

# ENRICHMENT & 7TH PERIOD CLASSES

Check out the options for first semester Enrichment Courses! Registration will take place in the Payment Portal between June 16-July 23.  
More details will be made available as we get closer to registration opening.

## ADVANCED BAND

\*Needs approval from Dr. Rodriguez.

Students in Advanced Band will continue to learn to play their instruments and to play in an ensemble. They also perform at various events throughout the year!

## SPORTS MEDICINE

\*Open to HS students only.

High school students will explore the field of Athletic Training and its role within the "Sports Medicine Umbrella". As an overview, this course will expose students to general concepts of Sports Medicine, including: History of Athletic Training, Legalities and Ethics, Medical Vocabulary, Environmental Conditions, Anatomy/Physiology, Common Sports Injuries and Illnesses, etc!

## CHESS

Come play Chess during 7th period! 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.

## CHEERLEADING

\*Must have made the squad to register.

Congratulations on making Lincoln Preps 1<sup>st</sup> Cheer Squad! Practices will occur during 7<sup>th</sup> period in the gym; be sure to register this summer so you can work with Coach Schöneberg!

## WEIGHTLIFTING

\*Needs approval from Coach Brillhart \*Ends at 3:30pm. \*Open to HS students only.

Coach Brillhart has designed a sports performance specific strength training routine for student-athletes. Athletes will work on key fundamentals that will help them become faster and more explosive for their sport.

## ALG. I PREP CLASS

Did you miss taking Algebra I in 8th grade and need help preparing to earn that credit to graduate? Or maybe you just want extra help on this subject? Spend your 7th period preparing for that test with one of the best math teachers around, Mr. Hayashi!

## YEARBOOK

\*Needs approval from Dr. Paull.

This is a yearlong class so please plan on registering for S2 as well! Work together to create a record of your school year, encompassing a range of activities including photography, design, writing, and layout. You will learn essential skills like teamwork, time management, and responsibility, all while creating a beautiful end product!

## MUSICAL THEATER

Join us for The Princess Bride with our new Drama teacher, Mrs. Kludas! Students will learn all about putting on a production and perform three shows in November.

**\*\*Everyone who auditions will get a role so you can register during the registration window.**

## MOCK TRIAL

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 effective advocates in the courtroom. Most importantly, students will have the opportunity to put what they are learning into practice as the "attorneys" in simulated trials.

## PORTRAITURE

Spend 7<sup>th</sup> period strengthening your skills in portraiture, working with Mr. Harris! You will learn how to create realistic or expressive portraits in various mediums while covering techniques, anatomy, composition, and more!

## AFTER SCHOOL OPTIONS

### BEGINNING BAND

Want to learn a wind instrument while performing in a large ensemble? Join Dr. Rodriguez after school!

**\*\*Open to ACL 5th Graders as well.**

### SCHOOL OF ROCK

**\*\*Open to 8th-12th Graders**

Calling all musicians and future legends! School of Rock kicks off after school next semester twice a week! If you're a musician or aspiring musician and have at least a basic knowledge of your instrument (yes vocals count!), this is your chance to jam, form a band, and work on two-three songs for an epic Battle of the Bands showcase at the end of the year!

**\*\*Registration will take place in August!!**

### STUDY CLUB

Wednesdays, 12:45-3:05pm on campus

This is for kids who can't be picked up early, and serves as a space to work on homework under the supervision of a teacher.