

**Intensive Descriptions 2016-2017**  
**March 27-31, 2017**

**1. African-American Film Festival**

*Sponsor: Tiffany Williams (Mari's Room 203)*

The African-American film festival is a cultural experience focused on the study of the African-American experience throughout the 20th century in the United States. Students will have the opportunity to view a variety of films, listen to music, learn the popular dances, recite poetry, and create art. This interactive session will also include guest speakers, a museum field trip, and a soul food dinner.

*(Approximate Cost -\$30) 25 students*

**2. Bikes & Bees**

*Sponsors: Rob Pell & Marlow Matherne (Rob's Room 601)*

Interested in off-road bicycling? Interested in Ultimate Frisbee? Interested in getting or staying in shape? Well, we have an affordable in-town intensive for you. In the morning we will ride a different bike trail every day, and in the afternoon we will play Ultimate Frisbee at Messer Field. This intensive is not for the faint of heart or the lazy; it's a very active, rigorous, and rewarding opportunity for those who sign up. Requirements: (1) multi-gear mountain bike in good working order; (2) DOT certified & approved bike helmet; (3) H2O carrier; & (4) positive attitude.

*(Approximate Cost: \$40. Students must provide their own lunch Monday thru Thursday.) 18 students*

**3. Deep Dishin' in Chicago**

*Sponsor: Peejay Perez de Alejo (Peejay's Room 507)*

Come explore the sights, sounds and tastes of the famous Windy City! As a group we will choose our own adventure that can include The Field Museum, The Shed Aquarium, Millennium Park, Navy Pier, The Art Institute of Chicago, the Chicago Bulls in action, Music events, Comedy venues, the city's famed architectural tour and many other local flavors. This trip requires students who work well in a group, can maintain a positive mental attitude, are open to a variety of experiences and are capable of walking for large parts of the day! Also, it's going to be March in Chicago...you know...cold.

*(Approximate Cost \$900.00) - Please be aware that accepted students will be required to make an initial deposit of \$425 that will be due with permission forms in order to secure your spot on this intensive. 8-12 students*

**4. Disc Golf Intensive**

*Sponsor - Tony DelMonego (Tony's Room 604)*

Tracing its roots back to the 70s, disc golf has become one of the most popular outdoor activities in America. With over 5,000 (usually free!) courses in North America and affordable equipment (\$10-\$20 a disc), it has become one of the most accessible sports to pick up and play. Combining the principles of golf with the athletic ability of Frisbee, disc golf enables people of all skill levels to enjoy the outdoors on sprawling courses of varying complexity, beginners and pros alike (yes, there are pro disc golfers!). This intensive will introduce players to the rules of the game, the skills necessary to develop control, strength, and confidence on the course, and exposure to several of the local disc golf courses (Tom Brown, Jack McClean, The Rez). Students will be provided with discs or may provide their own.

*(Tentative approximate cost - \$30 transportation - Students will provide their own lunches.) 10 student maximum*

**5. Don't Starve!**

*Sponsor: Emily Bell (Media Center)*

This is a call to everyone who eats, from wannabe-chefs to people who burn water. Learn how to fend for yourself & ensure survival using the ancient art of cooking. This intensive will focus on developing core cooking skills & techniques while creating healthy meals & tasty treats. We will experience the whole process--from meal planning & budgeting, to shopping, & of course, cooking. We will be exploring foods & cooking styles from around the world, while learning about meal planning, modifying recipes, and food safety practices. And of course, we will be sitting down to several fine meals together. Bon apétit!

*(Approximate Cost \$ 35) 16-20 students*

## **6. Geek Squad**

*Sponsor: Mike Wohlgemuth (Computer Lab 2)*

Do you like diving into Linux and batch commands? Want to code all week long? What about taking apart that computer and making it faster? Or finally fixing that computer at home that you just can't get to work? How about finally getting a whole week to work on that application?

We will spend the whole week just generally doing productive, creative, fun stuff with computers. Come ready to get your computer geek on!!!

*(Approximate Cost: Free + bring your own lunch and computer project) 24 student max*

## **7. Gone Fishin'**

*Sponsor: Steve Sears (Black Box)*

This is a new intensive and is open to ideas! The focus will be on fishing, gardening, and other outdoor interests. The trip will consider a trip to the Beau Turner Youth Conservation center and also Lake Talquin. All students must know how to swim and have a basic fishing rod. The cost of the intensive will cover transportation, rentals, and lunch.

*(Approximate cost- \$100) ?? Students*

## **8. Learning Art with Lauren and Olivia**

*Sponsor: Lauren Wade and Olivia Hallinan (Art Room 1501)*

Get Inspired! Spend the week creating art and memories with Lauren.

Oil pastels, charcoal, markers, found objects and more!

