

NSU University School

NOVA SOUTHEASTERN UNIVERSITY

After School Programs Cycle 2 and Year Long Programs

Enrichment Activities and Aftercare
Junior Kindergarten – Fifth Grade

2016 -2017



“Enriching activities to enhance and develop individual students’ interests and talents!”

Dear Lower School Parents,

The **After School Activity Program** provides opportunities for students to pursue interests and talents beyond the regular school curriculum. This program supplements the daily experiences of NSU University School students by providing specialized instruction in a variety of areas weekday afternoons, between the hours of 3:30 and 4:30 p.m., on a fee basis.

Cycle 1 classes are in full swing and students are enjoying the many opportunities offered. The classes have enhanced our students' lives and provided them with a chance to develop and showcase personal talents in sports, drama, music, creative arts, cooking, and technology. It's time to register for Cycle 2! Back by popular demand are a variety of sports classes; Girls' Lacrosse, Girls' Volleyball, Sports Mania, Basketball and Soccer Intramurals, Golf, and Tennis Like a Pro. Other popular classes include; 5K Kids, Lights, Camera, Action, Silly Scientists, and all of our Cooking classes in collaboration with Chartwells, as well as all of our Broward Engineering for Kids classes, Robotics and Engineering classes and our Red Carpet Kids Improvisation classes. We also continue to offer a variety of dance classes; Ballet and Jazz, Creative Movement and Hip Hop. In addition, our year-long programs, TaeKwon-Do, Junior Forensics, Junior Debate and Chess, will continue to be an integral part of our expanding Lower School After-School Programs. New during Cycle 2 are some exciting options; Yoga and Mindfulness (JK-1), (1-3) and (3-5), Junior Solar Sprint (2 cycle class - 3-5). We continue to expand our programs and will offer new class offerings by Broward Engineering for Kids, Engineering 101 Technology Club (3-5) and Scratch with Makey Makey (K-2). We have also expanded our Tennis and Lacrosse offerings to include a Beginners Tennis for new tennis student, (1-2), (3-5), Little Sticks Lacrosse (JK-K) and both Boys (3-5) and Girls (2-5) Lacrosse classes as well as Boys and Girls Junior Lacrosse, (K-2).

We look forward to enriching your child's learning experiences through our extra-curricular activities, and appreciate your support in making this program a success.

Sincerely,
Robin Mendelson

Robin Mendelson, M.S.
Program Coordinator
Summer and Extended Programs
NSU University School
954-262-4523

Table of Contents

	Page
Before and Aftercare Program Information.....	4
Policies and Procedures for Drop-off and Pick-up.....	5
New Program Information.....	6
Junior Kindergarten Free Choice Class Information	8
Activity Descriptions Cycle 2	10
Afterschool Activities – Cycle Schedules for Year.....	13
Year Long Program Schedule and Pricing.....	13
Year Long and Cycle 2 Class Offerings.....	15
Refund Policy	17
Lower School TaeKwon Do – Uniform Order Form	18
Chess Information.....	19
Intramurals	21
Intramurals Student/Parent Responsibility Form.....	25

After School Programs Registration is ONLINE

VISIT: www.uschool.nova.edu/afterschoolactivities

Register early to ensure placement in the classes of your choice. Registration is limited.

Prices increase by \$25.00 for all classes on Saturday, November 12.

Aftercare Program - Before and After Care

Introduction: The Aftercare Program has been established for the convenience of you, the working parents of our Lower School population, as a logical extension of the regular school day. The goal of the program is to provide a relaxed environment in which your child/children can participate in planned activities including arts and crafts, board games, enjoyment of movies, organized and free outdoor play activities, supervised homework, and/or recreational reading. Early morning supervision is provided daily from 7:30 a.m. to 8:05 a.m., at no charge. The afterschool Aftercare program is provided between the hours of 2:45 p.m. and 5:45 p.m., on regular school days on a fee basis.

There is no Aftercare on days when students are dismissed at noon, due to teacher work days or professional development days.

Organization: Students are grouped for Aftercare according to grade levels. In the morning, the children are grouped JK-K and 1-5. In the afternoon, there are three Aftercare locations; one for JK-K, one for grades 1-2 and one for grades 3-5. The Aftercare staff selects and presents recreational activities based on the grade levels of their groups.

Program administration: The Program Coordinator oversees the program and the Aftercare workers are under the direct supervision of the Coordinator. The Director of Summer and Extended Programs oversees the Aftercare Program as a whole.

Hours of Operation:

Before School Morning Program Hours: 7:30 a.m. to 8:05 a.m.: Occasionally, weather conditions and traffic accidents can sometimes make it difficult for Caregivers and Custodians to arrive at school on schedule. For your child's/children's safety, always make sure that the school doors are unlocked and that the Caregiver is on duty before leaving your child/children. *There have been rare occasions when parents have just dropped children off on teacher workdays when no caregiver was expected to be on duty. (Please check the school's calendar closely.)

Afterschool Aftercare Program Hours: 2:45 p.m. to 5:45 p.m. (Lower School Aftercare hours): There is no Aftercare on days when students are dismissed at noon, due to teacher work days or professional development days.

Fees:

- Annual: \$2750.00
- Bi-Annual: \$1500.00
- Hourly Rate: \$10.00 per hour or fraction of beginning at 3:15pm (Billed Monthly) ***

[Register Online in Marketplace for our Afterschool Aftercare Program](#)

Late Fee Policy:

Late fee charges will be assessed if child is not picked up by **5:45 pm**, according to the clocks located at the front desk. The late charge assessment is \$10.00 per every 15 minutes after 5:45 pm. We understand that circumstances occur that may prohibit you from being here by 5:45, so we ask that if you are going to be late please contact the Lower School and let us know. Not only will that help the staff, but also we can then relay that information on to your child. You can call the Lower School main number at 954-262-4500, or Robin Mendelson, NSU University School Program Coordinator at 954-262-4523 (office), 954-448-6998 (cell).

The following information is general, but important. Please familiarize yourself with the information. If you have questions, please direct them to the Lower School Program Coordinator.

Children's Personal Property: School policy specifies that children leave all personal property except lunch boxes, book bags, and clothing items at home. The Aftercare policy is to support school policy. Therefore, please discuss with your children this policy. For all other items, PLEASE make sure each of the items is labeled clearly with the child's FIRST AND LAST NAME AND GRADE LEVEL. Inevitably, items are lost or misplaced. By labeling the items as requested, it is more likely that they can be found and returned to their owner.

Discipline: ALL children are entitled to a pleasant and harmonious environment in the Aftercare Program. This program cannot serve children who display chronically disruptive behavior. Chronically disruptive behavior is defined as verbal or physical activity that may include but is not limited to such behavior that:

- Requires constant attention from the caregiver
- Inflicts physical or emotional harm to other children
- Is disrespectful to staff
- Ignores or disobeys the rules which guide behavior during the school day and program time.

If a child cannot adjust to the program setting and behave appropriately, the first course of action will be a discussion with the child concerning the actions. Should the behavior continue, time out is the next consequence. Please be assured that reasonable efforts will be made to assist children in the adjustment process.

Policy for dismissal of students from the Aftercare program: The school reserves the right to dismiss a student from the Aftercare Program if a child cannot adjust to the program, behave appropriately or when a student is habitually picked up after the 5:45 pm deadline or at the discretion of the Director of Summer and Extended Programs.

