

7TH PERIOD ENRICHMENT COURSES

CLUBS
START 8/19



Sports Medicine with Lucas

\$150/Quarter - HS students will explore the field of Athletic Training and its role within the "Sports Medicine Umbrella," by exposing students to general concepts of Sports Medicine, including: History of Athletic Training, Legalities and Ethics, Medical Vocabulary, Environmental Conditions, Equipment, Anatomy/Physiology, Common Sports Injuries and Illnesses, Injury Prevention Strategies, Nutrition/Wellness, Orthopedic Evaluations, Therapeutic Rehabilitation, Medical Documentation, etc..



Sculpting with Mr. Harris

\$275/Semester - Sculpting provides students the opportunity to learn how to create representational pieces of work that are fully three dimensional. The course will cover how to use clay to block in the basic larger forms before moving on to the smaller details. Finished projects will get an opportunity to have their work molded so that they can create a permanent resin cast of their clay sculpture.



Advanced Band w Dr. Rodriguez

\$150/Semester - Students to continuing learning a wind instrument and perform in a large ensemble. The ensemble learns literature from the art music repertoire. Students hone their musical abilities on wind instruments, which include the flute, clarinet, saxophone, trumpet, trombone, and tuba. Students learn a plethora of tangible and intangible abilities such as proper breath control, body posture, group work, how to balance, tuning, fine motor skills, and eye hand coordination.



Chess with Mr. Poudrier

\$100/Semester - Come play Chess at the end of the school day! Topics covered will include understanding the core fundamentals of chess, exploring opening concepts for both sides, solving a variety of chess puzzles, and of course playing games of chess in a quiet and casual setting.

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Korean with Mrs. Yu

\$175/Semester - Step into an exciting and enriching exploration of the Korean language and culture with our carefully designed course tailored for beginners and those with limited Korean proficiency. Delve into a comprehensive curriculum encompassing basic vocabulary, essential phrases, essential grammar principles, and captivating insights into Korean traditions and customs within our interactive and supportive learning environment.



Mock Trial with Mr. Gove

\$175/Semester - Mock Trial gives students the opportunity to learn the principles and procedures of civil and criminal trials in the American legal system, as well as the knowledge and skills to be an effective advocate in the courtroom. Most importantly, students will have the opportunity to put what they are learning into practice as the "attorneys" in simulated trials.



Speech & Debate with Mr. Quenneville

\$175/Semester - Speech & Debate aims to train students in the technical aspects and skills needed to formulate and defend a position in conversation through one on one debate. Students will gain familiarity with the timing and preparation needed for debates in a standard Lincoln-Douglas format. They will construct arguments for both the affirmative and negative side of the debate topic, then practice speaking and discussion skills by debating each other.



Choir with Mr. Rasmussen

\$175/Semester - The Lincoln Chamber Singers is an ensemble committed to engaging young musicians in music that is not only beautiful, but that captivates the heart and soul. Repertoire will have harmonies in 4-parts or more that challenge and expand our musical theory abilities. Stay tuned for audition information starting on Monday, August 5!

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Yearbook with Dr. Paull

Members are responsible for putting together the entirety of the Lincoln Prep Yearbook. Interested in learning how you could help? Talk to Dr. Paull before registration closes!



Musical Theater with Mrs. Rasmussen

\$250/Semester - Meets until 4pm! Come explore the excitement and wonder of live theatrical performance in Lincoln Prep's Theater Enrichment Course. The Lincoln Lightning theater program calls upon enthusiastic young actors and stage crew members alike who seek a sense of community, creative self expression, and belonging. Join us each semester as we rehearse and perform for the Lincoln community, producing a stage play in the Fall and a musical in the Spring. Audition required!



Robotics with Mr. Acharya

\$250/Semester - Robotics will meet Tuesdays from 3:15-4:15pm. Students will collaborate with other group members in designing, prototyping, building, testing, revising, and writing code to control a robot to perform tasks. The club's objective is to provide students with resources to develop understanding of the coding, engineering, and social aspects of Robotics. During club hours students will be engaged in 3D designing, circuit building and block coding using online platforms like TinkerCAD, circuits, and coding, VRcode Vex, and AndroidStudio, Onshape.



Beginning Band w Dr. Rodriguez

\$150/Semester - Meets Tues & Fri from 3:15-3:55pm. Beginning Band is a platform for students to learn a wind instrument while performing in a large ensemble. The ensemble will learn fun musical literature as they hone their musical abilities on wind instruments, which include the flute, clarinet, saxophone, trumpet, trombone, and tuba. Students learn a plethora of tangible and intangible abilities such as proper breath control, body posture, group work, how to balance, tuning, fine motor skills, and eye hand coordination.

REGISTRATION DETAILS

**Registration is only open between
August 11-17!**

There is no late registration this year so please mark your calendars to get registered the week of August 11.

After registration closes, students not registered in an EC will stay in their Study Hall, allowing them time to complete homework before heading home for the day.

All clubs meet 2:35-3:05 on full days unless noted.



Choir
Theater
Yearbook



Sports Medicine
Speech & Debate



Beginning
Band
Robotics

Study Club is available on Wednesdays from 12:45-3:05pm with Mr. Stone in 313. Study Club is a quiet space designed for students who need extra time on campus before they can be picked up on Wednesdays. Study Club attendance is not required every Wednesday, but only students who register during registration week can attend. Registration is open with Enrichment Courses.