

C.A.P.E. League

C.A.P.E. League is a year-round, all-encompassing program, presented by Powerful Beyond Measure, created to integrate the lives of young people in the DC metro area with great opportunities that will influence them positively. This exciting program is geared towards youth who have interests in the **arts, entertainment, sports and media industries**. The program's strategy is to reach out to engage youth per their interests – while developing them in other key areas, to include: Academic Enrichment; Arts Exposure; Athletic Activity; Career & College Exploration; Civic Involvement; Community Outreach & Volunteerism; Creative Expression & Discovery; Cultural Experiences; Personal & Social Growth; STEAM Education; Self-Esteem Development; Travel Exploration; and Entertainment, Sports & Media Industry Exposure.

C.A.P.E. League is inviting youth to be members of the program. We are an inclusive program and open to ALL children. It is designed to provide an outlet for fun, while presenting activities that educate them beyond the classroom. The goal is to impact members by expanding the scope of their environment, enlightening them for greater futures and increasing their network of role models. Throughout membership, they are introduced to the businesses of entertainment, sports and media; as well as the performing, literary, and visual arts.

Program includes: 50-60 activities per year, academic/career enrichment and tutoring, field trips, athletic activities, community service opportunities, mentoring, classes/workshops, and more. The program is valued at \$4,000 a year – ***NO family pays this amount; the program is FREE or affordable to participants at every income level*** (PBM pays for memberships in the form of scholarships). Members are considered on the basis of the below criteria.

Membership within the League is based on the following criteria (applicants **MUST** meet these):

1. Must be between the ages of 11 and 17 upon entering the program
2. Must have signed consent form from parent/guardian, copy of recent report card and tax/financial documentation
3. Live in Washington, DC; Prince Georges County, Montgomery County, Arlington County or Alexandria County

To maintain membership, you must do the following:

1. Must maintain a G.P.A. of 2.5/C or Satisfactory Performance (there is no grade requirement to join); Grades must be submitted every marking period
2. Must participate in at least 15 Saturday activities every six months and 1 community/outreach activity every six months
3. Participate in annual arts group project and one other group project
4. Complete monthly CAPE evaluation forms
5. Members must maintain respectable behavior
6. Parents must serve on 1-2 PBM committees (these can be short term or long term)
7. Members must complete 1 fundraising activity per 6 months

The League has a FIVE part functionality that will prove beneficial to the young people involved:

1. Community Involvement (working on projects and with organizations to encourage the responsibility of contributing to their environments)
2. Academic Enhancement & Career Exposure (engaging in activities that enhance their overall education – incl. tutoring, field trips, academic projects, career days and introducing them to new professional paths)
3. Personal Enrichment (providing opportunities for members to develop life skills and open them to cultural, lifestyle & other positive experiences; tending to their mental health and social needs)
4. Entertainment, Media, Arts & Sports Industries (involving members with exposure to the behind the scenes of these industries and providing opportunities for artistic endeavors and introduction)
5. Fun Activities (non-academic/development activities to enhance their enjoyment of the program)

C.A.P.E. League Special Components

To compliment our activities, we aim to employ other positive strategies to keep them engaged and occupied.

CAPE Away: The League values diversity of experience and CAPE Away presents an opportunity for members to get out of the immediate DC area. These trips are designed to help members experience new environments – but also provide a fun, educational, cultural or service experience. We have been to New York several times {supply shopping for entrepreneurship projects; Broadway shows (The Lion King and Hairspray); live tapings of BET's 106th & Park, etc.}. We have done private workshops at the NFL Headquarters and Essence Magazine. We had an Annapolis/Baltimore tour –which included visits to four universities, a Disney screening premier, dinner with an Ohio group and visits to the Baltimore Aquarium and Blacks in Wax museum. We also had a day long ski-excursion in Pennsylvania.

