

TIPS FOR PARENTS AND ATHLETES

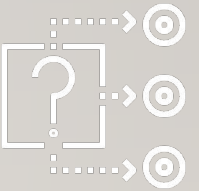
CAS HOURS DOCUMENTATION





PURPOSE

TO ASSIST INCOMING HHS IB & OTHER STUDENTS IN CAS
HOURS DOCUMENTATION FOR THE COMING SCHOOL YEAR





A REFRESHER

What does CAS stand for?

CREATIVITY

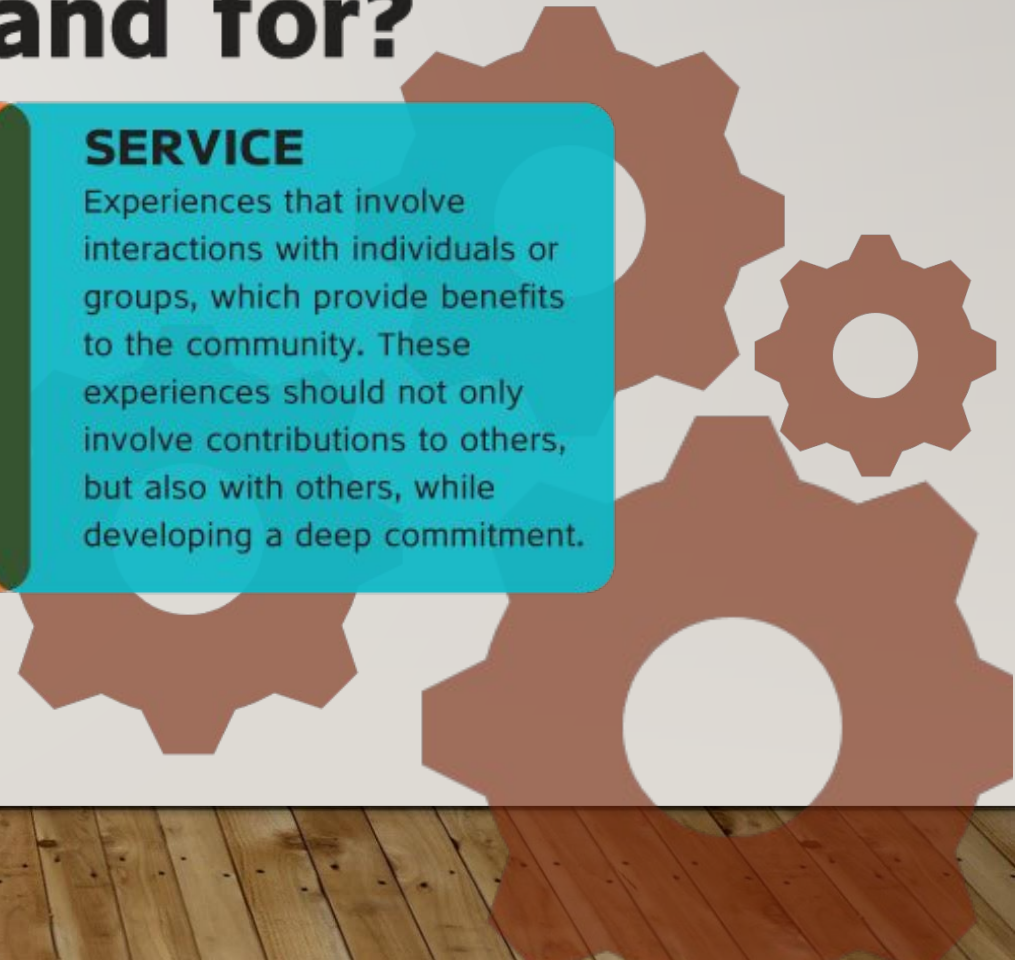
Experiences that encompass original thinking, including artistic activities and other learning and teaching experiences.

ACTIVITY

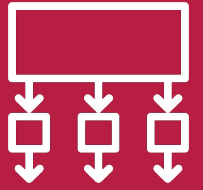
Experiences that contribute to a healthy lifestyle through participation in individual/team sports, as well as any other activity which focuses on physical exertion.

SERVICE

Experiences that involve interactions with individuals or groups, which provide benefits to the community. These experiences should not only involve contributions to others, but also with others, while developing a deep commitment.



HOW IB STUDENTS LOG USING MANAGEBAC?



