Activity Power Hour, 1st - 5th Grades

Open to Newman students only

Activity Power Hour (APH) for our older Greenies incorporates what this age group loves the most: choice. Each weekday offers a variety of options for students to choose from: Sports, The Islands, Tech Lab, Art & Design, and Specials. While these offerings may change on a daily basis, we always have at least four activities available. Please read more about our Activity Power Hour environments below:

**Directed Study:** Select this option at the time of registration if you would like your child to attend Directed Study prior to choosing another activity. The Newman After 3 Directed Study staff will maintain communication with primary classroom teachers to ensure that students understand and complete outside of school assignments. Our staff will also be available if a student is just looking for daily homework assistance, encouragement, or some extra time going over concepts covered during the school day. The directed study session will begin at 3:30 p.m. after free play and snack and will end by 4:30 p.m. Students completing their homework assignments prior to 4:30 p.m. will have the option to choose an environment to attend in Activity Power Hour.

**Sports:** This environment features a rotating assortment of favorite playground games, such as Kickball, Capture the Flag, and Medic, along with classic sports like Flag Football, Soccer, and Basketball. Students who participate in our sports environment have the chance to run out some energy while improving their game skills and sportsmanship.

**The Islands:** Named after the most relaxing environment in Newman Summer Day Camp, The Islands offers students a variety of crafts and projects. Students work on their fine motor skills while creating intricate designs in Perler beads, lanyards, and homemade jewelry and accessories.

**Tech Lab:** A wide variety of technology-based activities draws students in to this environment. Minecraft is offered on Tuesdays for 3rd - 5th grade students and on Wednesdays for 1st & 2nd grade students. Other activities include Snap Circuits, MIT Scratch programming, and Tinker CAD (3D Design). Please note: Tech Lab is not open on Mondays.

**Art & Design:** Led by talented artists, this environment offers a wide variety of creative endeavors. Housed in the Lower School art studio, students have the opportunity to focus on their artistry while creating original pieces of wearable arts, found object art, painting, drawing, and mixed media.

**Specials:** This cluster of activity choices spices up Activity Power Hour with some fan-favorites. Makerspace will be offered on Mondays, Tuesdays, and Fridays. Science will be offered on Mondays and Fridays. Surprise specials are offered throughout the semester and help us gauge student interest in future class offerings!

*Students who are enrolled in Directed Study may attend APH once they have completed their homework for the day.*

*Students who are enrolled in Private Music Lessons will attend APH outside of their lesson time.*

**Time:** 3:30 - 4:30 p.m.
**Day:** Monday - Friday
**Grades:** 1 - 5
**Fee:** $479
*Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.*
**Activity Power Hour, PK - K**

*Open to Newman students only*

Activity Power Hour for our youngest Greenies includes either an in-classroom, extracurricular enrichment activity or an active-play sport or game. The Classroom Enrichment environment will include rotations of art projects, hands-on science, musical games, and tinkering. The Active Play & Games environment will include P.E. games, races, and sports. Each day will focus on teamwork, motor skills, and fun!

At the time of registration, you will be able to select your preference for your child: either “Active Play & Games” or “Classroom Enrichment Activities.” This will help our staff make sure each student in Activity Power Hour is engaged, focused, and happy each afternoon. Of course, we are flexible and can make game-time changes if a student’s preference changes. Each day will offer dynamic activities for our youngest Greenies!

**Time:** 3:30 - 4:30 p.m.

**Day:** Monday - Friday

**Grades:** PK - K

**Fee:** $479

*Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.*

**INSTRUCTOR** AFTER 3 STAFF

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**Ballet**

*Open to Newman students only*

Dancers will have the opportunity to learn and explore ballet principles such as plié, relevé, and sauté. Additionally class times will be spent improving skills in balance, coordination, and rhythm through creative movement exercises.

**Time:** 3:30 - 4:30 p.m.

**Day:** Tuesday

**Grades:** PK - K

**Fee:** $526

*Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.*

**INSTRUCTOR** GRETCHEH ERICKSON

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**Baseball | 2nd & 3rd**

*Open to Newman students only*

This course will be an opportunity for players to be introduced to or improve all aspects of their baseball skills in a fun learning environment. The course will focus on position-specific skill work as well as team aspects of the game. We will introduce proper mechanics and fundamentals unique to Pitchers, Catchers, Infielders, and Outfielders. Players will also be taught the fundamental mechanics and approach to hitting, including bunting, and how to run the bases properly, including how to take a lead and base-stealing skills.

Each player will be taught to understand not only the physical part of the game but also the mental approach and why we do certain things during the game. We will stress that even though we are taught individual skills how to transfer that into a team concept. We will accomplish all of the above by using individual and team drills and game-type situations.