CAPE Retreat: As an extension of CAPE Away, every other year, eligible C.A.P.E. League members go on a trip that gives them the opportunity for long-distance travel and a special experience. We treated the kids to a sports/academic conference in Los Angeles – where we toured the city, did an NFL camp, attended an awards ceremony, volunteered for the conference, had a bowling tournament, and met various professionals and pro-athletes. High school members enjoyed a week long college tour from Virginia to Florida, visiting 8 institutions. Most recently, CAPE League kids took a week long retreat to San Francisco/Oakland hosted by Oakland Raider, Lorenzo Alexander that explored every element of C.A.P.E. The kids enjoyed a multi-faceted trip that included:

- A private tour/ workshop at Facebook/Instagram's headquarters (Professional Growth)
- A live Golden State Warriors game (Sports)
- College visits to UC Berkley and California College of the Arts (Education)
- Pizza party to celebrate youth at a local homeless shelter (Community Outreach)
- An Alvin Ailey dance performance (Arts)
- A fun outing to Six Flags Discovery Kingdom (Social Interaction/Development)
- A visit to the Lawrence Hall of Science (STEAM)
- League Talk Session/Group Dinners (Personal Enrichment)
- Lorenzo's Charity Celebrity Bowling Tournament (Civic Involvement)
- Fisherman's Wharf/Bay Area tour (Cultural)
- Visit to the Disney Museum (Entertainment)

Career Days: PBM presents quarterly career days, via PBM's Exploring Possibilities, that expose members and other DC youth to professionals in various careers. In this program, guests talk to kids about their job, followed by a panel or workshop related to the workforce. They also get to network with the professionals over lunch.

College Prep and Exploration: CAPE League began its college series with one-day visits to colleges and universities in New York, Connecticut, Pennsylvania and Delaware. This component also includes college fairs, informational sessions and special programs to explore post-secondary education. Most recently, we partnered with an organization to provide SAT test prep to our high school members.

Educational Enhancement Programming: In summer 2014, CAPE League launched a permanent initiative to engage members in STEAM. The element kicked off with a Microsoft partnership – which allowed the kids to visit the DC office for the day and take part in classes for Powerpoint, digital media, game coding, etc. The kids are also participating in science festivals, automotive projects and urban farming activities. In 2016, we will also bring back the Tutoring Club from September to December to give our members help in their various school subjects. In order to help our kids learn beyond the classroom, we will also have workshops series and lessons in academic or other areas that may not be able to pursue at school. These have included and will include: Entrepreneurship, Capoeira, Painting, Book Club, Culinary Arts, etc. Our enrichment series are designed to help members gain skills, interests and education that would provide even more new options. A series revolves around a particular field or (from 3-10 sessions). A curriculum may include classes, workshops, field trips, panel discussions and/or meeting with related professionals.

Future Fund: This year, Powerful Beyond Measure will introduce a new component to the program – by raising money for and creating the Future Fund; designed to help subsidize the dreams of young people. The Future Fund will provide for a small, annual gift to be used towards anything that may help them realize their goals: college books, art supplies, training classes, business applications, etc. Each year, CAPE members will also host a special event to raise money for the future fund and announce its recipients.

#GratitudeandGiveBack: It is always important to impart the value of expressing gratitude to those who help you, and giving back to the community that contributes to yours. Each CAPE member will be assigned an activity/contributor to give back to that had helped CAPE – Jersey Mike’s Lorenzo Alexander, Microsoft, individual donors, etc.). This will also allow them to build relationships and network with these individuals and entities.

Group Arts and Long-Term Projects: Each year, members work on a special project as a group. The project serves as a learning opportunity, chance for members to enhance their skills, and an occasion to build self-esteem, team spirit, leadership qualities and sense of accomplishment. The kids also took classes with the National Foundation for Teaching Entrepreneurship to create business plans and establish their own small businesses – they were even given capital to start up. From 2013-2014, the kids wrote, produced, performed, marketed and sold their own CD – which involved studio visits, being on a radio station, writing sessions, and performing for an NFL VIP suite. They most recently completed on an Arts & Culture Magazine which allowed them to conduct interviews, enjoy real life red carpets, have photography lessons, participate in Washington Post workshops, and sell ads/copies for their magazine. In 2016, they will launch the CAPE TV project where they will create, produce and film their own CAPE reality show.

GYSD/CAPE League Feeds DC: In addition to our regular service projects, CAPE members engage in one large community project called CAPE League Feeds DC in celebration of Global Youth Service Day. In this project, members design and manage the activity geared towards using food to serve the community. We most recently diversified our efforts with a Fun & Field Day produced by the CAPE kids for group home and homeless youth

Mentoring & Gender-Based Programming: In our continuous effort to expose members to positive adults and build their senses of self, we incorporate the presence of role models into our programming. Members will be paired with mentors who share their interests, whenever possible – and will be guaranteed a mentor, when they participate with #CAPECares. Members also enjoy quarterly Guys Day/Gals Day – where they spend quality time with their gender group and experience programming designed to talk, encourage and empower.