Policies and Procedures for Afterschool Activities Drop-off and Pick-Up

Afterschool Activities CARPOOL AND DISMISSAL PROCEDURES - PLEASE READ CAREFULLY!

The following procedures are designed to assure the safety of all After School Program students. On days students have After School Program classes:

- Students will remain in their classrooms. A teacher's assistant will take attendance, and walk them to their activity at the appropriate time.
- At the end of the activity, as indicated by parents during registration, instructors will walk the children in their classes to Aftercare, or take them to the curb for Carpool.
- All children will be placed in Aftercare if they are not picked up in carpool. To pick your child/children up from Aftercare, you will need to park in the garage and come to the front desk to sign him/her/them out. Students must be signed out by an authorized adult. You will be asked to provide photo identification.

Afterschool Activities Carpool Dismissal

- Dismissal for all classes will take place at the West side of the building near the parking garage. Please follow the road around and remain in your car until your child/children have been brought to the car. Please do not arrive at carpool BEFORE 4:20pm.

Thank you in advance for your cooperation and assistance in helping to create a smooth, safe and effective Afterschool activities dismissal.

PLEASE NOTE: NO CARS can be parked in the traffic lanes or the curb at the front or the back of the building. This is a designated Tow Away Zone.

Returning NEW Programs - Cycle 2

Red Carpet Kids

Red Carpet Kids Mission

At Red Carpet Kids, we believe that creativity and imagination are the building blocks of confidence and self-esteem. Through our award-winning proprietary curriculums and innovative educational programming opportunities, we teach kids to follow their instincts, allowing their self-expression to flourish and their innate creative talents to shine. Our Acting, Improvisation, and Interactive Adventure Programs are all powerful learning instruments that teach children to improve their listening and observations skills, hone their creative impulses and to be present in the moment. In an era with a tremendous dependence on “smart devices,” we reinvigorate the artistic spirit in our students, to foster interpersonal skills, boost self-esteem and increase confidence, both in the classroom and in life.

ACTING AND IMPROVISATION 101 – Wednesdays – Grades 2-5

New York City’s Award-Winning Improvisation and Acting School for kids, Red Carpet Improv, is now being offered at NSU! Voted Best of NY Magazine and Timeout Kids, Red Carpet Improv will teach your children how to hone their creativity and comedy skills. Through games, sketches, and scenes, students will boost their self-confidence, invigorate their imagination and laugh their way throughout this creativity-building class. At Red Carpet Improv, we believe there is nothing more exciting than a child’s imagination and we seek to nurture and expand their innate creative talents. Improvisation is a powerful learning instrument that teaches children to improve their listening and observation skills and to be present in the moment. It is beneficial for all types of kids, from outgoing to shy.

ACTING AND IMPROVISATION ADVENTURE SERIES – Wednesdays – Grades JK-1

Get ready to hold on to your hats for an interactive acting and improvisation class that takes your kids to new and exciting destinations every week! Kids will learn acting techniques and the basics of Improvisation to amplify their creativity as they create their own Heroes in Superhero University, Imagine and Design their own Menus and Restaurants as they become young restaurateurs in Wacky Kitchen, travel on the High Seas as the Silly Pirates of the Intracoastal and much more! Each weekly adventure focuses on the students’ imaginations as they develop their own narrative and ideas, and collaboratively invent imaginary landscapes, unique characters and personas. Each adventure features a custom craft component and keep-sake prop to magnify the experience.

Red Carpet Kids and has garnered accolades such as BEST CONCEPT BY NEW YORK MAGAZINE, BEST FILM and ACTING PROGRAM BY TIMEOUT KIDS NYC, AND “THE COOLEST PARTY EVER” BY ABC NEWS

BROWARD ENGINEERING FOR KIDS offers New Programs during Cycle 2

Electronic Game Design: Invader Defense - Alien Invasion! (3-5) - Video games are everywhere and in almost every form you can imagine. In the Electronic Game Design: Invader Defense class, we will create our own version of an invader defense game where we will defend against an alien invasion. We will use the Engineering Design Process to create a storyboard to outline the rules of play and characters for our game. Then, we will use Clickteam Fusion 2.5® to bring our storyboard to life with programming. At the end of the class, everyone takes home a working Windows-compatible game (Clickteam Fusion 2.5® does not support Mac or Android operating systems).

Engineering 101 Technology Club (3-5) – The Engineering 101 Technology Club introduces students to a new, hands-on, STEM learning lesson every week from various forms of engineering technology. In each new lesson, students will focus on developing problem solving, critical thinking and peer collaboration skills. These life skills provide students with the confidence to approach challenges in their lives and realize they can succeed while engaging in a sampling of robotics, coding, hardware engineering, electronic game design and Minecraft EDU.

Scratch with Makey Makey (K-2) – When your favorite song comes on the radio do you sit quietly or do you dance around and play the air drum solo? In Musical Adventures With Scratch and Makey Makey, we are going to explore how different sounds are created and we will create our own interpretations of common musical instruments like drums, piano, guitar, and even a recorder, and we will create our very own dancing program, all through the use of Makey Makey and Scratch to bring our music to life! The last day will end with a bang, or at least a really great mini concert from all of our students!

Engineering 201 Club (JK-2) - The Engineering 201 Club introduces students to a new, hands-on, STEM learning lesson every week from various engineering disciplines. For each lesson, students focus on developing problem solving, critical thinking and peer collaboration skills. These life skills provide students with the confidence to approach challenges in their lives and realize they can succeed.

MORE New and Exciting Programs offered in Cycle 2

Beginners Tennis Grades (1-2) (3-5) - Beginners Tennis will develop basic strokes and movement for new students wanting to learn the game of Tennis. This class will introduce players to the stroke development of forehand, backhand and volley's while practicing live ball rallies with classmates and the instructor.

Junior Solar Sprint (3-5) (Two Cycle class**)** – Attention tinkerers, builders, and future engineers! Are you ready for a real-life challenge? Use scientific know-how, creative thinking, experimentation, and teamwork to design, build, and race your own model solar car. Explore the power generated by solar cells and build a solar vehicle that is powered by the sun's energy! During the building and testing process, you will learn about physics concepts like friction, gear ratios, and inertia. While we supply the solar panel, motor, and other possible materials, the rest is up to your imagination and ingenuity! Builders will race their cars and the 2 teams with the fastest cars will have the ****option**** to represent NSU University School at the Energy Whiz Olympics Junior Solar Sprint event in Cocoa, Florida in March, 2017. This is a 2 cycle class. **(All travel and expenses related to the Energy Whiz Olympics are the responsibility of the students' parents.)**

Reduce, Reuse, Recycle (K-2) – Let's make the world a better place! Come and learn how to use everyday objects and turn them into cool new things! Learn how to make our world a more environmentally friendly place!

Yoga and Mindfulness (JK-1) (2-3) (3-5) – It is evident that the pressure the world is placing on our students is growing. Pressure to perform academically, artistically, athletically, musically, etc. And in this way, more students are beginning to identify as "stressed." In this class, students will learn how to take a step back from the stresses of life and focus on an inner peace and relaxation. This important life skill, needed by students and adults alike, will teach students how to mindfully address stress and difficult situations that life hands us. But, students will also learn how to use yoga as an exercise of the body and mind. After extended practice, students will be able to practice a mindful approach toward everyday life and appreciate yoga as a physical and mental outlet to connect our body and mind. Namaste.

