teams..

**Intro 2 Dance**

Let Kayla & Anisha teach you dance basics. Beginning ballet, jazz, tap & cheer are the main elements in this class!



**Creative Sculpting**

Bring out your creative side in clay, pasta and even trash! Have fun making sculptures. Let your imagination soar...

**BreakDance**

Wanna learn how to be a B-Boy? Wanna Break Dance like a pro? Then let Joshua teach you how it's done!!



**Magic**

Want to impress your friends with some amazing tricks? Learn everything from cards to smoke & Mirrors and even vanishing tricks... Kevin & Jen will teach what you need to know!



**The League 2**

The old league with new rules, stat keeping & a full schedule including an all star game. Come out for Troy & DayDay's team.



**OMEGA**



**Yoga-Aerobics**

Want to get in shape & relax? Get pumped, then bring yourself to a peaceful mind right after in this class!!



**Hoop it up**

Come play B-ball with the El Cap All Stars. Show your skills in a game of knock-out, 21 or regular 5 on 5.



**Wildn' Out**

So you all have seen the show... We are going to do some comedy right off the top of your dome. Right here at the After school program...



**Decoupage**

Wanna turn your junk into something cool? Learn how to turn your trash into treasures, in Decoupage!



**Self Defence**

Rico will be offering an introduction to basic Self- Defense.



**Guitar**

Your first step to becoming a rock star is to step into this class & have Joshua how to play the ultimate instrument.



**Teen Cuisine**

Love 2 eat? Create fun & tasty snacks, Lets Bake our treats. The Sit bake and enjoy our delicious creations.



**Gamers Paradise**

Yes, it's back by popular demand!!! We got the hottest PS2 games! And we'll have computer games too!!! Space is Limited!



**Sk8 Park**

So you may have heard the rumor of a skate park on campus... Well guess what?! The rumors are true. Only in the after school program can you skate some sick ramps on the blacktop... Come skate with us!!!

**WaterColor**

Calling all artist! Let Josh & Jen show you how to sketch draw & paint watercolor Like Van Gough! Space is Limited!



**Photoshop**

Want to design projects for all your friends to see? Nows your chance! Let Dianna & Kayla show you how it's done!



**Model Cars**

Do you have what it takes to win a carshow? Put your talent to work & show everyone what you got, In Model Cars with Jennifer!!



**Ultimate Frisbee**

A mix of soccer, football and basketball. Ultimate frisbee really has it all! Let Kevin show you how to hack a disk like a pro!



**Ballroom Dance**

When the slow songs play do you sit down? Let Josh and Lynette show you how to dance with a partner & look sensational.



**Volleyball**

Do you dig volleyball? Do you want to set up a time to play? Come out & test your skills with pro's Liz & Troy...



**OMEGA**

**Fashionista**

Get creative with Chinda & bring out your rockstar style. Create your own accessories to wear yourself or give to your friends!



**Cultural Art**

Here you'll create art from different cultures from around the globe! With art like temporary henna tattoos, chinese dragons totem poles and much more!



**Tumbling 102**

In this class you will learn basic gymnastics. You will create & perform your own floor routine to music.



**Tuesday & Thursday Classes**

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