Program Perks & Points: To keep members motivated, the League offers “perks” to celebrate behaviors we value. Perks include movie passes, concert tickets, gift certificates, money and special opportunities, etc. Members gain points throughout the year to gain these perks or for various activities/projects.

Research and Short Term Projects: Each member is also guided to do research or educational projects; i.e. Women’s & Black History Presentations, Vision Board projects, an Obama related project, Smithsonian Scavenger Hunts, International Food Fair and International Non-Profits projects. In the past, we’ve done a talent show (with classes from Washington Improv Theater) and ran a CAPE Mall (where kids had their own stores for four Saturdays).

Summer Programming: Each summer, CAPE League continues to provide Saturday programming. However, we also partner with existing weekday summer programs which CAPE members are eligible to participate with; without further fees or applications. This allows members to have opportunities to interact with other programs as a group, and helps guarantee them summer activity. We also assist in finding jobs and internships.

#CAPECaresDC – An on-going project designed to promote youth activism in every member. The purpose is to have members identify a cause he/she is passionate about and engage in field activity, be mentored by an existing activist, and help build community awareness; while positively utilizing social media for advocacy.

*****CAPE League Highlights*****

- In 2016, CAPE League took their first week long retreat by visiting California's Bay Area. Members visited the headquarters of Facebook/Instagram for a personal tour and workshop. They did college tours of UC Berkley and California College of the Arts. They were treated to a live Golden Gate Warriors game, fun trip to Six Flags and Alvin Ailey theater performance. They also engaged in a service activity with a pizza party they put together for homeless youth at a shelter. The retreat was hosted by Oakland Raider, Lorenzo Alexander.
- High achieving CAPE Leaguers were allowed to participate with the Grand Preview screening/party for **Nickelodeon's Halo Awards**. Our kids discussed the impact of youth doing service in the community, networked with several **Congressmen** and **Senators**, and even had a chance to meet **Nick Cannon** and **Mariah Carey**
- We formed a partnership with the **National Alliance for African American Athletes**. This provided members with an opportunity to travel to **Los Angeles** for Watkins Weekend – a filled weekend and awards ceremony celebrating athletes who are also scholars. The kids also participated in the event in 2014 and 2015 – interviewing athletes, running the red carpet, having lunch with the organization and attending the Black Tie gala awards ceremony. One of our high school members now holds an internship with the organization
- From 2007 - 2011, we presented **CAPE League Feeds DC**. The project was 80% led by CAPE members. We prepared over 500 meals, delivered to 7 shelters and over 200 people around Washington, DC.
- In 2013 and 2014, members had the opportunity to have a day long experience at the **United States Supreme Court** and a private session with **U.S. Supreme Court Justice, Elena Kagan**
- We launched our *New York City* series in 2007. This year, the kids visited NYC twice for college tours, a boat cruise, dining, museum visits and a fun activity called "The Ride"! Last year, we treated members to a special opportunity for the live and final taping of **BET's 106th & Park** (our 3rd time). We've visited **Essence Magazine** for a workshop on operating a major publication. We visited and toured **NFL's** Headquarters and enjoyed a presentation, meetings with execs & NFL gifts. The kids also saw **Broadway** shows "**The Lion King**" and "**Hairspray**".
- We incorporated a sports component to CAPE League. Programming included: a boxing workshop with Darell Coley; football clinics with NFL players (Vernon Davis, Rodney McDaniels, Usama Young, etc.); a baseball clinic with the MBLPA; Ski Trip to Pennsylvania; tennis mini-camps; regular outings to MLB, NBA, WNBA and MLS games; and classes in Afro-Brazilian martial arts form, Capoeira
- For the on-going CAPE group project, the **Arts & Culture Magazine**, members covered various events and interviewed a number of professionals and public figures. PBM granted one student a **professional SLR digital camera** and 8 weeks of private photography classes. They will also take a trip to New York
- In 2014, CAPE League treated students to a **week-long college tour** for Spring Break. They visited 8 major HBCUs in Virginia, North Carolina, Georgia and Florida. They ended the trip with a day of outlet shopping and fun trip to Universal Studios.
- We've taken kids to **Kennedy Center, Verizon Center & Warner Theater** for performances, festivals & other events 20+ times – including a master class with Dance Theater of Harlem; VIP Suite experiences for The Nutcracker; a master session with country music star, Alison Krause; and opening nights of Cats, Annie & the Wizard of Oz!
- CAPE League marched in the **50th Anniversary of the March on Washington** and participated in various workshops and activities to learn about the history and current socio-political issues.
- Our **DC/Baltimore Exploration Experience** included tours of two major universities, a VIP screening of a Disney Film, a trip to the Blacks in Wax Museum, the Baltimore Aquarium and a visit to the Annapolis Naval Academy
- We partnered with **The Jewels & Society of Collegiate Black Men** –programs that provide workshops in life skills, peer relationships and goal-setting. The girls participated in a retreat at Howard U. to experience college life. In 2010, we added **SMILE** (a self-esteem series for girls) and sent the boys to 2 manhood workshops