Idea to Invention (JK-2) – Students will explore how inventors move from problem to product through hands-on design and engineering activities. Students will learn about real world problems, dream up potential solutions, and use the design process to develop early prototypes of their ideas.

Little Sticks Lacrosse (JK-K) – This class is a NON-CONTACT beginning program for our JK-K students. Through the use of fun and silly games, students will focus on the very basics of scooping, cradling and passing and shooting. In addition to developing the basic skills, the classes will also focus on developing motor skills, encouraging team spirit, and instilling self-confidence in a non-competitive atmosphere. Age appropriate equipment will be supplied.

Junior Kindergarten Free Choice Option

Each Junior Kindergarten student is entitled to ONE Free Choice class option during the 2016-2017 school year. Please submit the form below to register for your Free Choice class. Space in classes is limited, therefore please be sure to include a 2nd choice option. If you **did not** choose your free choice class during Cycle 1, you can choose the free option during Cycle 2 or 3. The free choice classes are listed on the class lists below. Please do not register online for the class you choose as your FREE CHOICE class. You will receive a confirmation of your Free Choice class once your placement has been verified in the class.

Junior Kindergarten - Free Choice Class Registration Form – Cycle 2 – Junior Kindergarten

[Click the link below to submit this form online.](#)

www.uschool.nova.edu/FreeChoiceJK

Student Name: _____

CYCLE: TWO THREE
(CIRCLE ONE)

Following After School Programs, my child will go to: ___ Carpool ___ Aftercare

Grade: **JK Only** Phone: _____ Email: _____

___ My child is a bus rider and will not ride the bus on the days he/she is enrolled in Afterschool classes.
My child rides the _____ bus.

Free Choice Class:

Class Name	Class Day	Class Name	Class Day
------------	-----------	------------	-----------

1st choice _____ _____ 2nd choice _____ _____

****Placement in classes is based on first come/first served – Register Early please
Cheer and Hip Hop shirts are available for purchase via the Afterschool Marketplace.**

www.uschool.nova.edu/afterschoolactivities

Junior Kindergarten Free Choice Options

Cycle 2 – Class Name	INSTRUCTOR	GRADES	Mondays	PRICE	Price Option
Silly Scientists	Robbins	JK-1	Monday	255	Full Price Class
Tennis Like a Pro	Sterne	JK-K	Monday	255	Full Price Class
Terrific Travelers	Severson	JK-2	Monday	225	Free Choice Option
Golf Basics	Bowden	JK-1	Monday	255	Full Price Class
Cycle 2 – Class Name	INSTRUCTOR	GRADES	Tuesdays	PRICE	Price Option
Sports Mania	Robbins	JK-2	Tuesday	200	Free Choice Option
Critter Crafts	Severson	JK-2	Tuesday	225	Free Choice Option
Lights, Camera, Action	Duffield	JK-1	Tuesday	200	Free Choice Option
NEW Idea to Invention	Ayvar	JK-K	Tuesday	285	Full Price Class
Cycle 2 – Class Name	INSTRUCTOR	GRADES	Wednesdays	PRICE	Price Option
Destination Imagination and Improve Adventure	Red Carpet Kids	JK-1	Wednesday	325	Full Price Class
Gymnastics and Tumbling	Gretz	JK-1	Wednesday	200	Free Choice Option
Creative Movement	Woods	JK-2	Wednesday	200	Free Choice Option
Cycle 2 – Class Name	INSTRUCTOR	GRADES	Thursdays	PRICE	Price Option
Silly Scientist	Robbins	JK-1	Thursday	255	Full Price Class
Cheerleading	Gretz	JK-5	Thursday	225	Free Choice Option**
Hip Hop	Woods	JK-3	Thursday	225	Free Choice Option**
NEW Little Sticks Lacrosse	Fontenot	JK-K	Thursday	200	Free Choice Option
Cycle 2 – Class Name	INSTRUCTOR	GRADES	Fridays	PRICE	Price Option
Gymnastics and Tumbling	Gretz	JK-1	Friday	200	Free Choice Option
Ballet and Jazz	Woods	JK-3	Friday	200	Free Choice Option
Sports Mania	Robbins	JK-2	Friday	200	Free Choice Option
NEW Yoga and Mindfulness	Gingrich	JK-1	Friday	200	Free Choice Option
NEW Engineering 201 Club	EFK Staff	JK-2	Friday	325	Full Price Class
NEW Little Stix Lacrosse	Fontenot	JK-K	Friday	200	Free Choice Option

**** (Hip Hop and Cheer Shirts \$25.00 if chosen as a free choice option)****

Activity Descriptions

Acting and Improvisation 101 - Red Carpet Kids (2-5) - Red Carpet Improv will teach your children how to hone their creativity and comedy skills. Through games, sketches, and scenes, students will boost their self-confidence, invigorate their imagination and laugh their way throughout this creativity-building class. Improvisation is a powerful learning instrument that teaches children to improve their listening and observation skills and to be present in the moment. It is beneficial for all types of kids, from outgoing to shy.

Acting and Improvisation Adventure Series - Red Carpet Kids (JK-1) - Get ready to hold on to your hats for an interactive acting and improvisation class that takes your kids to new and exciting destinations every week! Kids will learn acting techniques and the basics of Improvisation to amplify their creativity as they create their own Heroes in Superhero University, Imagine and Design their own Menus and Restaurants as they become young restaurateurs in Wacky Kitchen, travel on the High Seas as the Silly Pirates of the Intracoastal and much more! Each weekly adventure focuses on the students' imaginations as they develop their own narrative and ideas, and collaboratively invent imaginary landscapes, unique characters and personas. Each adventure features a custom craft component and keep-sake prop to magnify the experience.

Archery (3-5) – Learn how to use a bow and arrow like a pro. This beginner class will introduce students to the fun-filled world of archery. Students will gradually improve their skills as the focus will be on accuracy and strength building. Learn the basics of Archery in a fun and safe way.

Advanced Cooking (3-5) – This class is designed for students who already possess a basic knowledge of cooking. Students will learn advanced techniques and methods while preparing a variety of recipes.

Art for Beginners I (K-1) – Young artists will explore and experiment with various art mediums such as clay, weaving, printmaking, painting and drawing.

Baking with Chef Julia (K-5) – This class is designed to teach students the basic tools and techniques used in baking cakes, breads, pastries, and cookies. Students will learn to read a recipe, measure, mix, and bake. Students will be encouraged to use creativity in preparing icings, glazes, and fillings to compliment the recipes.

Ballet and Jazz (JK-3) – Ballet is an artistic dance performed to music combined with gravity, movement, gestures and poses. Ballet helps a child improve their posture, self-confidence and flexibility. They learn how to interpret music through a combination of movements and dance routines. Jazz dance is suitable for children of all ages. It involves isolations of the body, a low center of gravity and a high level of energy, which helps them to feel the music. Jazz is a type of dance that allows the dancer to improvise and express individual freedom of movement with jazz music that is matched to the rhythms and techniques of jazz music.

****NEW** Beginners Tennis (1-2) (3-5)** - Beginners Tennis will develop basic strokes and movement for new students wanting to learn the game of Tennis. This class will introduce players to the stroke development of forehand, backhand and volley's while practicing live ball rallies with classmates and the instructor.

