

## **2015-2016 Intensive Descriptions**

### **March 28 – April 1, 2016**

#### **1. Animal Adventures**

*Sponsors: Sandy Thompson & Odessa Johnson (Sandy's Room 1101)*

Have you ever dreamed of swimming with dolphins? This is your chance! On this intensive you will spend the day at the tropical paradise, **Discovery Cove**, where you will **swim with dolphins** and beautiful tropical fish, feed exotic birds and relax on the sandy beaches. You will participate in the Save Our Seas program at **Sea World** where you will learn about animal anatomy, training techniques and careers and have some free time to explore the park. In Tampa, you will visit **Busch Gardens** where you will meet the keepers and observe the animal care facility. You will also tour **Big Cat Rescue** and visit the water park Aquatica.

*(Approximate Cost - \$700) 12 student maximum*

#### **2. Back by Two & Three Quarters**

*Sponsor: Lee de la Fuente, Barry Taylor?? (Black Box)*

Re-discover your own backyard (and beyond). A different trip every day—Wakulla Springs, Jack Rudloe's Marine Laboratory, St. Marks Wildlife Refuge, bowling, and IMAX are some possibilities. The group will decide together.

*(Approximate Cost: \$65 –includes \$5/day for lunch) 40 students*

#### **3. 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*

#### **4. Charleston, SC Historic & Cultural Intensive**

*Sponsors: Sam (Olusegun) Williams & Carucha Bowles (Carucha's Room 1505)*

Come sail with the notorious Pirate "Black Beard"; visit the fort where the first battle of the Civil War was fought. Walk with Ghosts and Legends of times-gone-by, Kayak Tidal Salt Marshes; explore beaches of the Atlantic coast. Discover why Wars, since the Revolution, have been fought over one of the most beautiful and historic cities in the country. We'll also venture into the very unique culture and history of the "Gullah" people of the Carolina "Low Country", in nearby Beaufort, SC. Only, the adventurous among you need apply!

*(Approximate Cost: \$850.00) 10 students*

#### **5. Coming of Age Film Festival**

*Sponsor: Mike Rychlik (Wiggs' Room 604)*

Spend a week watching and discussing classic films about young people crossing from adolescence into adulthood. We'll enjoy everything from the 50's cult classic *Blackboard Jungle* to such contemporary iconic films as *The Outsiders*, *Breakfast Club*, *Dead Poets Society*, *My First Mister*, *Greta*, *Driving Lessons*, *The Graduate...and others*. This in-town intensive is free! However, lunch **will not be provided**. We will take an hour break every day. You will also need a **signed permission form from your folks that will allow you to watch R-rated movies**.

*(Approximate Cost: Free, but you must provide your own lunch)*

## **6. CSI SAIL**

*Sponsor: Justin Woodall (Caitlin's Room 504)*

Learn crime scene investigation procedures and techniques working on a SAIL case. Complete description to follow.

*(Approximate Cost: Free, but you must provide your own lunch)*

## **7. Discover The Possibilities**

This intensive is geared towards empowering students with physical challenges to more fully engage in sports and recreation. Specifics yet to be determined, though if you view the website of the National Ability Center in Park City, Utah you'll get the idea of what I'm thinking.

*(Approximate Cost: To be announced)*

## **8. Enrichment**

*Sponsor: Emily Bell?? Tiffany Williams (Marlow's Room603???)*

On-campus Intensive focusing on study skills and credit retrieval. Additional activities will be determined by Intensive participants and sponsors.

*(Approximate Cost: Free, but you must provide your own lunch) 20-30 students*

## **9. Extreme Makeovers with Natural Foods and Remedies**

*Sponsor: Maria Cobian (Maria's Room 126)*

In this intensive we will prepare delicious super foods from around the world. We will explore the wisdom of ancient and advanced holistic healing techniques such as: Reiki, Feng-shui, Homeopathy, Quantum Touch, and more through presentations by guest practitioners. We will look into the beneficial properties of herbal remedies and create natural skin care products. In addition, we will learn "green" cleaning methods and make healthy cleaning products using all natural ingredients. This intensive may change your life.

*(Approximate cost: \$50)*

## **10. Hooked on Crochet –**

*Sponsor: Carrie Carlton (Carrie's Room 201)*

We'll learn the basic crochet knots and create items of your choosing as well as items that can be donated. The fee will cover your cost of yarn, hooks, patterns, and snacks. Knitters also welcome! This is a skill that is easy to learn, requires practice to do well, and then just takes time to complete a project. Our greatest resource this week will be all of the time that we can dedicate to our projects. It's *knot* that hard! Once we get the hang of it, your hands will be *tied* but we can chat and listen to interesting podcasts as we crochet away!