- **GenerationX** hosted our kids for an event honoring community service leaders. Members prepared care packages for soldiers and met **Disney** stars **Corbin Bleu** (High School Musical) & **Madison Pettis** (Corey in the House)
 - A CAPE family was selected, as one of 5 families, for Wizards “**12 Days of Holiday Cheer**”. The family received a surprise home visit from Wizards star, **John Wall**, cheerleaders, team execs and other players – delivering a caravan of gifts. In the following year, two CAPE League families were selected.
 - CAPE League was invited to a special event to hear **Russell Simmons** speak about financial empowerment & was extended VIP privileges for the night.
 - **Washington Improv Theater** hosted a 9 month series of acting classes with team building workshops.
 - PBM initiated a partnership with **Microsoft** in 2014, which launched with a day-long visit to the corporate offices to meet executives and experience new technologies. The partnership continued through 2015 with STEM, computer and other workshops provided by Microsoft throughout the year.
 - CAPE League held an **entrepreneurship component**. Youth learned to create business ideas, write a business plan & develop marketing strategies. Members went to **New York** to buy supplies and embark on their business.
 - CAPE League was invited to participate in a private basketball clinic with the WNBA **Washington Mystics**. To complement the opportunity – the day was featured on **MTV’s the Real World** as one of their featured tasks.
 - CAPE kids launched the CAPE CD project. It engaged them in lyric writing, production workshops, piano/voice lessons, studio sessions, radio on-air interviews, and tour of local community organizations.
 - We’ve established partnerships with 40+ organizations to include: National Association of Black Females in Entertainment; Hip Hop 4 Health; Concerned Black Men; International Spy Museum, Sony; Technology Playground, Washington Nationals, etc.. Through a partnership with Cardinal Bank, members opened savings accounts (deposit donated by bank) with a workshop on savings.
 - CAPE Kids spent the day at **XM Radio** and had the chance to be live on-air and did the first, XM youth led interview with recording artists, **Pretty Ricky**. We also had an exclusive performance session and meet and greet with Atlantic Records and two of their new artists. We’ve also done workshops at **WPGC-FM** and **WHBC-AM**.
 - We provide occasional special dinners and lunches for members - introducing them to sushi, Spanish cuisine, fondue style dining, etc. The purpose is to talk to members while exposing them to various cuisines, fine dining & cultural experiences.
 - CAPE League teens were allowed to participate directly with **Howard Homecoming** – preparing a Youth empowerment panel; attending a film & TV event; and working with the Howard **Celebrity Basketball Game**
 - Through our partnership w/ **Essence Magazine**, the kids were able to learn about event planning, participate in a fashion show, host recording artists and received stipends for their participation.
 - CAPE members were invited to **NBA Wizards MLK Day** panel discussion. The event allowed students to discuss their dreams with local professionals including journalists, doctors, politicians & Wizards players
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The C.A.P.E. League Application and Consent Form

Thank you for your application to C.A.P.E. League. By returning this form, you and your parents agree to full participation in this program, if your application is accepted. Your membership is for one year; then you are eligible for annual renewals. The student and the parent/guardian must initial the first page of this application. **Please read complete all parts of this document.**

