

## **Extracurricular Activities at CAPA**

In addition to our many sports activities, we offer the following opportunities for extracurricular activities:

**Mock Trial** – This club provides students an opportunity to work with lawyers, visit real trials and participate and practice getting actual courtroom experience.

**TSA** – The Technology Student Association enhances personal development, leadership, and career opportunities in STEAM, whereby members apply and integrate these concepts through intracurricular activities, competitions, and related programs.

**Photography Club** - Study the technical and artistic aspects of photography as an art form.

**Yearbook** – For seniors only – Plan out, design and layout the yearbook for your class.

**Down to Earth Club** - Down to Earth is the environment club for CAPA. We do a lot of cooking and we end the year with a camping trip.

**Fit Team** - THE CAPA FIT TEAM, IS A CLUB DESIGNED TO HELP STUDENTS REACH THEIR DESIRED BODY WEIGHT, THROUGH A SERIES OF STRENGTH TRAINING, AND CARDIO CONDITIONING PROGRAMS. Students will learn how to develop their bodies in the health components of muscular strength, muscular endurance, flexibility, cardio strength, and body composition, while learning proper nutrition and diet habits!

**Sports Club** - THIS CLUB IS DESIGNED FOR STUDENTS TO HAVE AN OPPORTUNITY TO PARTICIPATE IN STRUCTURED ATHLETICS, WITHOUT THE STRESS IN PRESSURE OF COMPETING AT THE VARSITY LEVEL. THIS CLUB WILL FOCUS ON THE SKILLS AND FUN COMPONENTS OF TEAM SPORTS. EXAMPLE OF SPORTS THAT WILL

BE ASSOCIATED WITH THIS CLUB ARE (BASKETBALL, DODGEBALL, BADMINTON, AND TENNIS)

**Computer Club** – This club offers students experience in processing or JavaScript

**Portfolio Prep Club** – This club provides opportunities for students to work on their visual arts portfolios in preparation for college applications.

**Student Council** – Student led service learning club. Does community projects and organizes various activities for the school community. This club is for students starting Sophomore Year, and membership is by application only.

**Gay/Straight Alliance – (GSA)** – Open to all students to have candid discussions about sexual preference, gender identity and all issues relating to the LGBTQ community.