**This is not a full semester class;** this class runs from September 3 through December 17. If you would like for your student to attend After 3 on Tuesdays before September 3, please select the remainder of the semester option for an additional fee at the time of registration. If your student is not registered for the additional option, he or she will only attend After 3 from September 3.

**Time:** 3:30 - 4:30 p.m.

**Day:** Tuesday

**Grade:** 2 - 3

**Fee:** $464 (Sep. 3 - Dec. 17)

**Additional Fee:** $56 (Activity Power Hour from Aug. 20 - Aug. 27)

*Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.*
Baseball | 4th & 5th
Open to Newman students only

This course will be an opportunity for players to be introduced to or improve all aspects of their baseball skills in a fun learning environment. The course will focus on position-specific skill work as well as team aspects of the game. We will introduce proper mechanics and fundamentals unique to Pitchers, Catchers, Infielders, and Outfielders. Players will also be taught the fundamental mechanics and approach to hitting, including bunting, and how to run the bases properly, including how to take a lead and base-stealing skills.

Each player will be taught to understand not only the physical part of the game but also the mental approach and why we do certain things during the game. We will stress that even though we are taught individual skills how to transfer that into a team concept. We will accomplish all of the above by using individual and team drills and game-type situations.

This is not a full semester class; this class runs from September 5 through December 19. If you would like for your student to attend After 3 on Thursdays before September 5, please select the remainder of the semester option for an additional fee at the time of registration. If your student is not registered for the additional option, he or she will only attend After 3 from September 5.

Time: 3:30 - 4:30 p.m.
Day: Thursday
Grade: 4 - 5
Fee: $464 (Sep. 5 - Dec. 19)
Additional Fee: $56 (Activity Power Hour from Aug. 15 - Aug. 22)
Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.

Cardboard Construction
Open to Newman students only

This instructional course will provide hands-on introduction to the cardboard arts. Students will create both two dimensional works of art and three dimensional sculpture using the same techniques used to build Cardboard Mountain at Newman Summer Day Camp.

Time: 3:30 - 4:30 p.m.
Day: Wednesday
Grades: PK - K
Fee: $526
Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.

First Down Flag Football | Kindergarten
Open to Newman students only

Flag football is a great way to introduce your child to organized sports in a safe and cooperative environment. In this program we will cover the rules of flag football, run through drills, and play games with a focus on the fundamentals of football. Athletic shoes and socks are required for class.

Time: 3:30 - 4:30 p.m.
Day: Monday
Grade: K
Fee: $526
Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.
**Guitar - Private Lessons**
*Open to Newman students only*

Guitar lessons will focus on building proper technique, musical awareness, and overall music appreciation. In addition to the more technical aspects of playing the instrument, the students will be engaged with repertoire which they will love to play and sing. Some of the musical projects will include: repertoire study of pop and rock artists such as the Beatles; the Guitar as an essential part of American music; and how to play and sing along. In addition, if any students are interested, the lessons can have more of a classical direction. The classical studies will include Giuliani's 120 Right Hand Studies, Andrea Segovia’s Diatonic Major and Minor Scales, and selection of easy pieces by Sor, Giuliani, Albeniz, Bach, and Barrios. Students will be strongly encouraged to have their own instrument at home. Practicing is mandatory and ideally should be consistent.

**Time:** 3:05 - 3:35, 3:40 - 4:10, 4:15 - 4:45 or 4:50 - 5:20 p.m.
**Day:** Tuesday - Thursday
**Grades:** 1 - 5
**Fee:** $835
*Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.*

INSTRUCTOR ALEX PENA

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**Guitar or Ukulele | Private Lessons**

*Open to Newman students only*

Lessons will focus on building proper technique, musical awareness, and overall music appreciation. In addition to the technical aspects of playing the instrument, the students will be engaged with songs they will love to play and sing. Repertoire will include popular artists that are relevant to each individual's interests. Melodies, chords, singing & playing in cooperation, finger style, & pick are available in any style. Whether it's rock, blues, jazz, or a TV theme, there's something to be learned from any song. Student engagement is the key element in a successful lesson.

**Time:** 3:05 - 3:35, 3:40 - 4:10, 4:15 - 4:45 or 4:50 - 5:20 p.m.
**Day:** Monday and Friday
**Grades:** 1 - 5
**Fee:** $835
*Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.*

INSTRUCTOR JEFF KRAUSE

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**Gymnastics - Acro & Tumbling**

*Open to Newman students only*

ACRO is the most interesting of the gymnastic disciplines. It involves gymnastic skills done with partners in pairs or trios like you would see in Cirque du Soleil. Students will perform their acro, tumbling and dance skills in a routine to music. This class will also teach students basic and advanced tumbling instruction on tumble trak trampoline and spring floor.