Blooming Bouquet (2-5) – Eager artists will learn how to create flower templates in order to produce realistic, detailed, 3-Dimensional flowers. Students will also create coil, ceramic vases to hold their paper flower bouquets.

Boy's Lacrosse (Boys 3-5) – Join this class and learn the skills of Boy's Lacrosse! Participants use a long-handled stick that has a webbed pouch on one end to maneuver a ball into the opposing team's goal. Our instructional base will keep the "fun in fundamentals" for all. We will teach techniques, stick handling skills, cradling, and theories of team play. Lacrosse Stick, Mouth Guard and Goggles Required

Cake Decorating (3-5) – This class is designed to teach students the basic tools and techniques used in cake decorating. Students will be encouraged to create their own cake design for the final class.

Cheerleading (JK-5) – Students will be introduced to the art of Cheerleading and Cheer performance in this beginner class. **Cheer uniform sold separately.

Cooking with Superfoods (K-5) – This class is designed to introduce students to a variety of ingredients considered to have high nutritional value.

Crafternoons (K-2) - Join us for an hour of crafting fun and imagination! Learn how to make cool crafts to share with your family and friends. Some of the crafts will include friendship bracelets, building boxes to keep your treasures in, making fridge magnets and bubble painting! Bring your imagination and let your creative juices flow!

Creative Movement (JK-2) - This is the perfect class for your young dancer. We focus on creative movement which builds on the necessary gross motor skills needed for primary dance instruction. We use fun, upbeat music to learn basic skills like hopping, skipping, jumping, galloping, and balance coordination. Students will engage in dramatic music movement and learn introductory ballet steps. These include plies, tendu, releve, arabesque, the five positions of the feet, and other introductory dance steps.

Critter Crafts (JK-1) - Does your child love animals and being creative and crafty? Each week children will learn about a new and interesting animal. Children will learn fun, new facts about each animal and create a fantastic craft inspired by that animal.

****NEW** Electronic Game Design: Invader Defense- Alien Invasion! (3-5)** - Video games are everywhere and in almost every form you can imagine. In the Electronic Game Design: Invader Defense class, we will create our own version of an invader defense game where we will defend against an alien invasion. We will use the Engineering Design Process to create a storyboard to outline the rules of play and characters for our game. Then, we will use Clickteam Fusion 2.5® to bring our storyboard to life with programming. At the end of the class, everyone takes home a working Windows-compatible game (Clickteam Fusion 2.5® does not support Mac or Android operating systems).

****NEW** Engineering 201 Club (JK-2)** - The Engineering 201 Club introduces students to a new, hands-on, STEM learning lesson every week from various engineering disciplines. For each lesson, students focus on developing problem solving, critical thinking and peer collaboration skills. These life skills provide students with the confidence to approach challenges in their lives and realize they can succeed.

****NEW** Engineering 101 Technology Club (3-5)** – The Engineering 101 Technology Club introduces students to a new, hands-on, STEM learning lesson every week from various forms of engineering technology. In each new lesson, students will focus on developing problem solving, critical thinking and peer collaboration skills. These life skills provide students with the confidence to approach challenges in their lives and realize they can succeed while engaging in a sampling of robotics, coding, hardware engineering, electronic game design and Minecraft EDU.

****NEW** Little Sticks Lacrosse (JK-K)** – This class is a NON-CONTACT beginning program for our JK-K students. Through the use of fun and silly games, students will focus on the very basics of scooping, cradling and passing and shooting. In addition to developing the basic skills, the classes will also focus on developing motor skills, encouraging team spirit, and instilling self-confidence in a non-competitive atmosphere. Age appropriate equipment will be supplied.

5K Kids Beginners (2-5) – The program will develop and encourage children of all running abilities to progress from their current level of fitness to preparing to complete a one mile run at the conclusion of the program. We start out walking for one minute, then running for one minute; we will do this for 30 minutes. We will also work on core exercise and stretching at the end of each session. Join us as we run and explore the NSU campus! Proper running attire is required. 5KKids Running Shirt is included.

5K Kids Advanced (2-5) – This program is designed for runners who have progressed past the beginner’s stage and are seeking a variety of workouts and coaching advice to continue their running progress. Students in this program will learn training philosophy for distance running and gain further development of distance running skills. Coaches will help improve the students running with workouts that focus on proper form, breathing, increasing running time, increasing speed and proper pacing. **5KKids Running Shirt included.** 5th Graders enrolled in the class will have the opportunity to train and/or race with the Middle School Cross Country Team **Pre-requisite: Class participants should be able to run a minimum of one mile without stopping under 10-11 minutes and be able to complete a workout of 30 to 40 minutes. Proper running shoes and attire are required.** (For further information, please contact Coach Bowden. (Bowden@nova.edu)

Girl’s Lacrosse (Girls 2-5) - Join this class and learn the skills of Girl’s Lacrosse! Participants use a long-handled stick that has a webbed pouch on one end to maneuver a ball into the opposing team's goal. Our instructional base will keep the “fun in fundamentals” for all. We will teach techniques, stick handling skills, cradling, and theories of team play. Lacrosse Stick, Mouth Guard and Goggles Required

Girl’s Volleyball (Girls 3-5) - Students learn basic skills relating to the game of volleyball in a fun and active setting, including how to set up the ball, serving, passing, and hitting. Volleyball is a sport that requires hand-eye coordination; students will work on this skill through a variety of activities and skill based drills. Students will also learn the basic principles and rules of volleyball to prepare them with a basic knowledge of skills and rules of the game.

Golf Basics (JK-1) - Students will learn golf basics; how to properly grip a golf club, the proper stance before swinging the golf club, and swinging the club with balance to make contact with the golf ball. They will hit golf balls off a tee and off a flat mat (based on ability). These basic fundamentals will then be practiced while putting and playing putting games.

Gymnastics and Tumbling (JK-1) - This class teaches beginning gymnastics and tumbling skills. Students will “flip” over the opportunity to learn the basics of gymnastics and tumbling, as well as additional skills to enhance strength, coordination, agility, and confidence.

Hip-Hop (JK-3) - Learn the basics of the newest Hip-Hop styles to the tune of today's music, appropriate for young children. **Hip Hop outfit sold separately.

****NEW** Idea to Invention (JK-2)** – Students will explore how inventors move from problem to product through hands-on design and engineering activities. Students will learn about real world problems, dream up potential solutions, and use the design process to develop early prototypes of their ideas.

Introduction to Robotics (1-2) – Join the Innovation craze! **LittleBitts** are electronic building blocks that empower students to create inventions by ‘snapping’ pieces together with magnets. You can make prototypes, robots, and more in this fun class. With coding apps, mini **Ozobot robots**, and circuits, the possibilities are endless!

Junior Debate (Year-long Program - 4-5) - Attention future lawyers, politicians and business owners! This program will prepare Lower School students for the award-winning Speech and Debate Program offered by the Arts Department of the Middle and Upper Schools. A strong interest in current events is essential! In this class, students will learn the art of persuasion through lessons and guided practice. They will select and research current events topics of special interest and develop original oratory speeches which they will present at a Parent Showcase during the school year. Instruction will include the skills of researching and writing a strong speech with an introduction, a body, and a conclusion. Presentation skills will include movement, gestures, voice modulation, articulation, and debate etiquette. Students will gain writing and presentation skills, as well as self-confidence, which will be beneficial throughout their academic and lifetime careers.

