

# Archery

## Why Archery?

- Upper Body Strength
- Hand-eye coordination
- Balance
- Walking- an archer can walk up to 5 miles during a competition retrieving arrows
- Mental focus
- Ability- open to all body types and skill levels
- Patience
- Relatively inexpensive
- Confidence
- Can be done indoors so not dependent on the weather
- Safety
- Flexibility
- Perseverance
- Following directions
- Goal Setting

Junior Olympic Archery Development Program- JOAD is a nationwide program of USA Archery that provides youth age 8 to 20 with ongoing archery classes that helps them progress from beginner to advanced level archery, at their own pace. JOAD classes are held at USA Archery clubs across the country. These clubs offer both recurve and compound training and most clubs have rental equipment so that you can try archery first before investing in equipment. Clubs are led by certified instructors and coaches, and all of our clubs are bound by our SafeSport requirements

Scholastic 3D Archery (S3DA)- The natural progression of this program allows students to grow and develop throughout their archery career and then move into the college level. Students in S3DA have the opportunity to earn college scholarships based on their performance at S3DA events. The 2016 S3DA National Tournament saw students walk away with more than \$280,000 in college scholarships, which does not even take into account the thousands of dollars won at regional and state competitions across the country. This is a huge benefit for our students and their families. There is a \$15/year membership fee.

First Flight Archery- Coach John Winker. For children ages 8-20. We need 8 students to form a team. We would be a JOAD/S3DA team that would be coached by First Flight Archery but competing under CLA's name. The team would meet one day a week and the cost is \$75/month (with own equipment) or \$100/month (using supplied equipment). Last year his team went to competition and took home \$100,000 of the \$150,000 in scholarships offered at that one competition. Meets at 6718 Old Wake Forest Road Raleigh, NC 27616 which is 12 minutes from the school.

# Spelling Bee

Cost per school:

\$145 early registration- August to October

\$220 late registration- October-December

Scripps National Spelling Bee takes place in Maryland at the end of May.

Open to any student who has not turned 16 or passed the 8<sup>th</sup> grade.

We would have a CLA Spelling Bee in January. One student would then progress on to the regional PAGE of Wake Country Spelling Bee. The winner of that Bee will then progress to the Scripps National Spelling Bee in the D.C. Area.

After registration CLA would receive these benefits-

**Exclusive online access** to the teachers-only section of spellingbee.com

**Official study lists** for students, organized by grade level

**Study materials** for each school spelling champion

**Official pronouncer guides** for classroom and school spelling bee

**A free one-year subscription** to [Britannica Online for Kids](#) from Encyclopædia Britannica (valued at \$69.95) to award to one student.

**BONUS:** Schools that enrolled on or before September 30, 2016, received TWO free one-year subscriptions to [Britannica Online for Kids](#) from Encyclopædia Britannica to award to two students

What do the Spellers win?

## **For the Champion:**

- A \$40,000 cash prize and the Scripps National Spelling Bee engraved trophy from Scripps
- A \$2,500 U.S. savings bond and a complete reference library from Miriam-Webster
- \$400 of reference works including a 1768 Encyclopædia Britannica Replica Set Deluxe Edition and a three-year membership to Britannica Online Premium
- PLUS: A trip to New York City for the Champion to appear on “Live with Kelly.”

## **For the Champion's School and Sponsor:**

- Scripps National Spelling Bee engraved plaques

## **For the Finalists:**

- A medal from the Scripps National Spelling Bee
- Cash prizes:\*

- Misspell in Rounds 4 through 6: \$500 gift card
- Misspell in Round 7 to 7th place: \$2,000
- 6th Place: \$2,500
- 5th Place: \$5,000
- 4th Place: \$10,000
- 3rd Place: \$20,000
- 2nd Place: \$30,000

#### **All Spellers:**

- A Kindle Paperwhite and a commemorative cover
- Webster's Third New International Dictionary, Unabridged, including a CD-ROM
- From Mr. Jay Sugarman: The Samuel Louis Sugarman Award — a 2016 United States Mint Proof Set presented by Mr. Sugarman in honor of his father
- A one-year membership to Britannica Online Premium

## Odyssey of the Mind

Odyssey of the Mind is an international creative problem-solving program that engages students in their learning by allowing their knowledge and ideas to come to life in an exciting, productive environment. Participants build self-confidence, develop life skills, create new friendships, and are able to recognize and explore their true potential. OotM proves that students can have fun while they learn. Odyssey problems have challenged students to design mechanical dinosaurs, invent new factory machinery, build working vehicles, write a new chapter to Moby Dick, put a twist on classic artworks, turn Pandora's Box into a video game, and so much more.

Since 1978, OotM problems have challenged students to go beyond conventional thinking and incorporate creative problem solving in learning. Creative Problem Solving is a skill that needs to be nurtured and developed. While a conventional education is important, learning to solve problems creatively and confidently gives them an important edge in their education and career goals. There is creativity inside each of us and OotM teaches how to tap into it so it can be applied to real-world problems.