**Time:** 3:00 - 4:00 p.m.
**Day:** Friday
**Grades:** 1 - 5
**Fee:** $526
*Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.*

INSTRUCTORS GRETCHEN SCHULTZ / IVAN IVANOV
Gymnastics – Beginners/PreTeam
Open to Newman students only
Beginner and Advanced Gymnastics instruction including bars, beam, floor exercise, tumble track, and vault. NOLA Gymnastics Rainbow Ribbon Program awards the students as they progress and achieve gymnastic skills. Once a student has achieved all of the Rainbow Ribbon Skills, they can promote to the competitive team.

Time: 3:00 - 4:00 p.m.
Day: Tuesday
Grades: 1 - 5
Fee: $526
Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.

Instructors: Gretchen Schultz / Ivan Ivanov

Gymnastics – KinderGym
Open to Newman students only
Kinder Gym is gymnastics for Pre-K and Kindergarten students. We teach bars, beam, and tumbling using preschool gymnastic equipment.

Time: 3:00 - 4:00 p.m.
Day: Monday
Grades: PK - K
Fee: $526
Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.

Instructors: Gretchen Schultz / Ivan Ivanov

Karate | Advanced
Open to Newman students only
Karate is a Japanese martial arts that requires discipline and concentration. In this class students will learn advanced basic punching, kicking, and blocking techniques. Classes will consist of technique (kihon), forms (kata), and partner work (kumite). After certain progress, students will have to opportunity to test for higher rank and compete in tournaments. Uniforms (gi) are recommended but not required. Enrollment in this class also offers the optional purchase of a karate uniform for $30.

Students should only enroll in this class if they have an yellow belt or above.

Time: 3:30 - 4:30 p.m.
Day: Wednesday
Grades: 1 - 5
Fee: $526
Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.

Instructor: Dimitri Papadopoulos

Karate | Beginners
Open to Newman students only
Martial arts can be an integral part of youth education by teaching children discipline, self-control and self-defense, while providing them with a rigorous physical education regimen. If students wish to progress and attain ranks in karate, they can through this program. This class is open to all first- through fifth-grade students, regardless of previous karate experience. Enrollment in this class also offers the optional purchase of a karate uniform for $30.

Time: 3:30 - 4:30 p.m.
Day: Thursday
Grades: 1 - 5
Fee: $526
Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.
KinderKarate
Open to Newman students only

Martial arts can be an integral part of youth education by teaching children discipline, self-control and self-defense, while providing them with a rigorous physical education regimen. If students wish to progress and attain ranks in karate, they can through this program. This class is open to all Pre-K and K students, regardless of previous karate experience. Enrollment in this class also offers the optional purchase of a karate uniform for $30.

Time: 3:00 - 4:00 p.m.
Day: Friday
Grades: PK - K
Fee: $526
Includes the ability to stay In After 3 from 3:00 until 5:30 p.m. on the day of class.

Little Pianists
Open to Newman students only

This class is a fun group piano lesson only offered to Pre-K and Kindergarten students. With most young children having limited individual finger dexterity, trying to play the piano can lead to frustration and feelings of defeat. In our group lessons your child will be instructed on: how the piano works as a physical instrument, how to sit at the piano and hold a proper hand shape, how to recognize specific patterns on the piano, up/down and high/low on the piano, finger numbers, steps and skips on the piano, names of the piano keys, how to aurally identify duet and triple meter, stepping/skipping forward and backward in the musical alphabet, lines and spaces on the staff, steps and skips on the piano and staff, how to aurally identify major and minor chords, and much more. Group lessons are an engaging and effective way to start learning to play the piano.

Time: 3:30 - 4:30 p.m.
Day: Monday
Grades: PK & K
Fee: $526
Includes the ability to stay In After 3 from 3:00 until 5:30 p.m. on the day of class.

Media Arts
Open to Newman students only

Explore the craft of movie making in our Media Arts class. Students will have the opportunity to direct their own movies, while also learning film making skills such as cinematography, lighting, sound design, animation, editing, and much more. This class is for 3rd-5th grade students, regardless of experience, who have an interest making their creative ideas a reality.

Time: 3:30 - 5:00 p.m.
Day: Friday
Grade:3 - 5
Fee: $526
Includes the ability to stay In After 3 from 3:00 until 5:30 p.m. on the day of class.

