



# THE FACULTY CORNER

FROM THE ANACAPA SCHOOL ATHLETICS DEPARTMENT. . .

Anacapa continues to offer a wide array of opportunities to engage in physical activities through our program of afternoon elective classes. With an emphasis on sports that students can expect to enjoy throughout their lives, these classes give us a chance to get physically fit, blow off some steam after a full morning of academic classes, and have fun—students and teachers together. Here's what's happening this semester:

## **GOLF**

Golf has been an exciting and engaging class this year! Buff Platt, our golf pro and instructor (and Anacapa alum, Class of 1993) has a very positive outlook, and our kids have been improving rapidly. It is such a joy to be with the golfers to see them truly enjoy the sport, the outdoors, and even the unique fashion design that goes into it. Both Buff and I look forward to many more semesters of golf with the Anacapa family!

~ Bryan Anderson

## **SOFTBALL**

Softball is back, after much talk and persistence. The setting of Elings Park is really an amazing place to play and have a great time with the kids. They are learning the skills of stretching, taking time to play catch to warm up the arm, field and catch the ball, and of course some hitting. Games are played each week, and we look forward to the end-of-the-year faculty and student softball game and barbecue that we'll have in May.

~ Bryan Anderson and Hugo Macario

## **KICKBOXING**

We are having a lot of fun in Kickboxing this semester. With a total of twelve students, we are honing our "core strength" every week under the guidance of Sensei Andrew at Martial Arts Family Fitness Center. It is a blast for me to participate and learn with students in this environment. We spend the first part of every class working on kickboxing itself. This involves a lot of abdominal crunches, push-ups, kicks, punches, and the occasional sprinting. I am always relieved to look around the room to see the students are just as tired as I am. The second half of class is spent working on martial arts. This part of the class is more formal, and it involves more structured movement and ritual. Although the different culture and style can be uncomfortable at first, I am impressed with how well the students grow to appreciate this wonderful art. Pretty soon we will start "Skill Barring," so we can promote to the next belt level. This is a series of small tests that will assess our basic knowledge of what we have been taught. At the end of the semester, there will be a promotion ceremony where we will demonstrate all of our skills as a group and individually. If you have a student in this class, I hope you will be able to make it to this ceremony in May (date to be determined)!

~ Beth Wirth

(over please)

## **SAILING**

We leave in the Yukon on Tuesday and Thursday for the harbor, where there are two boats and two instructors waiting for us at the Santa Barbara Sailing Center. We rig the boats as needed and sail away. One boat is an Upper School boat, and the other one is a Lower School boat (most of the time). Our class is currently full with our seven students. Every day is different. Some days are laid back, some brisk, some dead, and some are true “white knuckle” days. On the rare “white knuckle” days, the adrenaline definitely gets pumping, the spray flying, and we always get soaked. Returning to campus with wet pants is a badge of honor. It means we made it, and we definitely had an experience the Anacapa mainlanders didn’t. That’s a sailing class pride moment.

**~ Gordon Sichi**

## **GYM SPORTS**

Want to know what a typical Tuesday afternoon in the Gym Sports class is like? The students and I walk over to the City gym on Carrillo Street in perfectly sunny Santa Barbara weather. We begin the class with a warm-up run around the gym for about five minutes, and then we do some stretching for several more minutes to prevent injuries and improve flexibility. Lay-up drills and some practicing of the fundamentals often come next, as we are trying to avoid playing “jungle ball.” A couple games of knockout usually follow to get everyone in the competitive mood for some full-court action (or half-court, depending on how many students we have). It’s been a lot of fun so far this semester, and the students have definitely improved their games substantially. (For some reason, my game has not improved.) Sometimes we play a fun little game of dodge ball at the end of the class.

**~ Jason Mosier**

## **GYM FITNESS**

I just returned to campus from our Gym Fitness class, and I’m still dripping from today’s workout. Each day at the 24-Hour Fitness gym in Paseo Nuevo we spend about ten minutes doing some cardio; then the trainers come upstairs with us, and we focus on stretching, core exercises, and either more cardiovascular training or some muscle development. After the trainers leave, the students and I spend the last twenty minutes of the class working on the strength machines or doing more cardio. Whatever we end up doing, the students and I are getting a good workout and are learning ways to keep ourselves healthy for years to come!

**~ Jason Mosier**