Odyssey of the Mind is for all ages. Each team can have up to 7 students participating. There is no minimum number but they encourage you to have at least 5 team members. The cost is \$135 for the first team from a school and \$100 for each additional team. Each team is coached by parents and they encourage that the team meets at least once a week or more as competitions get close. Membership opens in July and competitions are in February and March.

Here is an example of what the challenges look like from the 2017 competition:

### *Problem 1: Catch Us If You Can*

Divisions I, II, III & IV

This is your Odyssey, should you choose to accept it...your team will design, build, and run vehicles from a multi-level Parking Garage to a secret meeting place without being stopped. Vehicles will travel different routes to reach the same destination. During their Odyssey, the vehicles will do something that prevents them from being followed. The performance will include the reason for the meeting, someone that wants to prevent the meeting, a simulation of a scene taking place inside a vehicle as it travels, and a soundtrack to accompany the vehicles' travel.

**Cost limit: \$145 USD.**

### *Problem 2: Odd-a-Bot*

Divisions I, II, & III

For this problem, teams will create a humorous story about a family that brings home an "Odd-a-Bot." Instead of being programmed to perform tasks, this Odd-a-Bot robot learns from watching others. Teams will design, build, and operate an original robot that demonstrates human characteristics when performing tasks. In the performance, the Odd-a-Bot will move and learn human actions from watching characters perform activities such as household chores, creating art, and dancing. The Odd-a-Bot learns more than it was expected to learn, and will confuse its actions with humorous results.

**Cost limit: \$145 USD.**

### *Problem 3: Classics... It's Time, OMER*

Divisions I, II, III & IV

The future and the past collide in this problem about important works of art – both existing and yet-to-be-created. Teams will create and present an original performance about time travelers looking to discover the inspiration for great works of art, little did they know – it was OMER every time! The travelers go back in time — twice into our past and once into our future. They will see OMER inspire two classical artists and a team-created artist from our future. The performance will include how the three works of art positively impact the world, a visual and audible effect that indicates when time travel is occurring, two re-creations of the classic works of art selected from a list, and a team-created work of art.

**Cost limit: \$125 USD.**

*Problem 4: Ready, Set, Balsa, Build!*

Divisions I, II, III & IV

Creativity can be defined by using only what you have to get a job done. In this problem, teams will design, build, and test a structure made of only balsa wood and glue that will balance and support as much weight as possible. The structure must include sets of balsa pieces of predetermined sizes and quantities as listed in the problem. Some sets must be parts of the structure while others, if incorporated, will receive additional score – the more sets of pieces used, the higher the score! Teams will present a performance with a theme about using what's available and that incorporates weight-placement and assembling original team creations.

**Cost limit: \$145 USD.**

*Problem 5: To Be Continued: A Superhero Cliffhanger*

Divisions I, II, III & IV

Creativity is being taken away from the world, and it is up to Odyssey teams to rescue it! Teams will create and present a humorous performance about an unexpected superhero that encounters three different situations where it must save creativity in some way. The superhero will change appearance when it displays its superpowers and go back to blending in with society when not. The performance will also include a clumsy sidekick, a nemesis character, a choreographed battle, and a cliffhanger ending.

**Cost limit: \$125 USD.**

*Primary: Movin' Out!*

Grades K-2

Teams will create and present a performance about a group that is moving out of one place and into another. In one scene, team-created props and scenery will make up the first setting. To transform into a new setting, team-made devices will move the scenery and props to a new location. Everything in the setting for the next scene must be made from the transported items. The performance will also include a humorous Moving Character, a reason for the move, and a lost item that is rediscovered in an unusual place.

**Cost limit: \$125 USD.**

All information is taken from [odysseyofthemind.com](http://odysseyofthemind.com)

## **Fencing**

### Why Fencing?

- A complex sport- skills require high level development of fine and gross motor.
- No pre-rehearsed moves because of the opponent.
- 1. Must observe strengths and weaknesses.
- 2. Must make a decision.
- 3. Must have confidence/courage to execute move.
- 4. Must have perseverance if move fails.
- Mental sport
- Low-impact sport
- Improves strategic thinking and academic discipline
- Increased balance and coordination

USA Fencing: In order to compete each student must join USA Fencing for \$10/year. USA Fencing does offer scholarships.

Apex Fencing Academy: Coach Kriszti Hovanyi. For children ages 7-20. We need 8 students to form a team. We would be coached by Apex Fencing and use their facility but we would compete under CLA. The team would meet one day a week for an 8 week period. The cost is \$140 (resident of Apex) or \$170 (non-resident of Apex). Rental fee is \$50/student unless student has own equipment. Apex Fencing Academy is part of the Coastal Region Fencing and begin competing at middle school and high school levels. The season is from August 1-July 31. Meets at Middle Creek Community Center- 123 Middle Creek Park Ave, Apex, NC 27539 which is 40 minutes from the school. They also offer summer camps which will be a good opportunity to see if students are interested in the sport. And They have a fencing tournament on May 13<sup>th</sup> that is open to the public to watch.