Name: _____

School: _____ Current GPA: _____

Birth Date: _____ Gender: _____ Parent/Guardian(s): _____

Primary Address: _____

Ward: _____ Phone Number: _____ Email: _____

Annual Household Income (total from all adults, child support and alimony): _____ (must be supported with documentation)

Number of Adults in Household: _____ Number of Children (under 18) in Household: _____

Questionnaire:

How did you find out about the CAPE League: _____

Why do you want to join the League? Why is this program right for you? _____

What will make you an ideal member for this program? _____

What other activities are you currently involved with? _____

What would you hope to gain most from this program? _____

Would committees would your parent be interested in volunteering (see below): _____

In what areas would you like to improve yourself? _____

Parent Committees (E-Bay Store; Jersey Mike's Month of Giving; Future Fund; Winter Wonderland & Silent Auction; CAPE Away; PBM Flea Market; Special Events; CAPE activities; Grants & Sponsorships; Giving Tuesday)

As a family of C.A.P.E. League, I agree to the following (please agree by placing an X by each on the line):

1. I am between the ages of 11 and 17 years old, as of the day of this application _____
2. I will participate in 2 community, volunteer or outreach program per year (with CAPE League) (must be completed one month before their annual membership ends. The first service activity must be completed within 6 months of membership) _____
3. I will participate in, at least, 15 CAPE activities, throughout each six month membership period (*probation with 5 absences in 2 months; no renewal with 12 absences in 5 months*) _____
4. I live in Prince George's County, Montgomery County, Alexandria County, Arlington County or Washington, DC _____
5. I will maintain a respectable level of behavior at activities or projects affiliated with C.A.P.E. League and will stay with the League at all times during the activity or event _____
6. I will maintain, at least, satisfactory academic performance in school (no less than C average) and will submit a copy of my report card after every marking period _____
7. I will complete 6 activity evaluations and 3 thank you letters on CAPE League related things _____
8. I will complete one research and one group project, per year _____
9. I will submit fees by the 5th of each month (There is a \$5 fee if paid between the 6th and the 15th; a \$15 fee if paid between the 15th and 30th) _____
10. My parent will serve on 1-2 PBM committees during my membership period _____
11. I will take part in, at least, 1 fundraising activity per 6 months _____
12. I must maintain a Metro or DC one card _____

As the parent/guardian of _____, I confirm the following:
Name of Child

1. I consent to allowing _____ to participate in this program and the activities and community service associated with the C.A.P.E. League
Name of Child
2. When transportation is not provided, I am responsible for getting my child to and from activities and programs affiliated with the C.A.P.E. League.
3. I understand and co-agree to the terms stated above for my child

I will not hold Powerful Beyond Measure, its volunteers, its members (including but not limited to parents/guardians of student members) or any C.A.P.E. League members responsible in case of accident or injury as a result of participation with the C.A.P.E. League. I release, acquit and forever discharge Powerful Beyond Measure organization., its officers, employees, volunteers, members and agents, including but not limited to all student members of C.A.P.E. League and all parents/guardians of League members, from any and all future liability resulting from any and all claims or causes of action, including but not limited to negligence or strict liability in tort, that I now or may in the future have for personal injuries, damage to property, loss of services, medical expenses, losses of damages of any and every kind whatsoever that may arise from participation in C.A.P.E. League, including but not limited to transportation by other students, parents/guardians, staff members or volunteers, to and from and activities. I allow my child's likeness to be used for promotional/marketing purposes for PBM.

PBM Statement: The League and PBM will put forth its best efforts to ensure that most of the affiliated activities are at no or little expense to members and their parents/guardians. However, in cases where there is a fee for the event, parents and members will be told in advance and will be responsible for the cost; participation is voluntary. PBM is not responsible for any accidents, ill-behavior, confrontations, illegal activity or other happenings associated with the events and activities. All activities are planned and presented by the PBM, but members are responsible for their own participation. Each activity will be attended and monitored by a PBM staff member or representative. Parents may be required to sign individual consent forms for various activities. The information included in this application will only be viewed by PBM staff members, unless otherwise required by government officials. Some activities will have limited participation, and members can participate on a first come, first serve basis.

Student Signature

Date

Parent/Guardian Signature