

CAS At a Glance: EXPERIENCE CHART

Activity	Strand	Supervisor	Hours	Required Documentation
Hill-Freedman Sports Teams Practices	Activity	The Coach	30	Weekly Log, signed by coach Video student practicing/mastering a skill 3 reflections: before, during, after
Hill-Freedman Sports Team Managers	Service	The Coach	20	Weekly Log, signed by coach Video/photos of student fulfilling duties 3 reflections: before, during, after
Hill-Freedman Morning Basketball Training	Activity	Mr. Winterstein	10	Weekly Log, signed by Mr. Winterstein Video of student practicing/mastering a skill 3 reflections: before, during, after
Hill-Freedman Musical	Creativity	Mr. Emerson	30	Weekly Log, signed by Mr. Emerson Video/photos of student on stage 3 reflections: before, during, after
Hill-Freedman Stage Crew	Activity	Mr. Emerson	15	Weekly Log, signed by Mr. Emerson Video/photos of student doing tasks 3 reflections: before, during, after
Hill-Freedman Music Lessons	Creativity	The Music Instructor	15	Weekly Log, signed by music teacher Video of student practicing/mastering skills 3 reflections: before, during, after
Hill-Freedman Music Album	Creativity	Mr. Thurman	20	Weekly Log, signed by music teacher Clip from album featuring student work. If your work is NOT on the album this does not count. Photo of album cover listing your name. If your name is NOT on the album, this does not count 3 reflections: before, during, after
All-City Music Festival	Creativity	All-City Coordinator	15	Rehearsal Log, signed by the coordinator Video of you performing audition piece Photo of All-City Program 3 reflections: before, during, after
Integrated Sports	Service Activity	Mr. Handelman	20	Weekly Log, signed by Mr. Handelman Video of you assisting students 3 reflections: before, during, after
Hill-Freedman Choir	Creativity	Mr. Thurman	20	Only counts for junior year. 3 reflections: before, during, after
Drum Line	Creativity	Mr. Mel/Other Instructors	30	Weekly Log, signed by instructor Video of you rehearsing/mastering a skill Video of you performing outside of school 3 reflections: before, during, after
Maker Space	Creativity	Mr. Hayes	30	Weekly Log, signed by Mr. Hayes Photos of at least 2 products created 3 reflections: before, during, after
Hill-Freedman Records After School Club	Creativity	Mr. Thurman	20	Weekly Log, signed by Mr. Thurman Recordings of three tracks/songs created independently 3 reflections: before, during, after

Activity	Strand	Supervisor	Requirements	Required Documentation
Volunteering	Activity	Volunteer Supervisor	A minimum of 4 volunteer times. If the activity only happens ONCE, this is not required. Must be for an organization or church. Must have a supervisor	Weekly Log, signed by supervisor Video/photos student doing volunteer work. 3 reflections: before, during, after
Physical Activity	Service	An outside coach OR Mr. Emerson	A minimum of 5 times. Must be documented using a fitness/run tracker.	Fitness/run tracker screen clips for each day. Video of you doing the activity. 3 reflections: before, during, after.
Creative Pursuit	Activity	An outside teacher OR Mr. Emerson	Art or writing must be submitted to the Scholastic Art & Writing Awards.	Finished product Screen clip of completed submission to Scholastic Art & Music Awards 3 reflections: before, during, after