

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.

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 \$5,000 a year – ***NO family pays this amount; the program is affordable to participants at every income level*** (PBM pays for memberships in the form of scholarships).

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

1. Must be between the ages of 12 and 17 upon entering the program
2. Must have signed consent form from parent/guardian. Upon acceptance a copy of recent report card and tax/financial documentation are also required.
3. Live in Washington, DC; Prince Georges County; Montgomery County; Arlington County; or Alexandria County

To maintain membership, you must do the following:

1. 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. Participate in at least 15 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

** Parent Committees (PBM Store; Jersey Mike's Month of Giving; Future Fund; CAPE Away; Awards Brunch; General fundraising; CAPE Activities; Grants & Sponsorships; Giving Tuesday)*

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, Radio One, and Essence Magazine.
- We did an Annapolis/Baltimore tour –which included a Disney movie premier, visits to the Aquarium and Blacks in Wax museum, 4 university visits and dinner with an Ohio youth group
- We've had multiple ski-excursions in Pennsylvania, Maryland and Virginia.

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.

- **Los Angeles:** 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.
- **East Coast College Tour:** Members enjoyed a week-long college tour from Virginia to Florida, visiting 8 institutions and finished up with a fun day at Universal Studios, Orlando
- **San Francisco/Oakland:** CAPE kids took a week long retreat to the Bay Area hosted by former Oakland Raider, Lorenzo Alexander. The highlight of the trip was a daylong, private tour and workshops at Facebook's headquarters. We also enjoyed an Alvin Ailey performance, a Golden State Warriors game, visit to UC Berkeley and threw a pizza party for youth at a homeless shelter
- **Atlanta, GA:** The program also took youth on a Spring Break trip to Atlanta, GA where they did everything from visit studio lots for Marvel and Netflix to attending a conference with Jesse Jackson, enjoying a day at Stone Mountain Park to going on college tours.
- **Buffalo/Niagara Falls:** We took a voyage to Buffalo and Niagara Falls and got to enjoy the Maiden of the Mist, a boat ride right through Niagara Falls and got to climb the Falls itself. We also enjoyed VIP access to a Buffalo Bills game, tour of the stadium and a party with the players. And our supporter, Lorenzo Alexander arranged a private tour at New Era Cap's headquarters to learn about business!
- **Alaska:** Most recently, we took members to Alaska to witness the Aurora Borealis, the natural wonder of the Northern Lights. In addition to this, youth had the opportunity to travel the Dalton Circle and cross the Arctic Circle! Members experienced ice fishing, swam in natural Hot Springs, went snowmobiling, visited the North Pole and engaged with the Alaskan community.
- **Phoenix, AZ:** In 2023, the members did a retreat to Arizona. While there, the kids explored and visited American Indian tribal cultures, went horseback riding through the desert, took classes in Southwestern cooking and did a fun golf cart scavenger hunt through Scottsdale, AZ

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.

Educational Enhancement Programming: CAPE League launched a permanent initiative to engage members in STEAM. The element kicked off with a Microsoft partnership – which allowed the kids to take part in classes for Powerpoint, digital media, game coding, etc. The kids also participate in science festivals, automotive projects and urban farming activities. In order to help our kids learn beyond the classroom, we provide other workshops series and lessons in academic or other areas that may not be able to pursue at school. These have included and will include: Debate, Entrepreneurship, Book Club, Culinary Arts, Cultural Studies, etc.

Future Fund: The Future Fund is designed to help subsidize the dreams of young people. The Future Fund will provide for a small, annual gift to our graduating seniors to be used towards anything that may help them realize their goals: college books, art supplies, training classes, business applications, etc.

Group Arts and Long-Term Projects: Each year, members work on a special project. The project serves as a chance for members to enhance their skills, and an occasion to build self-esteem, team spirit, leadership qualities and sense of accomplishment. Over the years, members took classes with the National Foundation for Teaching Entrepreneurship to create business plans and establish their own small businesses – and even given capital to start up. Our members also wrote, produced, performed, marketed and sold their own CD – which involved studio visits, being on two radio stations, writing sessions, and performing for an NFL VIP suite. They completed 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. Most recently, they created their own apparel business, Minor Excellence where they established an official LLC and did over \$2k in sales.

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 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, and International Non-Profits projects. In 2024, the kids will work on a research project examining the indigenous cultures of America.

#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*****

- 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, and Alvin Ailey theater performance. They also planned and hosted a special pizza party for homeless youth at a shelter. The retreat was hosted by Oakland Raider, Lorenzo Alexander.
- Over the years we have presented our biennial **CAPE League Feeds DC**. The project is 80% led by CAPE members. We've prepared over 500 meals, delivered food to over 8 shelters and served over 200 people around Washington, DC through our pop-up "restaurants".
- 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 launched our *New York City* series in 2007. The kids have visited NYC for college tours, a boat cruise, museum visits and a fun activity called "The Ride"! We treated members to a special opportunity to be at the live, final taping of **BET's 106th & Park**. 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**".
- 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**
- CAPE League took students on 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, Gala Hispanic Theater, The Lyric of Baltimore & Warner Theater** for 30+ performances & other events 30+ times. This includes a master class with Dance Theater of Harlem; VIP experiences for The Nutcracker; a master session with country music star, Alison Krause; a backstage tour of The Lion King 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.
- We partnered with the **National Alliance for African American Athletes**. This provided members an opportunity to travel to **Los Angeles** for Watkins Weekend – an activity filled weekend and awards ceremony celebrating athletes who are also scholars. The kids had the opportunity to interview athletes, run the red carpet, have lunch with the honorees and attend the Black-Tie awards gala. One of our high school members even earned an internship with the organization.
- CAPE League was invited to a special event to hear **Russell Simmons** speak about financial empowerment & was extended VIP privileges for the night.
- 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.

- Programming for our sports component has 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. Most recently our kids enjoyed a special invitation from DC United to watch the game from the owner's suite!
- 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. We also partnered with **SMILE** (a self-esteem series for girls) and sent boys to 2 manhood workshops.
- **GenerationX** hosted our kids for an event honoring community leader. Members prepared care packages for soldiers and met **Disney** stars **Corbin Bleu** (High School Musical) & **Madison Pettis**
- A CAPE family was selected 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. The following year, 2 CAPE League families were selected.
- 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.
- We've established partnerships with 50+ 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**.
- Through **Dine with the Director**, 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 have been invited to participate directly with **Howard Homecoming** activities – preparing a Youth empowerment panel; attending a film & TV event; working with the **Howard Celebrity Basketball Game** and being hosts for the **Bison Honors Awards Gala**
- 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.

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 (no requirement): _____

Birth Date: _____ Gender: _____ Ward: _____

Parent/Guardian(s): _____

Primary Address: _____

Phone Number: _____ Email: _____

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

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

Questionnaire:

How did you find out about CAPE League: _____

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

What is your greatest challenge? In what area(s) would you like to improve yourself? _____

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

What other activities are you currently involved with? _____

Tell us a little bit about yourself (you can share anything you want us to know about who you are): _____

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 12 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 once every six months) _____
3. I will participate in, at least, 12 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 activities _____
8. I will complete one research and one group project, per year _____
9. I will submit fees by the 7th of each month (There is a \$5 fee if paid between the 8th 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 C.A.P.E. League 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 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 SOMEactivities. 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