*(Approximate Cost: \$180 - covers lunch every day and supplies) 36 students*

## **9. Life's Aquatic**

*Sponsors: Sierra Service, JaSun Burdick & Danielle Taylor (Sierra's Room 1303)*

It's time to get your feet wet as we explore the beautiful natural springs, rivers, lakes, sink holes, and oceans that Tallahassee (and its surrounding areas) have to offer. Come tubing at Ginnie Springs, jump into icy cold sink holes, kayak on the Wacissa River, swim in the deep blue sea, and relax lake side. This intensive will have a big focus on wellness, as we will be getting a lot of exercise every day and we will all make a pledge to *drink more water and cut out soda for the week we are together*. In addition to helping yourself become well, we will also be helping the earth by picking up litter at all the watering holes we go to. This is a great time to earn some community service hours!

**Requirements: (1) you must know how to swim (2) water bottle (3) bagged lunch (4) bathing suit (5) adventurous spirit and positive attitude.**

*(Approximate Cost \$100.00) 18 students*

## **10. Over, Under, and in the Middle**

*Sponsor: Rosa Cefalu (Rosa's Room 1505)*

Discover the wonders of Florida right around the corner! A different trip every day—Caverns State Park, Gulf Specimen Marine Laboratory, St. Marks Wildlife Refuge, and Wakulla Springs are just a few options. We will meet as a group to discuss other possibilities.

*(Approximate Cost: \$65 –includes \$5/day for lunch) Tentative maximum - 12 students*

## **11. Puerto Rico Experience**

*Sponsor: Ana Smith (Ana's Room 126)*

Commit to living a simple and active life as we travel to Puerto Rico! We will be hiking, swimming, and/or walking every day as we experience the city of Old San Juan, El Yunque National Forest, the Cave of the Wind, and more! If you like beaches, waterfalls, caves, and forts, this island is for you! Knowing Spanish is not required, but you'll happen to learn some along the way! Be forewarned: This intensive is physically and mentally demanding! It requires stamina, cultural sensitivity, and a positive attitude to have a good time! **In order to guarantee an affordable flight and housing, a deposit of \$500.00 must be made by October 18<sup>th</sup> (ONE week after intensive lists are posted) and another \$100 will be due by November 1<sup>st</sup>.** A template letter with fundraising instructions for sponsorships will be made available on October 11<sup>th</sup>! Requirements: (1) Grit (2) Strong swimming skills (3) Sneakers with good treads/hiking type shoes (4) A headlamp (5) A kind and altruistic spirit!

*(Approximate Cost: \$1400) 12 students*

## **12. R.A.D. - Girls' Self Defense Program**

*Sponsor: Deputy Woodall (Cafeteria)*

Description: This self-defense course **for girls only** consists of a combination of awareness/discussion exercises and physical training designed to empower girls to defend themselves in the case of assault. The physical section teaches techniques such as grip release, basic blocking and striking, and situational awareness. The class culminates with hands-on scenarios with trained and certified "aggressors" which allows the girls the opportunity to put their tools into practice. More information on the program can be seen at <http://www.rad-systems.com/>

*(Approximate Cost: Free, but you must provide your own lunch)* 20 students – **GIRLS ONLY**

## **13. Rock-the-Floorboards**

*Sponsor: Benny Brustad (Benny's Room 201)*

This intensive will be a week full of dancing and fun! We will learn many fun dances throughout the week, including swing, belly dance, ball room, and salsa! Monday and Tuesday will be dedicated to learning the dances, while Wednesday will be a day to practice and watch a few dance-related movies. Thursday, we'll bring the instructors back for more tips and tricks, and then Friday, we'll bring the tunes and a picnic to the park for an end-of-week celebration!

*(Approximate Cost: Free, but you must provide your own lunch)* 20-25 students

## **14. Science On Demand**

*Sponsor: John Schaller (John's Room 1104)*

This is an Intensive for students who would like to spend a week exploring individual or group science projects, watching and discussing science news and documentaries covering a wide range of topics, and investigating current science events and their global implications. We will gather daily, make decisions on what to do, engage in discussion and debate, and even learn a thing or two.

*(Approximate Cost: \$30, lunch provided)* 20 students

## **15. SCUBA DUBA DO**

*Sponsors: Charles Robshaw & Becki Rutta (Charles' Room 121)*



Join us on underwater adventures, as you earn your open water scuba dive certification!

During this intensive, successful students will demonstrate the ability to plan and execute entry-level recreational dives. This intensive will require consistent attendance and will consist of 12 hours of class time plus 20 hours of self-study, 14-18 hours of pool time, and 2 days of checkout dives (possibly Blue Grotto Spring and one salt water dive). Entrance requirements include demonstrating competent

swimming ability and an adventurous spirit. We will be working with professional trainer Gabrielle Gabrielli, please see her website <http://scubawithgabrielle.com/>. Current scheduling plans include completing some of the course work outside of intensive week and will be scheduled by the group. Dive equipment will be provided. You can do this!