## **Cross Country Club**

### Why Cross Country?

- Anyone can do it
- It is inexpensive
- Runners participate as a team but also achieve own goals
- It promotes hard work, perseverance and dedication
- No one has to sit on the bench
- It can be a lifelong activity
- Teaches time management and goal setting
- It is a great fitness routine

Commission Leadership Academy has a short-term and a long-term goal in forming a Cross Country Club. The club will be coached by Gi Hime (mother of Katie and Owen), but will require parental involvement to help with oversight and safety.

1. The short-term goal is for the club to meet in the fall season to discover how much interest there is in this sport. We are hoping that we could have at least 10 students to participate. We have two options for this meeting:
  - The club could meet every school day after school for one week in September.
  - The club could meet after school on Monday and Wednesday for 3 weeks. At the end of those 3 weeks any runner that wants to participate can run a 5K in Raleigh as part of a CLA team.
2. The long-term goal is that the club will turn into a CLA Cross Country Team. If there is enough interest over the next few years we could begin to have our middle school and high school students compete against other private schools in the Raleigh area. The typical Cross Country season is August-October. Middle school students run 3 days/week as a team and high school students run 5days/week as a team with extra running on their own at home.

# **National Bible Bee**

## **Mission:**

To engage young people in the memorization and study of God's Word and provide opportunities to proclaim it through local, national and televised competitions.

## **Values**

1. Dependence on God
2. Humility
3. Integrity
4. Passion for His word
5. Gospel-focused

The National Bible Bee is for ages 7-18. 4,000 children participated last year. It begins with an 8 week summer study where children go through the Discovery Journal. The Journal is focused on a specific portion of Scripture and memorization passages. A Host will meet with students to encourage and facilitate the study and memorization in the Discovery Journal. The Summer Study is from June 5-July 28. The group will plan a NBB Proclaim Day where children show family and friends what they have learned.

In August the students can take an online NBBC qualifying test. The top 120 scores in each division are chosen to compete in the National Bible Bee in Texas, November 15-18. The divisions are Primary (7-10), Junior (11-14) and Senior (15-18).

Registration opens April 1, 2017 and is \$15 per student.

Discovery Journal is \$14.99 after registration.



# **Baduk**

## Why Baduk?

Baduk, also called Go, is an ancient military strategy game using 361 black and white stones on a 19x19 grid board, having merely six simple rules, but a depth of strategy which humbles the best pros of the game, leaving them at times mystified when asked to explain why they made certain plays. The ineffable beauty and complexity of the game fully engages both hemispheres of the brain, as opposed to the dominant Left-brain demands of other complete information, definitive strategy games. Baduk is probably the most challenging cognitive game. Baduk requires discipline and character, not necessarily brain smarts. There are very specific goals to the game but many creative ways to reach those goals. It requires objective, steady progress and following directions. One motto of the game is “Do not lose the war for sake of winning the battle.”

Wikipedia states, “Despite its relatively simple rules, Go is very complex, even more so than chess, and possesses more possibilities than the total number of atoms in the visible universe. Compared to chess, Go has both a larger board with more scope for play and longer games, and, on average, many more alternatives to consider per move.

The playing pieces are called stones. One player uses the white stones and the other, black. The players take turns placing the stones on the vacant intersections (named "points") of a board with a 19x19 grid of lines. Beginners often play on smaller 9x9 and 13x13 boards, [6] and archaeological evidence shows that the game was once played on a 17x17 grid. However, boards with a 19x19 grid had become standard by the time the game had reached what was then the Imperial Chinese Tributary State of Korea in the 5th century CE and later to what was then the Imperial Chinese Tributary State of Japan in the 7th century CE.[7]

The objective of Go—as the translation of its name implies—is to fully surround a larger total area of the board than the opponent.[8]

Once placed on the board, stones may not be moved, but stones are removed from the board when "captured". Capture happens when a stone or group of stones is surrounded by opposing stones on all orthogonally-adjacent points.[9] The game proceeds until neither player wishes to make another move; the game has no set ending conditions beyond this. When a game concludes, the territory is counted along with captured stones and komi (points added to the score of the player with the white stones as compensation for playing second) to determine the winner.[10] Games may also be terminated by resignation.”

Our students will be taught buduk by Nathaniel Long. He runs an organization called Cornerstone Baduk and he teaches groups the game of Baduk at no cost. Nathaniel can teach up to 24 students at a time and there is not an age limit. The location of teaching is To Be Decided.