- If not already done, set up free HHS IB Membership Toolkit account



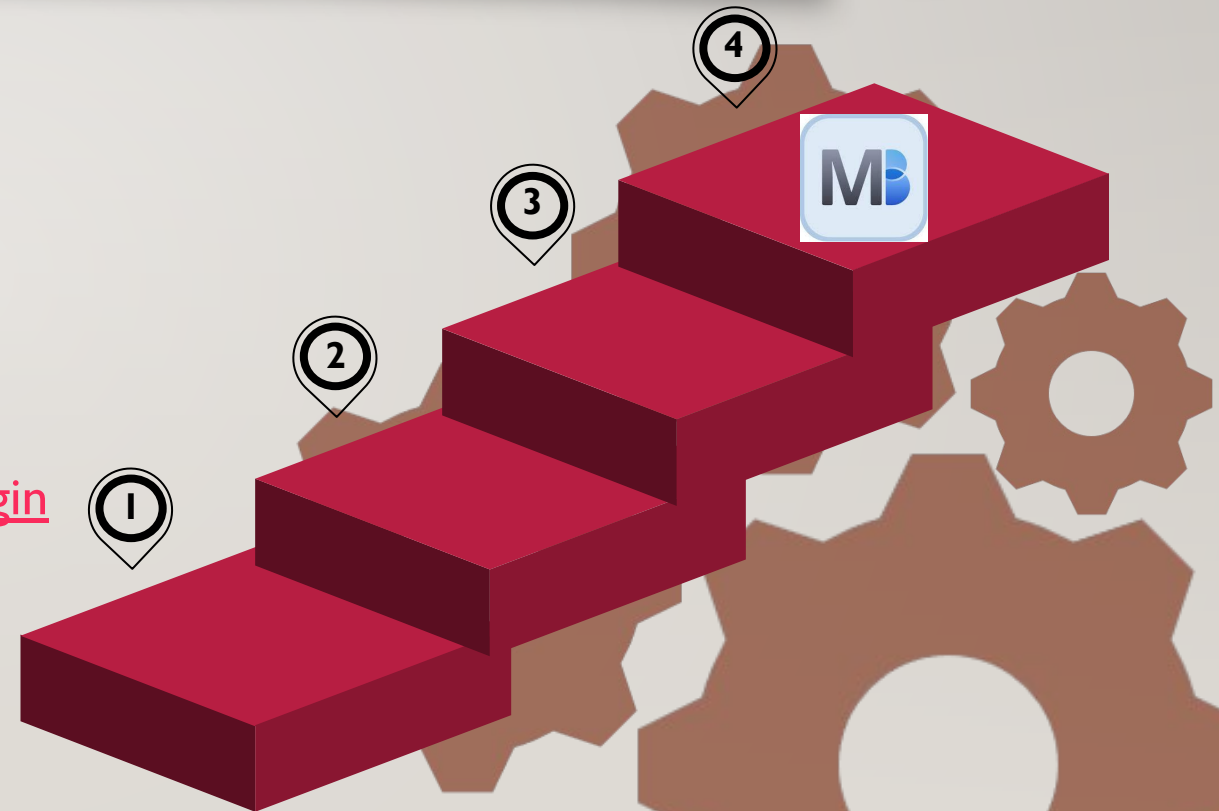
- <https://hhsiballiance.membershiptoolkit.com/cas-information> has important information



- <https://hillsboroughib.managebac.com/login>

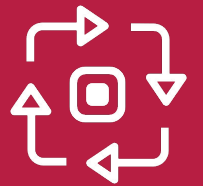


- Can also download the managebac app on cell phone



- Put an estimate for the number of hours as it can be edited when added up at the end of project
- Student should describe the activity and what goals they hope to achieve.
- Which learning objectives will be met (tie to radio button themes you selected for project)
 - *strength & goals
 - *ethics of choice & actions
 - *commitment & perseverance
 - *initiative & planning
 - *challenge & skills
 - *collaborative skills
 - *global engagement)
- After project time is over, go back in and write your reflection. Be sure to include what you perceived/noticed about the project, value it had, what you learned by doing it, what challenges you undertook, what you planned/initiated
- Upload photos or files for evidence.

TIPS FOR ENTRY



New Experience

Experience Name *

CAS Project

Activity Type

Creativity 0.0 hours Activity 0.0 hours Service 0.0 hours

Type of Service Action

Direct Indirect Advocacy Research

Approaches

Ongoing School-based Community-based Individual

Start date *

July 1, 2022

End date *

July 1, 2022

Supervisor Name

Supervisor Title

Supervisor E-mail

Supervisor contact number

Description and Goals

Please select your targeted learning outcomes

- Strength & Growth
- Initiative & Planning
- Collaborative Skills
- Ethics of Choices & Actions
- Challenge & Skills
- Commitment & Perseverance
- Global Engagement

Notify CAS advisor via E-mail

CAS Experiences

Fall 2021 Crew

  Review Sent    6 reflections ⌚ 160 hours 

As a 3rd year rower on the HHS Rowing Club team, I hope to continue to learn about the sport, become more physically fit, and challenge myself to excel during regattas. My service portion during this time is to maintain clean boats and equipment ...

