



THE FACULTY CORNER

A LOOK AT ATHLETICS AT ANACAPA SCHOOL. . .

Anacapa School has always offered a unique mix of athletic activities to students. Our centrally located downtown campus allows us access to a wide variety of sports fields, courts, and equipment. From the Cabrillo Gym to the Los Baños pool to the Los Padres National Forest, Anacapa Islanders enjoy using some of the finest facilities around.

This year, Anacapa is fielding two competitive team sports in the lineup of athletic offerings to students—Soccer and Basketball—and we're looking to develop a loyal and enthusiastic fan base, so come out to support our teams when you can!

SOCCER

Our coed Soccer elective, led by coaches Hugo Macario and Megan Nesland, has a winning record this season after coming home from Garden Street Academy in November with a big win, 7-1 in Anacapa's favor! Islander August Baxis, a seventh grader, scored three points with senior Esai Macario and freshman Bronson Whitney each netting two goals. Junior Allen Zhang seemed to be in the right place at the right time for much of the game, handing off four assists to the strikers.

"It was a good team effort," said Esai. "The younger players really stepped up when things started getting rough in the beginning of the game."

BASKETBALL

For the first time, Anacapa has assembled a basketball team led by Anacapa alumnus Dillon Yuhasz (Class of 2009). The team practices twice weekly during the afternoon electives period at the Cabrillo Gym. As we go to press, Dillon and his Islanders are preparing for their first game against Garden Street Academy at Girls Inc. on November 29.

"It is so great to be back at Anacapa coaching our first competitive basketball team," said Dillon, who is in his senior year at UCSB. "I am proud of the effort and drive that these guys bring to the court each day."

SB TRAILS

The SB Trails class, designed to give students experience hiking the many trails in Santa Barbara County, has tackled a variety of local front-country trails as well as some urban hiking.

Led by math teacher Bryan Anderson, the group has been up Cold Spring and Jesusita trails as well as Lizard's Mouth among others as they keep fit while learning about hiking safety and preparedness.

"We haven't repeated a trail yet," said Bryan amidst the excitement of the group as they planned their next adventure.

(over please)

SURFING

Headmaster Gordon Sichi and his team of avid surfers are hitting the waves this semester in Anacapa's surfing elective. With boards strapped to the roof of the school's Yukon, the group hits many of the local breaks in Ventura and Santa Barbara counties on Monday and Wednesday afternoons, eking out every last moment of daylight as the winter brings bigger swells and shorter days.

"Surf class is the best, and our crew is awesome," said Sam Robertson, an Anacapa sophomore. "It is so much fun!"

RUNNING / SWIMMING

Anacapa's science teacher Megan Nesland is rounding out the water sport offerings this semester with a Running / Swimming class that takes students to Santa Barbara City College's newly renovated track for a workout on land before heading off to Los Baños for some friendly water polo competition.

"We have a lot of fun while getting in some good exercise a couple of days a week," said Megan. "The stairs at City College are especially enjoyable for the kids."

CLUBS

Anacapans also have opportunities for physical activity during some of our Thursday Clubs. Flag Football, Volleyball, Dance, and Nutrition and Athletics are four clubs during which mid-day energy bursts are not only allowed but encouraged. With 18 boys, Bryan's Flag Football Club is one of the most popular club offerings. Everyone gets a chance to play as the neighborhood park off Cota Street is transformed into Anacapa's gridiron for an hour. Meanwhile Hugo and the Volleyball Club put the East Beach volleyball nets to good use for some quick, fast-paced games, and Samantha Eve (Anacapa Class of 2003) teaches her talented dancers some new moves. Megan and the Nutrition and Athletics Club gather on Thursdays for some intense cardio workouts as they transform the Elliott Hall classroom into a health club for heart-pumping aerobics.

All of these athletic endeavors this semester are helping to prepare Anacapans for our all-day, all-school hike up San Ysidro on Friday, December 14 (rain date – Monday, December 17) Look for more information in this month's *Notables*!

Anacapa's sports programs are designed to foster good sportsmanship, enthusiasm, and cooperation while promoting health and fitness. Students develop technical skills too, and have fun doing it!

~ LEVI MAAIA