*(Approximate cost: \$75. Lunch is included in the price.)*

## **11. Learning Art with Lauren and Becki**

*Sponsor: Lauren Wade and Becki Rutta (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*

## **12. Life's Aquatic**

*Sponsors: Sierra Service, JaSun Burdick & Olivia Hallinan (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 jump into frigid sink holes, kayak on the Wacissa River, swim in the deep blue sea, and play kickball on the white sandy beaches. 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) 18 students*

### **13. Northern Exposure: Colorado Rockies**

*Sponsors: Sheri Nilles Marshall & Peejay Perez de Alejo (Peejay's Room 507)*

Travel with us out west to Breckenridge, Colorado for a snow-filled adventure! This trip will include a visit to Rocky Mountain National Park, hiking, snowball fighting and enjoying the splendor of our monstrous mountains of the American West. We will also spend three days at the Arapahoe Basin Ski and Snowboard Park and hit the slopes above 10,000 ft.! First-timers are welcome; lessons will be included! This Intensive is an **athletic** intensive. It requires physical stamina and a positive attitude to have a good time! (Please note: if you have asthma this altitude could be uncomfortable and possibly dangerous). This trip will most likely be leaving before intensive week officially begins. **In order to ensure an affordable flight, a deposit of \$350.00 must be made within ONE week of intensive lists being posted and another \$200 will be due by November 1<sup>st</sup>.**

*(Approximate Cost: \$1400) 12 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: Free, but you must provide your own lunch – one hour break for lunch)*

### **15. South Florida Tour**

*Sponsors: Marcia Cone (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*

### **16. The Technology Intensive**

*Sponsor: James Strickland (Comp Lab 2)*

A local (in town) intensive where students will be introduced to various technologies including, but not limited to: Raspberry Pi2, Linux, Gaming, Networking, Security, Ethical Hacking, Programming, Digital Forensics, and Social-Engineering. We will have a fieldtrip and tour to the Northwest Regional Data Center.

*(Approximate Cost: Free - \$25 + optional \$35 to purchase a Raspberry PI2)*

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

*Sponsor: Shirley Cain and 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 11<sup>th</sup> and 12<sup>th</sup> grades.**

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

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

Have a grand experience exploring our nation's capital! We will drive to Jacksonville by rental van, fly to Washington, D.C., then lodge in a historic home from which we'll walk and use public transportation (subway & bus) to see the city. We'll tour the U.S. Capitol Building via underground passageway and 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, and Vietnam Memorial. At Arlington National Cemetery, we'll view the solemn ritual at the Tomb of the Unknown Soldier. Neighborhoods to be visited include Georgetown and Adams Morgan. Last but not least, Washington, D.C. has a variety of interesting venues to visit, including the many Smithsonian museums. This will be an active and physically demanding week- only persons who can handle long days & a lot of walking should apply!

*(Approximate Cost: \$875.00)*

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

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

Always wanted to learn to play an instrument but never had the right opportunity? 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 & more. This intensive is intended for non-musicians but all are welcome, especially singers! In addition to ukulele tutorials & jams, songwriting sessions & sing-a-longs, we will find ample time for activities such as juggling, fishing, swimming, kayaking etc. At the start of this trip most students will have the same experience playing ukulele as you, NONE! 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 you must play UKULELE with us too!

*(Approximate Cost: \$400 - any remaining funds will be reimbursed) 12 student max*

### **20. Volunteering in an Elementary School – Sabal Palm**

*Sponsor: Tiffany Greenwood (Media Center)*

Students will spend the week volunteering in assigned classrooms at Sabal Palm Elementary School. 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: Free - off-campus lunches are optional)*

**21. Volunteering in an Elementary School - Pineview**

*Sponsor: Suzy Saulnier (Media Center)- See above for description.*

**22. Wellness Week**

*Sponsors: Mike Wohlgemuth & Susanna Denham (Yoga room)*

This intensive will introduce students to mind-body-spirit wellness ideas and balancing techniques. We will practice different styles of yoga and have local wellness speakers do some presentations. Students will learn simple massage therapy and reflexology, guided meditation, and various other relaxation techniques. Susanna will introduce the useful art of aromatherapy . . .and students will have an opportunity to create their own aromatherapy products. We will create some of our own healthy snacks/lunches and bring in food from healthy food venues.

*(Approximate Cost: \$100-\$130 - includes lunches, snacks, aromatherapy products, & any day trips) 18-20 students*