Junior Forensics (Year-long Program - 3-5) - Junior Forensics introduces students to Forensics, a public speaking activity. This program will prepare Lower School students for the award-winning Forensics and Thespian Programs offered by the Arts Department of the Middle and Upper Schools. Students will learn about all categories of Oral Interpretation of Literature, including Prose and Poetry, Humorous Interpretation, Duo Interpretation, and Group Interpretation. Students will select several pieces of literature which they will develop into creative presentations. Instruction includes the skills of character development, movement, gestures, voice modulation, articulation, and Forensics etiquette. Students will practice and perform their pieces at two Parent Showcases during the school year. The Junior Forensics program is designed to foster a love of literature, as well as provide students with presentation skills and self-confidence which will be beneficial throughout their academic and lifetime careers.

****NEW** Junior Lacrosse Boys (K-2)** – Lacrosse is the fastest growing team sport in the United States. Participants use a long-handled stick that has a webbed pouch on one end to maneuver a ball into the opposing team's goal. Our instructional base will keep the “fun in fundamentals” for all. This class will be geared to the younger students. We will teach techniques, stick handling skills, cradling, and theories of team play. Lacrosse Stick, Mouth Guard and Goggles Required

****NEW** Junior Lacrosse Girls (K-2)** – Lacrosse is the fastest growing team sport in the United States. Participants use a long-handled stick that has a webbed pouch on one end to maneuver a ball into the opposing team's goal. Our instructional base will keep the “fun in fundamentals” for all. This class will be geared to the younger students. We will teach techniques, stick handling skills, cradling, and theories of team play. Lacrosse Stick, Mouth Guard and Goggles Required

****NEW** Junior Solar Sprint (**Two Cycle class** 3-5)** – Attention tinkerers, builders, and future engineers! Are you ready for a real-life challenge? Use scientific know-how, creative thinking, experimentation, and teamwork to design, build, and race your own model solar car. Explore the power generated by solar cells and build a solar vehicle that is powered by the sun’s energy! During the building and testing process, you will learn about physics concepts like friction, gear ratios, and inertia. While we supply the solar panel, motor, and other possible materials, the rest is up to your imagination and ingenuity! Builders will race their cars and the 2 teams with the fastest cars will have the ****option**** to represent NSU University School at the Energy Whiz Olympics Junior Solar Sprint event in Cocoa, Florida in March, 2017. This is a 2 cycle class. **(All travel and expenses related to the Energy Whiz Olympics are the responsibility of the students’ parents.)**

Lights, Camera, Action (2-5) – Discover, create, and perform! In this program, students will be introduced to musical theater. They will be taught to understand and appreciate both the performance aspects of singing and acting. They will be introduced to classic Broadway musicals through video screenings. The three aspects of the course: appreciation and understanding, learning about the theatre and performing will help foster imagination, nurture self-confidence, and teach students to work as an ensemble.

Lights, Camera, Action (JK-1) – This fun-filled class will introduce beginning junior actors to the art of working together through theatre games and classic stories. Students will learn to use their bodies and voices to transform stories into plays. There will be an opportunity for parents to observe on the last day of class.

Paint, Design, and Composition w/Watercolors (2-5) – This class will offer students opportunities to utilize their art talents through exercises in design and composition.

****NEW** Reduce, Reuse, Recycle (K-2)** – Let’s make the world a better place! Come and learn how to use everyday objects and turn them into cool new things! Learn how to make our world a more environmentally friendly place!

Rocketry (3-5) – To Infinity and Beyond! This is a beginner’s course in rockets. You will learn about the exciting field of rocketry; the hobby of flying model rockets. Learn about the science of rockets. Learn about the Space Program. During the course of this cycle you will build and launch your very own rocket.

****NEW** Scratch with Makey Makey (K-2)** – When your favorite song comes on the radio do you sit quietly or do you dance around and play the air drum solo? In Musical Adventures With Scratch and Makey Makey, we are going to explore how different sounds are created and we will create our own interpretations of common musical instruments like drums, piano, guitar, and even a recorder, and we will create our very own dancing program, all through the use of Makey Makey and Scratch to bring our music to life! The last day will end with a bang, or at least a really great mini concert from all of our students!

Silly Scientists (JK-1) - As a silly scientist you will conduct experiments and discover science in a fun and educational way! Learn about volcanoes, tornados, minerals and much more. Come join the lab and start experimenting.

Sports Mania (JK-2) – Soccer, T-Ball, Basketball, Kickball, Dodgeball and many other ball-games will be enjoyed throughout the cycle. Come and join the fun! What’s your favorite ball game? Let’s Play!

Terrific Travelers (JK-2) - Come on a journey to different countries around the world. Taste the ethnic foods of the countries, see the sights and wonders, hear the traditional music and create souvenirs, all while staying in the comfort of NSU University School. Grab your passport and join the “Terrific Travelers” on our weekly adventures around the world.

Tennis Like a Pro (JK-K) – Students are offered an opportunity to learn and develop the basic skills of tennis in a non-competitive arena, as well as refine their skills and begin to develop more advance skills for tennis success.

Vex Robotics (3-5) – Join up with Lower School Vex Robotics. You’ve heard about our award winning teams and now we are bringing the program to our Lower School students. Vex IQ is a robotics platform designed to transform STEM learning for young students. Students can jump right in and snap robots together using this intuitive, tool-less system. Work with a variety of structures, gears, wheels and other accessories to help completely customize projects and create mobile robots.

Weaving (2-5) – Children will learn the techniques of weaving from beginning to advanced. They will have the opportunity to weave on a variety of different looms including a 24” by 36” loom using yarn and various materials to create a unique work of art.

****NEW** Yoga and Mindfulness (JK-1) (2-3) (3-5)** – It is evident that the pressure the world is placing on our students is growing. Pressure to perform academically, artistically, athletically, musically, etc. And in this way, more students are beginning to identify as “stressed.” In this class, students will learn how to take a step back from the stresses of life and focus on an inner peace and relaxation. This important life skill, needed by students and adults alike, will teach students how to mindfully address stress and difficult situations that life hands us. But, students will also learn how to use yoga as an exercise of the body and mind. After extended practice, students will be able to practice a mindful approach toward everyday life and appreciate yoga as a physical and mental outlet to connect our body and mind. Namaste.