Mini Chef Cooking | K
Open to Newman students only

Mini Chefs will learn some basic preparation and cooking techniques while tasting foods that they have prepared under the supervision of a culinary explorer! Each week will feature a new recipe that students can take home.
**Mini Chef Cooking | K**

*Open to Newman students only*

Mini Chefs will learn some basic preparation and cooking techniques while tasting foods that they have prepared under the supervision of a culinary explorer! Each week will feature a new recipe that students can take home.

**Time:** 3:30 - 4:30 p.m.  
**Day:** Wednesday  
**Grade:** K  
**Fee:** $526  
*Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.*

**Mini Chef Cooking | Pre-K**

*Open to Newman students only*

Mini Chefs will learn some basic preparation and cooking techniques while tasting foods that they have prepared under the supervision of a culinary explorer! Each week will feature a new recipe that students can take home.

**Time:** 3:30 - 4:30 p.m.  
**Day:** Thursday  
**Grade:** PK  
**Fee:** $526  
*Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.*

**Music Production**

*Open to Newman students only*

In Music Production, students will learn the "ins and outs" of everything that goes into producing music. Through the use of recording software such as Garageband and Mixcraft, students will learn about basic sound principles, electronic/digital audio, microphones and microphone placement, tracking, equalization, MIDI, and mastering. Music Production will also focus on the concept of songwriting, as each student will write and produce their very own song to take home with them at the end of the term. This class is a fun approach to understanding the combination of music and technology - something that is imperative in the modern music industry.

**Time:** 3:30 - 4:30 p.m.  
**Day:** Monday  
**Grades:** 3 - 5  
**Fee:** $526  
*Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.*
Newman Ninja Warrior / Kindergarten

Open to Newman students only

The Newman Ninja Warrior class is specifically designed for our youngest Greenies and will focus on developing motor skills through mobility, balance, power, and strength. The goal of this dynamic class is to cultivate a strong mind and body through fitness in a fun and safe environment. Students will participate in a variety of obstacle courses, relay races, and team building activities. By learning new obstacles and setting and achieving goals each week, students will develop a positive mindset toward themselves and teammates.

Time: 3:30 - 4:30 p.m.
Day: Thursday
Grades: K
Fee: $526

*Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.*

Newman Ninja Warrior / Pre-K

Open to Newman students only

The Newman Ninja Warrior class is specifically designed for our youngest Greenies and will focus on developing motor skills through mobility, balance, power, and strength. The goal of this dynamic class is to cultivate a strong mind and body through fitness in a fun and safe environment. Students will participate in a variety of obstacle courses, relay races, and team building activities. By learning new obstacles and setting and achieving goals each week, students will develop a positive mindset toward themselves and teammates.

Time: 3:30 - 4:30 p.m.
Day: Friday
Grade: PK
Fee: $526

*Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.*

Piano / Private Lessons

Open to Newman students only

Newman puts the fun in fundamental piano skills. We have four piano teachers to provide flexibility to meet the demand for the lesson time you might desire. Our instructors will have a consistent curriculum with unified materials which will engage the students with songs they will love to play and sing. Our Classical composers will include Beethoven, Tchaikovsky, and Scott Joplin (ragtime) of course! All students enrolled will receive one 30 minute lesson per week. We strongly recommend that students enrolling in private piano lessons own a piano or a keyboard or that they have easy access to one during the week. Practice is mandatory starting with first grade or level 1 piano. All lesson books and materials are provided at no extra charge.

Time: 3:05 - 3:35, 3:40 - 4:10, 4:15 - 4:45 or 4:50 - 5:20 p.m.
Day: Monday - Friday
Grades: K - 5
Fee: $835

*Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.*

Instructors: Amanda Wadsworth / Jeremy Parker / Chase Ludeau / Patrick Scioneaux / Rik Fletcher
Robotics Exploration
Open to Newman students only

This class is an environment for free exploration with the components involved in robotics. Students may use this time to experiment with new combinations of sensors, learn more of the intricacies of programming, or perhaps build a new style of robot with a brand new purpose. For students interested in joining the competitive team in the coming years, this exploration class is a great opportunity to get excited about robotics and develop new skills.

Time: 3:30 - 4:30 p.m.
Day: Monday
Grade: 1 - 3
Fee: $526
Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.

INSTRUCTOR TRAVIS BLOTSKY

Robotics: Competitive Lego Team
Open to Newman students only

The Competitive Robotics Team is open to ten team members who will represent our school at this season's First Lego League (FLL) challenge. Team members will hone their skills designing and building a robot and attachments to solve timed challenges. Team members will write programs to guide the robot through the challenges. Team members will research and investigate the FLL challenge theme. The team may also meet for extra practices on a Saturday in preparation for the local qualifier and state tournament, often at the end of November and December. The goal of our team is to get students excited about robotics, and the competitive team takes that energy to the tournament to do the very best we can. On your marks, get set, Lego!

