

CAMBRIDGE CAP
PO BOX 54
CAMBRIDGE WI

The Cambridge Re-CAP

WINTER/SPRING 2011



SPECIAL POINTS OF INTEREST:

- Donkey Basketball
- Meet the Staff
- Cooking with Kids
- Preschool Programs
- Gut Busters
- Ask CAP

Putting the Fun in Fundraiser

On Sunday, February 13, the Cambridge Community Activities Program teamed up with the Cambridge Athletic Booster Club to bring donkey basketball to Cambridge. Dairyland Donkeyball traveled from Chippewa Falls to put on the family oriented experience.

Roughly 300 people attended the event and enjoyed an afternoon filled with laughter, excitement, and free donkey rides.

Four teams competed for the coveted first place donkey trophy. Teams included the Cambridge Fire Department, Cambridge School District teachers and coaches, Cambridge CAP staff and volunteers, and Cambridge Alumni. Of course, the day would not have run smoothly without the clean-up

crew, which consisted of Superintendent Ron Dayton and school board members Mark Cook and Joe Pleshek.

To start the afternoon, the Cambridge School District team took on the Alumni team. After 16 intense minutes of

donkey basketball, the Cambridge Alumni proved to be too much for the teachers and coaches. The Alumni team's leading scorer, Sarah Mickelson, was a dominating force for the team and just couldn't be stopped!

Following the first game, all children in attendance had the opportunity to receive a free donkey ride. Many took advantage of this chance, while others headed off to the con-



cession stand for some refreshments provided by the Booster Club.

After intermission, the Cambridge CAP team competed on the court with the Cambridge Fire Department. Both teams put forth a valiant effort in this nail-biter of a game, but in the end the Fire Department came away with the victory. The win set up the championship game between the Cambridge Fire Department and the Cambridge Alumni. In this fierce



battle, the Firemen found their donkeys just didn't cooperate with them, making scoring a difficult feat.

In the end, the Cambridge Alumni came away with the trophy by outscoring the volunteer firemen. Lighting up the scoreboard in the championship game was, again, alumni Sarah Mickelson. Some attributed Sarah's success to her extremely cooperative donkey that seemed to drive to the hoop each time Sarah was passed the ball!

After all was said and done, the day's organizers were pleased with the event. CAP Director Bridgette Scott commented, "What a fun experience! I'm so grateful to the community and the Cambridge Booster Club for the support they've shown this event. I think everyone had a great time!"

The smiles, laughter, and cheers that filled the Cambridge High School gymnasium throughout the day deemed the event a success in the eyes of Ms. Scott and Booster Club President, Dean Lund.



Cambridge CAP Staff & Volunteer Team

Meet . . . Amanda Hollis



Amanda Hollis has been employed by the Cambridge Community Activities Program since November 2010 as a CAP CARE Assistant and lifeguard.

In her position as CAP CARE Assistant, Amanda works daily with the children who attend the CAP's before and after school care program at Cambridge Elementary School. In addition to organizing games and activities for the kids to enjoy, Amanda coordinates the Cooking Club as well as the Adopt-a-Soldier program, in which the

kids send a care package to a soldier each month.

After growing up in Cedar Springs, MI, Amanda received an Associate Degree in Early Child Development from Grand Rapids Community College and a degree in Church Leadership from Atlanta Bible College. Prior to moving to Cambridge and working at CAP CARE, she worked as a preschool teacher, elementary teacher assistant, and reading tutor.

When asked about her favorite part of working for CAP CARE,

Amanda stated, "I love seeing the kids' faces when I give them a new idea or activity. I enjoy planning activities for them in which they are able to use their own creativity and imaginations to create their end results. And I love being a kid right along with them!"

Amanda has a husband of 10 years, Kevin, who is currently stationed in Meridian, MS with the United States Navy. Amanda and Kevin have two daughters, Hope and Isabella. In her spare time, Amanda enjoys volunteering, supporting military families, sewing, and cooking with her kids.

*"You miss
100% of
the shots
you don't
take."*

*~Wayne
Gretzky*

Kids in the Kitchen

It might be scary and stressful to imagine your kids in the kitchen. You might have egg shells in the scrambled eggs or flour pasted on the wall. Well, CAP took the *scary* out of cooking by offering a six-week course for children from 4K-4th grade called Cook with Books.

The children received hands-on experience with cooking, including reading recipes and tasting some of the yummy ingredients as they were added to the final product. By doing so, the children learned that

sometimes individual ingredients may not taste good, but when combined with others, the final product is much tastier than first thought!

Children who attended the class will tell you one of the most important rules of the cooking class (after the safety rules, of course) - you don't have to eat it all, and you don't have to like it, but you DO have to taste it! This simple rule helped the children realize that many foods that sound unpleasant or look unusual may actually be pretty

tasty.

Throughout the six weeks, the young chefs' culinary creations included breakfast banana splits, hummus, and meatballs for spaghetti. Each recipe was creatively tied into a children's story, and the children had fun guessing what the recipe would be after seeing what book they would be reading that day. They even found joy in helping clean up their cooking mess each week before leaving!

At the conclusion of the class, everyone received a cookbook of the delicious recipes made during the session. Instructor Amanda Hollis commented on the class: "I enjoyed seeing the kids coming to class each week excited to hear what they would be cooking. Many of them have checked out cookbooks at school to begin cooking at home! They are proud little chefs, and are enjoying showing mom and dad the skills they learned at cooking class."



Tiny Tots, Big Fun

Over the past six months, the CAP has expanded its offerings for preschool aged children, and has seen a great response!