After School Activities - Schedule of Year

2016/2017 Schedules

PLEASE PRINT AND POST THIS SCHEDULE

Cycle 2

Mondays – November 14, 21, 28, December 5, 12, January 9, 23, 30, February 6
Tuesdays – November 15, 22, 29, December 6, 13, January 3, 10, 17, 31
Wednesdays – November 16, 30, December 7, January 4, 11, 18, 25, February 1, 8
Thursdays – November 17, December 1, 8, 15, January 5, 12, 19, 26, February 2
Fridays – November 18, December 2, 9, January 6, 13, 20, February 10, 17, March 3

Cycle 3

Mondays – March 6, 13, 20, 27, April 3, 17, 24, May 1, 8
Tuesdays – March 7, 14, 21, 28, April 4, 18, 25, May 2, 9
Wednesdays – March 2, 9, 16, 23, April 6, 13, 20, 27, May 4
Thursdays – March 9, 16, 23, 30, April 6, 20, May 4, 11, 18
Fridays – March 10, 24, 31, April 7, 21, May 5, 12, 19, 26

Year Long Program Schedules – 2016 – 2017

Junior Debate

Thursdays – 3:30 – 4:30

November 10, 17, December 1, 8, January 5, 12, 19, February 2, 9, 16, March 2, 9, 16, 23, 30, April 6, 20,
May 4, 11, 18, 25

Junior Forensics

Mondays – 3:30 – 4:30

November 7, 14, 21, 28, December 5, 12, January 9, 23, 30, February 6, 13, 27, March 6, 13, 20, 27, April 3, 17, 24,
May 1, 8

Beginner's Taekwon-Do

Fridays – 3:30 – 4:30

November 11, 18, December 2, 9, January 6, 13, 20, February 10, 17, March 3, 10, 24, 31, April 7, 21, May 5, 12, 19, 26

Intermediate Taekwon-Do

Tuesdays/Thursdays – 3:30 – 4:30

November 1, 8, 10, 15, 17, 29, December 1, 6, 8, 13, January, 3, 5, 10, 12, 17, 19, 31, February 2, 7, 9, 14, 16, 28,
March 2, 7, 9, 14, 16, 21, 23, 28, 30, April 4, 6, 18, 20, May 2, 4, 9, 11, 16

Advanced Taekwon-Do

Mondays/Wednesdays – 3:30 – 4:30

November 7, 9, 14, 16, 21, 28, 30, December 5, 7, 12, January 4, 9, 11, 18, 23, 25, 30, February 1, 6, 8, 13, 15, 27,
March 1, 6, 8, 13, 15, 20, 22, 27, 29, April 3, 5, 17, 19, 24, May 1, 3, 8, 10

Chess Classes

Tuesday Classes - Chess 1 (K-5) – 3:45 – 4:30

November 8, 15, 29, December 6, 13, January 3, 10, 17, 31, February 7, 14, 28, March 7, 14, 21, 28, April 4, 18, May 2.

Friday Classes - Chess 2 (2-5) 3:45 – 4:30

November 11, 18, December 2, 9, January 6, 13, 20, February 10, 17, March 3, 10, 24, 31, April 7, 21, May 5, 12, 19, 26.

PLEASE PRINT AND POST THIS SCHEDULE

After School Activities Schedule of Year Long and Cycle Two Class Offerings

Year Long Class Programs	INSTRUCTOR	GRADES	DAY OF CLASS	PRICE
Junior Forensics	Cantor	3-5	Monday	462
Advanced TaeKwon Do	Master Gil	Green/Blue/Red Belts	Monday/Wednesday	1025
Chess 1	Cornwall	K-2	Tuesday	369
Intermediate TaeKwon Do	Master Gil	Yellow/Orange Belts (New Students - Instructor Approval)	Tuesday/Thursday	1025
Junior Debate	Stern	4-5	Thursday	462
Beginning TaeKwon Do	Master Gil	White Belts	Friday	492
Chess 2	Cornwall	2-5 (2 nd graders and New Students – Instructor Approval)	Friday	369
Cycle 2 – Class Name	INSTRUCTOR	GRADES	Mondays	PRICE
Paint Design Composition	Mas/Balber	2-5	Monday	200
Boys Lacrosse	Fontenot	3-5	Monday	200
Cooking With Superfoods	Chef Julia	K-5	Monday	285
Archery	Brown	3-5	Monday	200
Silly Scientists	Robbins	JK-1	Monday	255
Tennis Like a Pro	Sterne	JK-K	Monday	255
Golf Basics	Bowden	JK-1	Monday	255
Terrific Travelers	Severson	JK-2	Monday	225
NEW Yoga and Mindfulness	Gingrich	1-3	Monday	200
NEW Scratch with Makey Makey	EFK Staff	K-2	Monday	325
NEW Engineering 101 Technology Club	EFK Staff	3-5	Monday	325
Cycle 2 – Class Name	INSTRUCTOR	GRADES	Tuesdays	PRICE
Sports Mania	Robbins	JK-2	Tuesday	200
NEW Boy's Junior Lacrosse	Fontenot	K-2	Tuesday	200
Weaving	Mas/Balber	2-5	Tuesday	255
Critter Crafts	Severson	JK-2	Tuesday	225
Cake Decorating	Chef Julia	3-5	Tuesday	285
Introduction to Robotics	Stern	1-2	Tuesday	285
Lights, Camera, Action	Duffield	JK-1	Tuesday	200
Girl's Lacrosse	Fenton	2-5	Tuesday	200
Archery	Brown	3-5	Tuesday	200
NEW Beginners Tennis	Boczova	1-2	Tuesday	255
NEW Reduce, Reuse, Recycle	Sunyak	K-2	Tuesday	225
NEW Idea to Invention	Ayvar	JK-K	Tuesday	285

Cycle 2 – Class Name	INSTRUCTOR	GRADES	Wednesday	PRICE
Rocketry	Womack	3-5	Wednesday	285
Art for Beginners	Mas/Balber	K-1	Wednesday	255
Acting and Improvisation 101	Red Carpet Kids	2-5	Wednesday	325
Acting and Improv Adventure Series	Red Carpet Kids	JK-1	Wednesday	325
Gymnastics and Tumbling	Gretz	JK-1	Wednesday	200
5K Kids Advanced	Bowden	2-5	Wednesday	225
Creative Movement	Woods	JK-2	Wednesday	200
NEW Yoga and Mindfulness	Gingrich	3-5	Wednesday	200
Boys Lacrosse	Fontenot	3-5	Wednesday	200
Vex Robotics	Rodriguez/Puglisi	3-5	Wednesday	285
Baking With Chef Julia	Chef Julia	K-5	Wednesday	285
Crafternoons	Sunyak	K-2	Wednesday	225
NEW Beginners Tennis	Boczova	3-5	Wednesday	255
Cycle 2 – Class Name	INSTRUCTOR	GRADES	Thursdays	PRICE
Cheerleading	Gretz	JK-5	Thursdays	225
Hip Hop	Woods	JK-3	Thursday	225
Girl's Lacrosse	Fenton	2-5	Thursday	200
Silly Scientists	Robbins	JK-1	Thursday	255
Advanced Cooking	Chef Julia	3-5	Thursday	285
Light's Camera Action	Duffield	2-5	Thursday	200
Blooming Bouquet	Mas	2-5	Thursday	285
NEW Little Sticks Lacrosse	Fontenot	JK-K	Thursday	200
NEW Junior Solar Sprint *2 Cycle Class - 18 Weeks	Garren	3-5	Thursday	500
NEW Idea to Invention	Ayvar	1-2	Thursday	285
Cycle 2 – Class Name	INSTRUCTOR	GRADES	Fridays	PRICE
Gymnastics and Tumbling	Gretz	JK-1	Friday	200
Sports Mania	Robbins	JK-2	Friday	200
NEW Engineering 201 Club	EFK Staff	JK-2	Friday	325
NEW Electronic Game Design	EFK Staff	3-5	Friday	325
NEW Girl's Junior Lacrosse	Fenton	K-2	Friday	200
5K Kids Beginners	Bowden	2-5	Friday	225
Ballet and Jazz	Woods	JK-3	Friday	200
NEW Yoga and Mindfulness	Gingrich	JK-1	Friday	200
NEW Little Sticks Lacrosse	Fontenot	JK-K	Friday	200
Girl's Volleyball	Contreras	3-5	Friday	200

Registration for all After School classes is ONLINE – Register early to ensure placement in the classes of your choice.

