



2022-23 Program Highlights

February 2023

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	<input type="checkbox"/> Pāhoa	<input type="checkbox"/> Waiākea	<input type="checkbox"/> Waialua	<input type="checkbox"/> Wai'anae	<input type="checkbox"/> Washington	

CLASSES



Basketball Conditioning class focused on developing speed, agility, accuracy and confidence.

Defensive drift and close quarter rebounding drills were fast-paced, requiring students to focus on utilizing all the skills they learned throughout the quarter.

By the end of the month, plays were quicker and more accurate.



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Footwork and coordination are fundamental skills needed in volleyball. All-Stars completed targeted exercises to help with maintaining a “ready” stance. Placing a ball between students’ knees helps in remembering to remain in a squat position, low to the ground.

In another exercise, athletes worked in pairs to shuffle from one side of the court to the other in an upright position. This developed speed and communication.

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All-Stars in *Volleyball Conditioning* class also worked on ball control. Students were instructed to keep their eyes on the ball while in ready position. Adjusting the direction of their arms allowed the ball to move left, right, or center.

Quickly shuffling to the ball took a little practice. After a few tries, students gained confidence in their ability to move and accurately bump the ball in a specific direction.



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Ms. Mika used a 1-2-3 step method to show her *Softball* class how to pitch, hit, and catch.

1. Position body and place four fingers on the lace of the softball. 2. Rotate your arm backwards while pushing off with your back foot. 3. Release ball



Students had the most fun practicing to hit.

1. Keep a square stance with elbows up. 2. Keep eyes on the ball. 3. Swing once the ball reaches the top of the base.



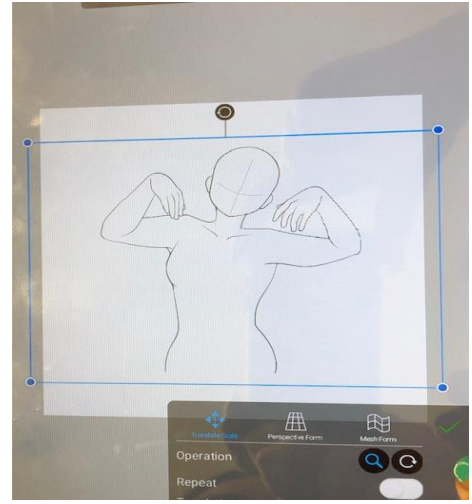
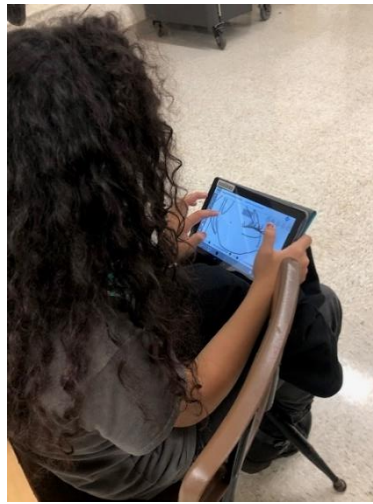
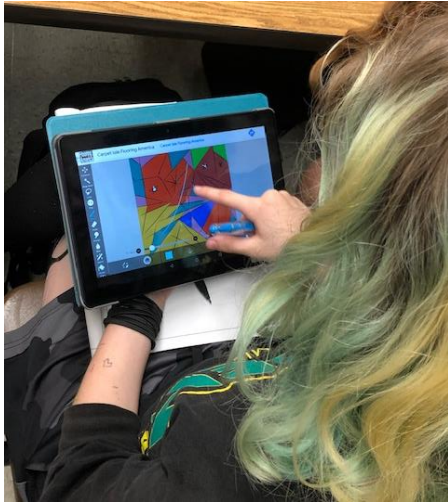
Catching a softball isn't as easy as one might think.

1. Watch the direction of the ball at all times. 2. Move your body to where the ball is, keeping your body as square as possible. 3. Grip the ball firmly with your glove.

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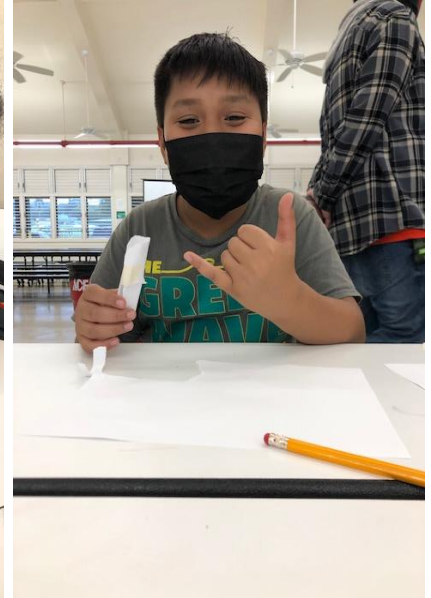
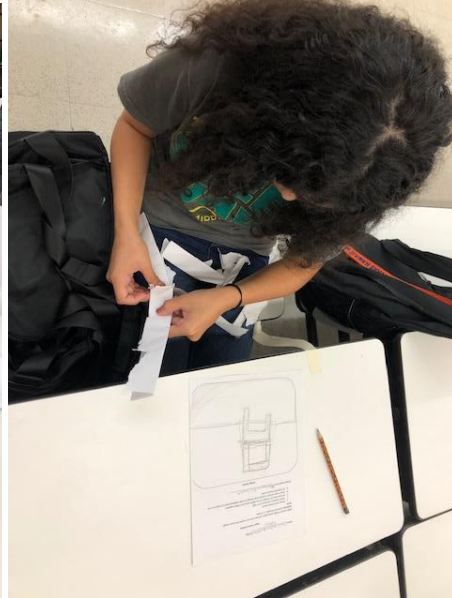
Familiar with their digital platform, All-Stars in *Digital Media* class got creative this month. Signature chibi anime contains large, exaggerated features- such as big eyes and hairstyles. Students followed the form while adding a few personal touches.