The most recent class addition is First Friends, which is offered to children three and four years of age. First Friends is designed to let on-the-go parents drop off their child at a supervised playgroup while they run errands. The program is led by certified art teacher Kristin Stockwell, and offers youngsters two



hours full of fun and engaging activities. The group currently meets on Fridays (school year only) from 9:00 a.m. to 11:00 a.m. in the Cambridge Elementary School Family Room. Each class provides time for free play, art, music, movement,

story time, snack, and sharing with friends.

In addition to facilitating the First Friends program, Kristin also offered little ones an enjoyable experience in a class called Clay Play. Nine children took part in the class, exploring the different ways to manipulate and have fun with clay. The toddlers' favorite part of the class was when they were able to use a potter's wheel to experiment with their supplies. Each child was able to create a piece out of air dry clay to take home, with no kiln baking required. The class allowed parents and children to create, learn, play, and get messy together. Kristin commented on the classes: "I love working and creating with children. To watch a child come to a conclusion on their own through creating with their hands is so exciting! The confidence, enthusiasm, and result of this type of learning and creating is the most rewarding part for me."

Along with these new offerings, the CAP continues to offer the Start Smart series of classes for parents

and young children to participate in organized activities together. Start Smart Programs, created by the National Alliance for Youth Sports, helps prepare children and parents for organized sports. During the class, parents assist their child as they practice the



skills taught by the instructor. The CAP's summer youth offerings will include Start Smart Golf, Start Smart Baseball, and Start Smart Sports Development Program, which teaches a variety of sports related skills such as throwing, catching, kicking, and batting.

The summer brochure will be available soon; be sure to check it out for an entire listing of CAP toddler offerings! We hope to see you and your tot this summer!

"The only disability in life is a bad attitude."

~Scott Hamilton

Men on the Move

With the recent expansion of adult fitness offerings, the CAP is now targeting a group of individuals who may have been feeling left out . . . men. Gut Busters is a class specifically geared towards men of all ages and abilities who are looking to get into better shape.

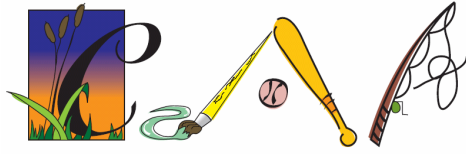
Instructed by Kayce Holoubek, Gut Busters offers a full body workout, incorporating both strength and cardio exercises for all the major muscle groups of the body. During the hour long class, Kayce takes the

men through a circuit of short, timed exercise intervals, keeping everyone moving from station to station at the same pace. The level of intensity, however, is at the discretion of each individual. Whether they are doing push ups, squats, or bicep curls, participants are given a more difficult or easier alternative to each exercise. Each class begins with a warm up and ends with a cool down and stretching to help minimize injury, tightness, and soreness.

A class member commented on the class: "Gut Busters is a wonderful class. Kayce is so knowledgeable

and makes you feel comfortable no matter what your fitness level is. I've definitely seen an increase in my energy level since I started taking the class several months ago."

Kayce has been instructing adult fitness classes for the CAP since October 2009, after completing her studies at UW - Stevens Point, receiving a degree in Health Promotion and Wellness. In addition to teaching fitness classes, Kayce is also a personal trainer for CAP, working with clients one on one to determine the most effective workout for each individual.



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Mission Statement

The Cambridge Community Activities Program encourages and promotes life-long wellness by providing a variety of high-quality recreational activities, learning opportunities, aquatics programs, and services to the broad Cambridge area community.

Coming Soon . . .

Watch your mailboxes during the week of April 4 for the Summer edition of the CAP brochure, which will highlight this summer's Day Camp themes.

We Want Your Feedback!

The CAP provides you with the ability to offer your feedback directly through our website! Simply log on to www.cambridgecap.net, and click on the **Feedback** link. We'll use your responses to improve our current programs or implement new ones!



Need Answers? Just Ask . . .

Do you have a question regarding the Cambridge Community Activities Program that you would like to see answered in our newsletter? If so, please email your question to atully@cambridge.k12.wi.us. The CAP management reserves the right to choose which questions are published.

Q: How is CAP funded?

A: The CAP receives funds from the School District through the Community Service Fund, also known as Fund 80. The CAP Board approves a budget and requests funds from the School Board at the annual meeting. The CAP also applies for grants. Past grants include monies from the Cambridge Foundation, Dane County Human Services, and the Alliant Energy Foundation. Furthermore, it is the CAP's policy that those who participate in programs help subsidize the overall cost of that activity; therefore, fees are set based on the needs of that program.

Q: Why does CAP have registration deadlines?

A: Registration deadlines are put on specific CAP programs to encourage participants to register early. By registering early, ample time is allotted for team assignments, coach and instructor preparation, ordering uniforms and/or t-shirts, and purchasing supplies needed to efficiently run the program or activity. Please keep in mind that all CAP programs are open for registration at the time the brochure is mailed. Registration is available on our website or by completing the registration form found in the brochure.

Q: Who makes up the CAP Board of Directors?

A: The Board of directors is made up of the Cambridge School District Superintendent, a member of the Cambridge School Board, as well as nine community members. Currently serving on the Board are Mary Behling, Mark Cook, Ron Dayton, Greg Engelstad, Kris Frey, John Leadhom, Kristin Peppey, Tim Krueger, Steve Struss, Eddie Pahasuski, and Denise Stenklyft. For more information on CAP Board meetings, please log onto our website and click on "Board of Directors."