Please use the following link to reach the After School Activities Marketplace Store Site

www.uschool.nova.edu/afterschoolactivities

Prices increase by \$25.00 for all classes on Saturday, November 12, 2016

Refunds Policy:

Refunds for After School Activity classes are provided through Friday, November 11. After this date, if for some reason a child cannot complete the class, the student will be given the opportunity to join another class that is available and open during the current cycle. No refunds will be offered after Friday, November 11.

To obtain a refund, you must complete the following items:

- 1. Send a written/email request to Robin Mendelson, Program Coordinator, prior to the beginning of Cycle 2, Friday, November 11.**
- 2. Cash Payments: Only written/email request required by Friday, November 11.**
- 3. Online Payments: Only written/email request required by Friday, November 11.**
- 4. Payments by Check: Written/email request and a copy of the front and back of the cancelled check used to pay for Afterschool Activities must be submitted by Friday, November 11.**
- 5. Once these items have been received, your refund will be processed. Refunds take approximately 2-3 weeks from the day they are submitted.**

****Please understand, these are NSU policies that we are required to adhere to.**

Lower School Martial Arts Program

Master Javier Gil will return to the NSU University School as the instructor for our Year Long Martial Arts Program.

Advanced Class – Mondays and Wednesdays – 3:30 – 4:30 – **Green/Blue/Belts**

Intermediate Class – Tuesdays and Thursdays – 3:30 – 4:30 – **Yellow/Orange Belts**

Beginner Class – Fridays – 3:30 – 4:30 – **White Belts** and all new students.

The cost of the remaining year long program is:

Advanced and Intermediate Classes 2x per week – \$1025

Beginning Class 1 x per week - \$492

Register ONLINE for classes.

****This does not include the \$67.00 TaeKwon Do Uniform, Belt Fee or Testing Fees****

**** (Additional testing fees will be assessed at time of testing.) ****

TaeKwon Do Uniform Order Form

Please print and return this form with your payment made payable to: Javier Gil

Payments should be sent or delivered to the NSU University School – Lower School – Attention: Robin Mendelson

Student Name: _____ Grade: _____

____ Beginners

____ Intermediate

____ Advanced

Fridays

Tuesday/Thursdays

Monday/Wednesday

White Belts

Orange/ Yellow Belts

Green/Blue/Belts

All NEW students will register for Beginners. New students to NSU University School with prior TaeKwon Do Experience will be evaluated by Master Gil for placement.

Check # _____

Total \$ _____

****This form must be printed out and submitted with a check payable to Javier Gil.
Thank you.**

NSU University School

NOVA SOUTHEASTERN UNIVERSITY



CCS
CORNWALL
CHESS SERVICES



CCS has been a leader in scholastic chess training for over twenty-five years. Its students and schools have won many local, state, and national titles while helping kids develop their mental skills through chess. Many NSU University School individuals and teams trained by CCS have won Florida Championship titles. They have even won National Scholastic Championships and been rated #1 in the U.S. by age.

CCS is directed by former Florida Chess Champion Bill Cornwall, nationally recognized chess trainer and newspaper columnist. His "Knight's Tour" chess column (published in the Sun-Sentinel and Los Angeles Times) has been ranked number one in the U.S. 11 times by the Chess Journalists of America. His personally-trained instructors help students enjoy chess while achieving personal growth by this challenging mental sport.

Bill Cornwall – Founder and Director of CCS

Florida Chess Champion (1988); Chess Master Certification (1972) from the United States Chess Federation (USCF); World Open Expert Champion. Winner of the Expert title in the National Open, U.S. Open (twice), and the U.S. Class Championships; Chess trainer for over 35 years. Students' names have appeared regularly in the National Top-100 Lists; Organizer and director of many award-winning school chess programs; Chosen to be a member of both the USCF Chess in Education and the USCF Rules Committees.

Primary CCS Instructors

CCS instructors have all been personally and professionally involved with chess and chess instruction for many years. Each has had years of experience with CCS and its school chess programs. Each has a high respect for the value of chess as an educational tool for children and is strongly involved in teaching chess to them.

Cornwall Chess Services 837 NW 110 Ave. Coral Springs, FL 33071 (954) 575-7063 CCSknight@BellSouth.net

Chess is a Year Round program. NSU University School – Year Long Chess Program

Chess 1 - (K-5) – Tuesdays 3:45 – 4:30

Chess 1 students (K-5th grades) cover the basic and advanced rules, history of the game, the parts of a chess game, and simple tactics and strategies for each stage of play. Students get practical experience playing chess with supervision to ingrain the basics into their actual play.

Chess 2 – (2nd-5th) – Fridays 3:45 – 4:30

Chess 2 students (2nd-5th grades with prior Chess experience) gain familiarity with chess and learn its most important strategies and tactics of chess. They learn the principles for beginning (Opening) chess games and specific patterns to follow. They also learn many of the end of game (Endgame) patterns, including those for checkmate and stalemate. Students get practice playing chess to apply what they learn. (**2nd Grade students and all new students, must have the approval of the Chess Administrator)

For all questions regarding placement in Chess classes, please contact Bill Cornwall, Chess Administrator.
(954) 575-7063 CCSknight@BellSouth.net

Program Fees – Chess Classes and Club

Tuesday Classes – **Chess 1** K – 5th – \$369.00

Friday Classes – **Chess 2** 2nd – 5th – \$369.00 (2ND GRADERS AND NEW STUDENTS NEED APPROVAL FROM INSTRUCTOR)

****IMPORTANT**** The above fees do not include participation in the Chess Tournaments. Information regarding tournament registration and fees will be sent by Bill Cornwall, Chess Administrator. All fees and registrations associated with tournaments will be collected and organized by the Chess Administrator.

Chess Schedule

PLEASE PRINT AND POST THIS SCHEDULE

Chess 1 (K-5) Tuesday Classes – 3:45 – 4:30

October 4, 11, 18, 25, November 8, 15, 29, December 6, 13, January 3, 10, 17, 31, February 7, 14, 28, March 7, 14, 21, 28,
April 4, 18, May 2.

Chess 2 (2-5) Friday Classes - 3:45 – 4:30

October 7, 14, 21, 28, November 11, 18, December 2, 9, January 6, 13, 20, February 10, 17, March 3, 10, 24, 31, April 7,
21, May 5, 12, 19, 26.

INTRAMURALS

**NSU UNIVERSITY SCHOOL
Intramural Basketball - Season 2
Intramural Soccer – Season 2
2016 – 2017**

Bryon Rostanzo, NSU University School Summer & Extended Programs Director

The Intramural Basketball/Soccer Programs will provide a competitive, yet fun environment for children of all skill levels. The focus is comprehensive participation, teamwork, physical activity and youth development. The goal of these program is for children to learn and improve their basketball/Soccer skills and to have a positive experience. In the interest of keeping all teams fair and having competitive balance, we cannot guarantee buddy requests at this time. We also reserve the right to make changes to any teams if we see an inequality in game play.

