



## Extra-Curricular Enrichment Programs for Winter

The Academy provides quality and varied extracurricular opportunities for students after school. Students at Academy run a number of clubs representing a wide range of interests and identities. Clubs provide students with opportunities to get involved in the school, meet new people, and to take leadership positions. Additionally, many students have gained leadership skills through the experience of founding a club. All clubs are student-initiated with the support of an adult advisor. To start a club, students must write a proposal and submit it to the Athletic Director for approval.

### **Basketball**

This is our after-school club that is focusing on improving your basketball skills, knowledge, and competition. Mr. Garcia and Mr. Henry are coaching it on Tuesdays and Thursdays after school.

### **Introduction to Neuroscience**

Ever wanted to control a machine with your brain? In this hands-on program, participants will learn how the nervous system sends signals all over the body. We will hear and see the electrical impulses sent by nerve cells in animals and observe how a cockroach leg can "dance" to sound waves. We will learn what neuroscientists and neuroengineers do, and find out how to control a robot with just our brain waves. Max capacity 8 students.

### **Futsal 4v4 Intramural League**

Gather your team or join as an individual to play in our Futsal league after school. The league is going to be run on Fridays after school with 3 game times: 3:40, 3:50, 4:10. There will be room for a maximum of 7 teams in the league with 6 game season and playoffs to determine the Triton Futsal Champions. Teams are max 5 players with a maximum of 1 faculty member. There will be league rules to follow when submitting application for team.

### **Competitive Hip Hop Dance Team**

This is a team that will meet once a week to develop the latest hip hop dance moves. Creativity and tenacity will be important to be part of this club. There is a competition to aim for at the end of February.

### **Theatre**

This club is focusing on a production for the school towards the middle of March. Have you ever wanted to put your acting skills to the test? Have you wanted to understand what it takes to perform in front of an audience? Step into the world of theatre and come play.

\*\*There will be sign-ups for your interest on the bar. Please sign up if you are interested in checking it out!