Feeding Tampa Bay

 Reviewed    2 reflections ⌚ 5 hours 

Check expiration dates, sort donated foods. And packaged foods in preparation for distribution to those in need

HHS Rowing Club LEARN TO ROW Volunteer

 Review Sent   1 reflection ⌚ 30 hours

I plan to assist my coach in the Learn to Row summer camp to assist novices to learn about boat, how to rig, how to clean, how to enter/exit. Learn how to exercise with Rowing Erg and the mechanics to avoid injury. Rule of the sport of rowing wil...

Pottery painting

  4 hours

I propose to spend time learning to paint pottery. I hope to gain experience on how using different painting techniques to get the best color and texture on different pottery pieces.

Spring HHS Rowing Club 2022

  Review Sent    5 reflections ⌚ 231 hours 

As a 3rd year rower on the HHS Rowing Club team, I hope to continue to learn about the sport, become more physically fit, and challenge myself to excel during head races in our Spring regattas. My service portion during this time is to maintain cl...

Overall CAS Progress

 To Be Determined


CAS Advisor


 **Zaan Gast**
zaan.gast@sdhc.k12.fl.us

Legend

-  Needs Approval
-  Approved
-  Rejected
-  Completed
-  CAS Project

Reference Guides

 Getting Started with CAS
How to begin your CAS worksheet and adding CAS experiences.

 Working on Reflections and Evidence
Uploading evidence and entering



Fall 2021 Crew

  Review Sent Ongoing Individual Direct  160 hours  1

 August 10, 2021 - December 10, 2021

Description and Goals

As a 3rd year rower on the HHS Rowing Club team, I hope to continue to learn about the sport, become more physically fit, and challenge myself to excel during regattas. My service portion during this time is to maintain clean boats and equipment to preserve our waterways. This is an important thing as we row in different parts of Florida and Tennessee and need to maintain each ecosystem.

Learning Outcomes:

1. Identify own strengths and develop areas for growth
2. Demonstrate that challenges have been undertaken, developing new skills in the process
3. Show commitment to and perseverance in CAS experiences
4. Demonstrate the skills and recognize the benefits of working collaboratively
5. Demonstrate engagement with issues of global significance
6. Recognize and consider the ethics of choices and actions

Corresponding secretary Lesley Davies

863-825-6025 hhsrowingclub@gmail.com

 Request Supervisor Review

Supervisor evaluation last sent on June 28, 2022

Supervisor Review

Please comment on the student's progress, effort and commitment:

Supervisor Review Not Completed

WHO IS CREW SUPERVISOR

Head Coach: Jesse Tate

Email: hhsrowingclub@gmail.com

Contact number: 863-825-6025

WHAT IS CONSIDERED “SERVICE” TO HHSRC

- ❖ Travel to out-of-town regatta
- ❖ Cleaning of boats and crew equipment at each practice/regatta
- ❖ Volunteering at a learn to row camp or fundraising event or spaghetti dinner crew booth

HOW TO LOG HOURS

<https://www.calendarsthatwork.com>

- *free website - up to 2 months at a time are printable
- *have rower print it or keep as electronic file where they log their hours daily.
- *It can be scanned and/or uploaded to managebac reflections file section.
- *Note each day how many hours for Creative, Action, and/or Service

Gabriel Cuevas Crew Log September 2021

A:15.5 hr S:4.5 hr

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
				Crew A: 4pm to 6:00 PM S: 6 to 6:15 pm	Crew A: 4pm to 6:00 PM S: 6 to 6:15 pm	Crew <u>A:7:30</u> to 10:15 am S: 10:15 to 10:30
5	6	7	8	9	10	11
	Crew A: 4pm to 6:00 PM S: 6 to 6:15 pm					
12	13	14	15	16	17	18
			MS Crew Volunteer S: 4pm to 6:15 PM		Crew A: 4pm to 6:00 PM S: 6 to 6:15 pm	Crew <u>A:7:30</u> to 10:15 am S: 10:15 to 10:30
19	20	21	22	23	24	25
						Crew <u>A:7:30</u> to 10:15 am S: 10:15 to 10:30
26	27	28	29	30		
				Crew A: 4pm to 6:00 PM S: 6 to 6:15 pm		

Key: MS Crew Volunteer – assist coaches in training middle school crew team



HOW NON-IB STUDENTS LOG HOURS

- Review pages 6 and 7 on link below for all information on Bright Futures
<https://fl50000635.schoolwires.net/cms/lib/FL50000635/Centricity/ModuleInstance/4210/HCPS%20Senior%20Handbook%202021-22.pdf>
- At the start of the 2020-2021 school year, all high schools in Hillsborough County Public Schools began using the **Profferfish** platform for all Community Service needs. Students are encouraged to use the Profferfish, an innovative online platform which will change student community service from a reactive process to a proactive journey.
- It's FREE to all Hillsborough County Public School students.

QUESTIONS?

Send email to Nivia hhsrowingclub@gmail.com

GO BIG RED!