Below you will find the information on both programs for Cycle 2 – Season 2. Again, we will be running both Intramural Basketball for 4-5 graders and Intramural Basketball for 2-3 graders during Cycle 2. Intramural Soccer is for 3-5th graders.

Please read all information carefully. If you have questions, please call Mr. Rostanzo (954-262-4521).

Included in this packet is information regarding the Intramural season 2:
Dates, General Information, Student/Parent Responsibility Acceptance Form (to be signed by both parent and student)

The program cost is \$250.00 per player. This fee includes game shirt, trophy, and helps to offset all other activity fees. Registration for Intramurals is online but the acknowledgement form below must be submitted by clicking one of the following links: www.uschool.nova.edu/afterschoolactivitiesBI, (Basketball) www.uschool.nova.edu/afterschoolactivitiesSI, (Soccer) or printing out the form and sending it to the NSU University School.

Participation is on a first come first served basis.

Intramural Basketball Game Schedule

SEASON 2 – Grades 4-5

IMPORTANT SEASON DATES

Season 2: November 14 – February 8, 2017

Evaluation: ALL PLAYERS WILL BE EVALUATED on **Monday, November 14 at 3:30 – 4:30**

Team Assignments will be emailed to parents on: **Tuesday, November 15**

Games: Wednesday, 3:30–4:15 and 4:15–5:00

Wednesdays	Time	Teams
11/30/16	3:30 4:15	1 vs. 2 3 vs. 4
12/7/16	3:30 4:15	2 vs. 4 1 vs. 3
1/4/17	3:30 4:15	1 vs. 4 2 vs. 3
1/11/17	3:30 4:15	3 vs. 4 1 vs. 2
1/18/17	3:30 4:15	1 vs. 3 2 vs. 4
1/25/17	3:30 4:15	2 vs. 3 1 vs. 4
2/1/17	3:30 4:15	4 vs. 1 3 vs. 2
2/8/17	3:30	Championship Game And Trophy Award Ceremony

SCHEDULES ARE TENTATIVE AND WILL BE UPDATED IF NEEDED ONCE TEAMS ARE FORMED

Basketball Practice Schedule – 4th-5th Grades

[Monday Practice Dates – 3:30 – 4:30](#)

November 14, 21, 28, December 5, 12, January 9, 23, 30, February 6

[Wednesday Practice Date – 3:30 – 4:30](#)

November 16

PLEASE PRINT AND POST THIS SCHEDULE

Intramural Basketball Game Schedule

SEASON 2 – Grades 2-3

IMPORTANT SEASON DATES

Season 2: November 15 – February 2, 2017

Evaluation: ALL PLAYERS WILL BE EVALUATED on **Tuesday, November 15 at 3:30 – 4:30**

Team Assignments will be emailed to parents on: **Wednesday, November 16**

Games: Thursday, 3:30–4:15 and 4:15–5:00

Thursdays	Time	Teams
12/1/16	3:30	1 vs. 2
	4:15	3 vs. 4
12/8/16	3:30	2 vs. 4
	4:15	1 vs. 3
12/15/16	3:30	1 vs. 4
	4:15	2 vs. 3
1/5/17	3:30	3 vs. 4
	4:15	1 vs. 2
1/12/17	3:30	1 vs. 3
	4:15	2 vs. 4
1/19/17	3:30	2 vs. 3
	4:15	1 vs. 4
1/26/17	3:30	4 vs. 1
	4:15	3 vs. 2
2/2/17	3:30	Championship Game And Trophy Award Ceremony – All

SCHEDULES ARE TENTATIVE AND WILL BE UPDATED IF NEEDED ONCE TEAMS ARE FORMED

Basketball Practice Schedule – Grades 2nd-3rd

[Tuesday Practice Dates – 3:30 – 4:30](#)

November 15, 22, 29, December 6, 13, January 3, 10, 17, 31

[Thursday Practice Date – 3:30 – 4:30](#)

November 17

PLEASE PRINT AND POST THIS SCHEDULE

INTRAMURAL SOCCER

SEASON 2 – GRADES 3-5

IMPORTANT SEASON DATES

Season 2: November 15 – February 2, 2017

Evaluation: ALL PLAYERS WILL BE EVALUATED on **Tuesday, November 15 at 3:30 – 4:30**

Team Assignments will be emailed to parents on: **Wednesday, November 16**

Games: Thursday, 3:30–4:15 and 4:15–5:00

Thursdays	Time	Teams
12/1/16	3:30 4:15	1 vs. 2 3 vs. 4
12/8/16	3:30 4:15	2 vs. 4 1 vs. 3
12/15/16	3:30 4:15	1 vs. 4 2 vs. 3
1/5/17	3:30 4:15	3 vs. 4 1 vs. 2
1/12/17	3:30 4:15	1 vs. 3 2 vs. 4
1/19/17	3:30 4:15	2 vs. 3 1 vs. 4
1/26/17	3:30 4:15	4 vs. 1 3 vs. 2
2/2/17	3:30	Championship Game And Trophy Award Ceremony – All

SCHEDULES ARE TENTATIVE AND WILL BE UPDATED IF NEEDED ONCE TEAMS ARE FORMED

Soccer Practice Schedule – Grades 2nd-3rd

[Tuesday Practice Dates – 3:30 – 4:30](#)

November 15, 22, 29, December 6, 13, January 3, 10, 17, 31

[Thursday Practice Date – 3:30 – 4:30](#)

November 17

PLEASE PRINT AND POST THIS SCHEDULE

Student/Parent Responsibility Acceptance Form

Use the following links to submit this form online

www.uschool.nova.edu/afterschoolactivitiesBI (Intramural Basketball)

www.uschool.nova.edu/afterschoolactivitiesSI (Intramural Soccer)

As a responsible NSU University School student, I accept the following and will comply with all requirements in a respectful manner. Being part of a team is a commitment. Sometimes that means making a hard choice between activities. As a player, you will need to accept the following responsibilities:

1. Attend all practices and games. If you must be absent, please notify coach in advance.
2. If a child is in school and does NOT practice, they will not play during that week's game.
3. If a student is NOT in school on game day, or goes home sick, they may NOT return to play in the game.
4. Any conduct deemed inappropriate by program staff, either during practices or games, will result in that party needing to leave the practice/game.
5. Players will wear pinnies on practice days.
6. Unsportsmanlike conduct will not be tolerated. This includes, but is not limited to: yelling with derogatory terms, disrespectful tone or negative, hostile attitude toward other teammates, referees, coaches, or adults; physical outbursts of any kind. This could result in further action including, but not limited to, expulsion from program.
7. Any conduct toward the referee deemed inappropriate by the program administrators will result in that party needing to leave the building.
8. Game shirt MUST be worn on game day.

I have read and agree to abide by the above at all times.

Student First and Last Name: (Please Print) _____

Parent Signature

Student Signature

Grade

Date: _____ Email Address: _____

In case of emergency, contact: _____
(Phone # and Name of Individual)

Emergency Contact's relationship to student: _____

Following Basketball/Soccer, my child will go to: ___ Carpool ___ Aftercare

Bus Riders: ___ My child is a bus rider and will not be riding the bus on Basketball/Soccer days.

Please circle your child's appropriate t-shirt size.

Youth Small Youth Medium Youth Large Adult Small Adult Medium Adult Large