



THE FACULTY CORNER

FROM THE ANACAPA SCHOOL PHYSICAL EDUCATION DEPARTMENT. . .

Anacapa School provides plenty of opportunities for students to engage in physical activity. In addition to our popular standards like soccer, surfing, and softball, we enjoy introducing students to other ways to move and stay fit—and to share in some Anacapa bonding and fun! Sometimes the impetus for a new class comes from the students themselves. Here we feature three of our newer offerings.

RUNNING / SWIMMING

Anacapa athletes are in the middle of the inaugural year of our Running and Swimming class, an opportunity to work on both fitness and technique. Students spend their Monday and Wednesday afternoons running at the SBCC track, followed by some swim technique work at beautiful Los Baños pool. The students also participate in community-based fun runs—and some creative, home-grown ones, too! For example, the week before Thanksgiving, the class staged an “Anacapa Turkey Trot,” dressing up as turkeys to run down State Street! At the end of our run, we even enjoyed some delicious crepes! We are also looking to start competing in local 5K races. If you have any ideas or want to run along with us, just talk to Megan. It’s fitness, it’s fun, and it fits right in with Anacapa’s *ATHLETICS FOR LIFE* motto.

~ ~ **Megan Nesland**

BASKETBALL

As of November, Anacapa has begun our first ever Basketball team! Currently an after-school activity, basketball will be an afternoon elective class next semester. Coach Esron Gates comes to Anacapa with a great vision for our basketball program. Right now, he has our players working out with drills, lots of conditioning, and, of course, scrimmaging. The team and class are open to both boys and girls in both the Upper School and the Lower School. Please let Bryan know if you have a student interested in joining this exciting new program! Go, Islanders!

~ ~ **Bryan Anderson**

SB TRAILS

SB Trails was added to our schedule of afternoon elective classes a little over a year ago, and it has been quite a hit. It offers so much to both our students and faculty—a time to get out and get exercise on a trail in our beautiful local environment, a place where we can communicate and build our relationships even deeper. I don’t know of any other school that has the opportunity and access to such a tremendous class. Not only do we have a great time, but these athletes are also learning about the trail systems in Santa Barbara. And an exciting addition this semester is that, later on, we’ll be doing some much-needed painting as a service to a local agency that rehabilitates raptors.

~ ~ **Bryan Anderson**