*(Approximate cost \$450)* 12 student maximum

## **16. South Florida Tour**

*Sponsors: Marcia Cone and Mari Griffith (Marcia's Room 204)*

The South Florida Intensive will explore the cultural diversity and fabulous beaches of Ft. Lauderdale, Miami and Key West. Students will have the opportunity to learn about the history of South Florida, explore various museums, zoos, taste the diverse foods, enjoy and experience an NBA game (The Miami Heat), participate in community service and have fun!

*(Approximate Cost: \$625)* 12 students

## **17. Tea & Tales...**

*Sponsor: Susanna Denham (HOPE Room 903)*



Do you love diving deep into captivating stories and losing yourself in exotic adventures? This intensive will give you the space, time, and encouragement to seek the personal satisfaction found only in the magic of BOOKS! For one glorious week we will nest, wallow, and immerse ourselves in fantasy, romance, revenge, and suspense! If making forts, consuming copious amounts of tea, soup & toast, and creating altered books (and other book-oriented art) appeals to you then join us on this week-long journey into the alternate universe of **Tea & Tales!**

*(Approximate cost \$30-50 (TBD after first interest meeting))* 25 students

## **18. This Is Your Life! – DIS (Directed Independent Study)**

*Sponsor: Shirley Cain & Erica Page (Office)*

This educational plan for Intensive Week, developed by **YOU** may consist of volunteering, job shadowing, travel, career or college exploration, and/or working at your current job. All activities must be presented in writing for approval by your parent(s) and by the principal, and **must be supervised by your parent or other approved adult**. Your plan must include support of one or more of these SAIL goals: Health & Fitness; College & Career Readiness; Community Outreach; the Arts; Going Greener. A journal documenting your activities must be submitted the week following Intensives. **This Intensive is primarily for 11th and 12th grades.**

## **19. Touring Washington, D.C., Our Nation's Capital**

*Sponsors: Caitlin Starkey and Doug Currey (Doug's Room 506)*



Have a monumental experience exploring our nation's capital! We will drive vans to Jacksonville, fly to Washington, D.C., then lodge in an historic home from which we'll walk & use public transportation (subway & bus) to see the city. We'll tour the U.S. Capitol Building & see the U.S. Supreme Court in session. Our troupe will get a first-hand look at the inner workings of NPR, our nation's public radio service. In addition, we'll see famous landmarks such as the White House, Lincoln Memorial, & Vietnam Memorial. At Arlington National Cemetery, we'll view the solemn ritual at the Tomb of the Unknown Soldier.

Neighborhoods of interest include Georgetown & Adams Morgan. The capital offers a variety of interesting attractions including the many Smithsonian museums; we'll try to attend a professionally-produced play as well. Finally, if funds & time permit, we'll take a day trip to Gettysburg Nat'l Military Park or Shenandoah Nat'l Park. This will be an active & **physically demanding** week requiring focus & cooperation- **only persons who can handle long days & a lot of walking should apply!**

*(Approximate Cost: \$895.00... Payment Schedule: \$295 deposit due with permission form / Dec. 1<sup>st</sup>: \$250 / Feb. 1<sup>st</sup>: \$250 / Mar. 1<sup>st</sup>: \$100) 12 students maximum*

## **20. Ukulele Beach House Jam!**

*Sponsors: Lao Alovus and Chris Seepersaud (Music Room 1401)*

Have you always wanted to learn to play an instrument but never had the right opportunity? Perhaps you already play an instrument but want to learn one more? The Ukulele Beach House Jam is your chance!!! The ukulele is a wonderful little instrument that has seen a recent resurgence in popularity & is easy to get started with. Many chords only require holding a single note! On this intensive, we will immerse ourselves in everything ukulele, spending the week living at a private beach house. A ukulele will be provided for you to take home after the trip & tutorials will be held each day covering everything from tuning to chords to strumming patterns and more. This intensive is intended for non-musicians, but all are welcome, especially singers! In addition to ukulele tutorials & jam sessions, we will find ample time for activities such as juggling, fishing, swimming, kayaking, skim boarding, Frisbee etc. At the start of this intensive most students will have the same experience playing ukulele as you, NONE! Your payments will cover transportation, beach house rental, food, a finely crafted ukulele, a tuner & an instructional/song book (all yours to keep). So pull up a towel, tune up your uke & get strummin'! Note: Guitar players are welcome but should expect to be playing ukulele for the week.

*(Approximate Cost: \$400) 12 student max*

## **21. Volunteering in an Elementary School –Astoria Park Elementary/ Sabal Palm Elementary**

*Sponsor: Tiffany Greenwood & Suzy Saulnier (Media Center)*

Students will spend the week volunteering in assigned classrooms at Astoria Park Elementary School or Sabal Palm Elementary. This intensive will give students the opportunity to work directly with elementary students under the supervision of a classroom teacher. Students in this intensive must be willing to dress professionally and abide by the code of conduct of the participating school. Participants will have the opportunity to earn volunteer/community service hours.

*(Approximate Cost: \$5 for pizza on Friday; Off Campus lunches are optional.) 12 students*