Time: 3:30 - 5:00 p.m.
Day: Wednesday
Grades: 4 - 5
Fee: $526
Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.

INSTRUCTOR COLLIN DORUFF

Rock Band
Open to Newman students only

Details to follow.

Time: 3:30 - 4:30 p.m.
Day: Thursday
Grade: 1 - 5
Fee: $526
Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.

INSTRUCTOR JEFF KRAUSE
Scholastic Chess | Beginners

Open to Newman students only

Students will be introduced to the game of Chess, and learn all of the rules about the ancient game, including etiquette, sportsmanship, and the joy of learning. Students will gradually acquire basic competence in chess through learning the characteristics of each piece, basic cornerstone fundamentals, and by learning and practicing basic tactics. The class period will be structured as a mix of direct lecture and demonstration, and ample hands-on practice. This class section is for beginners who perhaps have no previous experience or background in Chess, who are in second grade or younger, or who are older but need some orientation in the basics before going on to the higher section.

Click here to view a schedule of local chess tournaments.

Time: 3:15 - 4:15 p.m.
Day: Monday
Grades: 1 - 5
Fee: $526
Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.

INSTRUCTOR JEFF YORK

Scholastic Competitive Chess | Intermediate

Open to Newman students only

Students in this section will build their competitive competence in Chess by learning and practicing more advanced tactics, openings and endings, and planning based upon strategic considerations. In addition to lecture/demonstration and hands-on practice, students will become familiar with basic chess analysis and will be challenged to sharpen their tactical and strategic skills. This class is for students who already are familiar with the rules of chess, have played in tournaments, older students, or those who have previous experience in a chess club. The tone of the class will be to challenge students toward greater skill and ability, with an eye toward participation in local scholastic tournaments and a love of learning.

Click here to view a schedule of local chess tournaments.

Time: 4:15 - 5:15 p.m.
Day: Monday
Grades: 1 - 5
Fee: $526
Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.

INSTRUCTOR JEFF YORK

Science

Open to Newman students only

Continue the creative wonder of science with fun, hands-on science experiments and projects that will help promote lifelong interests and skills. Exploration will include everything from volcanoes and dinosaurs to polymer super balls, balloon rockets, and plants. The focus will be on enjoying participating in experiments and projects while learning and understanding the scientific fundamentals of each project.

Students may enroll in only one Science class each semester.

Time: 3:30 - 4:30 p.m.
Day: Wednesday & Friday
Grades: PK - K
Fee: $526
Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.

INSTRUCTOR SUSAN SCHARFF
Science
Open to Newman students only

Continue the creative wonder of science with fun, hands-on science experiments and projects that will help promote life-long interests and skills. Exploration will include everything from volcanoes and dinosaurs to polymer super balls, balloon rockets, and plants. The focus will be on enjoying participating in experiments and projects while learning and understanding the scientific fundamentals of each project.

Students may enroll in only one Science class each semester.

Time: 3:30 - 4:30 p.m.
Day: Wednesday & Friday
Grades: PK - K
Fee: $526
Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.

INSTRUCTOR SUSAN SCHARFF

Soccer Shots Classic
Open to Newman students only

The Soccer Shots Classic program teaches the technical skills of soccer and encourages greater confidence with ball control, using both feet, starting and stopping and changing directions by incorporating basic moves. Through creativity, positivity and fun, we encourage new challenges and increased confidence in the Classic program. Soccer Shots provides children's soccer experiences and believe this sport is a powerful vehicle for positively impacting youth. Through our partnership with the U.S. Soccer Foundation, they aim to impact children through quality soccer programs that support their physical and personal development. Athletic shoes and socks are required for class.

Students may enroll in only one Soccer Superstars class each semester.

Time: 3:30 - 4:30 p.m.
Day: Tuesday & Thursday
Grades: PK - K
Fee: $526
Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.

INSTRUCTOR

Wearable Books
Open to Newman students only

In this class, students will explore their favorite books through creative costuming! New and classic books will come to life as we read together and manipulate materials in the styles of our favorite illustrators. Become a wild thing, shimmer like the rainbow fish, and imagine the possibilities of The Book With No Pictures!

Time: 3:30 - 4:30 p.m.
Day: Tuesday
Grade: PK - K
Fee: $526
Includes the ability to stay in After 3 from 3:00 until 5:30 p.m. on the day of class.

INSTRUCTOR BRYAN SPITZFADEN