The color blends and clothing styles of students' characters mirrored their personal style and creativity. One student shared that she enjoyed chibi because she loves how cool different patterns and colors look together.

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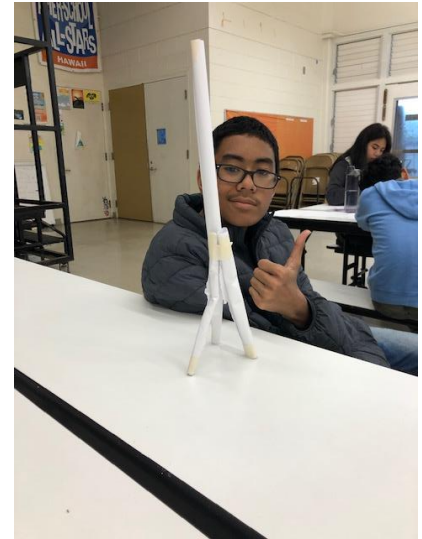
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CLASSES



Students learned about structural design in *Brain Games* class. Stepping outside of the usual board and online games, students designed structures using two pieces of paper and one foot of tape.

After several unique designs, students were shown that spherical and prism shaped structures were best suited to hold the most amount of pressure and weight.



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Football Conditioning athletes took advantage of the few sunny days this month. In preparation for the ASAL Pylon Football championship game students worked on defense. Defensive teams practiced on reading opposing players to gain picks.

Athletes were taught the importance of observing the quarterback and watching how each player moves throughout the game.



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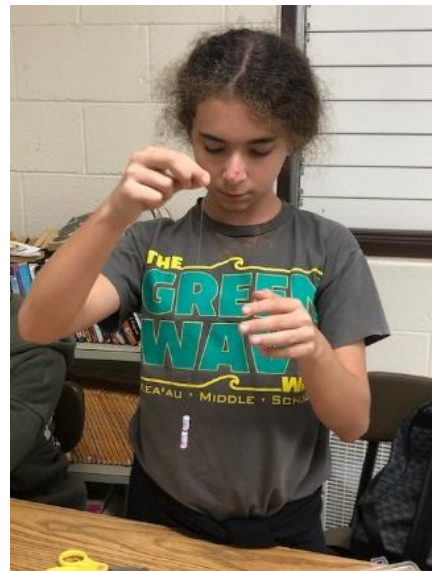
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SERVICE LEARNING PROJECT – LIFE SERVICE ACTION



We are excited to welcome incoming Grade 6 students next year.

As a symbol of friendship current All-Stars will be gifting incoming students beaded friendship bracelets to let them know they will have a friend at All-Stars when they start the new school year.





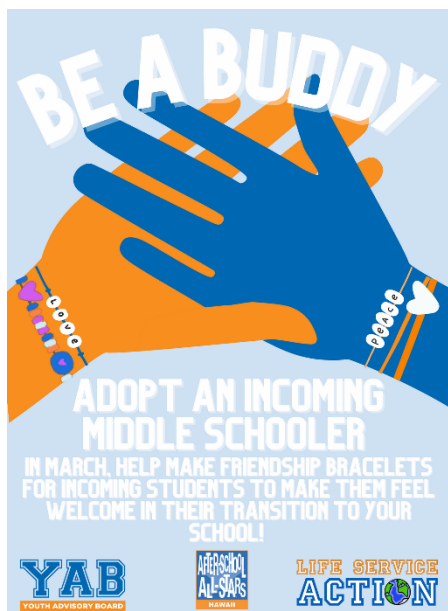
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YOUTH ADVISORY BOARD



The All-Star Yabbies continue to connect with other Youth Leaders from All-Stars schools. The Yabbies are focused on the March bracelet project for local 5th graders, as they distribute friendship bracelets to let incoming students know that they will have a friend at middle school.





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STAFF TRAININGS and GUEST SPEAKERS



Scott Mann of VentureLabs provides ASAS staff with innovative ideas and structured curriculum to help guide students through the Career Exploration (CEO) class