

## Mid-Way Day – January 27, 2015

### Course Descriptions

Session 1: 8:00 – 9:10

Session 2: 9:36 – 10:51

Session 3: 11:12 – 12:22

#### **50's Pop Surf Culture**

Instructors: Andrew and Peter Neal

**Room: 339**

Capacity: 40

Sessions: 1, 2, 3

Through the use of artifacts, media, and historical footage, students will learn the history of 50's pop surf culture and how it influenced today.

#### **Accelerate Your Ping Pong Game**

Instructor: Matt Large

**Room: Yoga Patio**

Capacity: 40

Sessions: 1, 2, 3

The title says it all.

#### **Aerial Arts**

Instructor: Leora Tofler

**Room: Wrestling Room**

Capacity: 40

Sessions: 1, 2, 3

Teaching Mira Costa students aerial arts skills on the tissue (an apparatus comprised of fabric).

#### **Anime 101**

Instructor: Jonathan Lau, Shun Yoshizawa

**Room: 17**

Capacity: 40

Sessions: 1, 2, 3

We will teach students about the culture of Japanese animation and show how this art form and culture is represented today.

#### **Autism Awareness**

Instructor: Andrew Vandermark

**Room: 56**

Capacity: 30

Sessions: 1, 2, 3

This class will show what it's like to go through school with autism.

#### **Beyonce 101**

Instructors: Rachel Kay, Julia Sheth, Kalena Tamura

**Room: Gym**

Capacity: 70

Sessions: 1 & 2

Warm up ~ preview combo ~ teach combo ~ groups.

#### **Brazilian Four-Square**

Instructors: Bergan O'Connell, Whitney Davis, Allison Roth, Delaney Whittet

**Room: Tennis Courts**

Capacity: 40

Sessions: 1, 2, 3

We will teach people different surfaces you can use to control the ball with your feet. We will go over the rules and then play!

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#### **Ceramics Day**

Instructors: Jason Martinez, Antonis Nahabed

**Room: 107**

Capacity: 30

Sessions: 1, 2, 3

Teachin' the kids to make pots on the wheel.

#### **Coding 101**

Instructor: Paula Noda, Jason Marshall, Gretchen Gabreski

**Room: 241**

Capacity: 40

Session: 1

You've heard about coding but are still in the dark ... start here and level-up! Platform: wifi

#### **Competitive FIFA IS**

Instructors: Nicolas Brunstein, Robert Heintz

**Room: 242**

Capacity: 40

Sessions: 1, 2, 3

Trying to spread the culture of international soccer to our students by teaching them the history and modern soccer. We will also introduce our class to FIFA IS to help familiarize them with modern soccer.

#### **Craft Day, Poetry, and Good Vibes Music Jam**

Instructors: Grace Schumaker, Quin Severo, Miriam Sachs

**Room: 62**

Capacity: 40

Sessions: 1, 2, 3

Poetry, fingerpainting, drawing, color, snacks & treats, hippie session. Bring your own instrument, sketchbooks, cameras.

#### **Dodgeball 101**

Instructors: Jackson Michalski, Dylan Tyrer, Trevor Franklin, Reese Alexiades,  
Rollie Nichols and Ty Conrad

**Room: Tennis Courts**

Capacity: 40

Sessions: 1, 2, 3

Teaching the basics of dodgeball from all aspects, giving students a chance to put to use skills they just learned.

#### **Exquisite Corpse: Surrealist Writing Games**

Instructor: Jessica Wiseman

**Room: 24**

Capacity: 35

Sessions: 1, 2, 3

Students will participate in the surrealist writing game, Exquisite Corpse.

#### **Fashion and Sewing 101**

Instructor: Leah McDonald

**Room: 131**

Capacity: 30

Sessions: 1, 2, 3

I will be teaching the class the basics to sewing with a machine. I will also teach the students how to make a pleated skirt.

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#### **Fight for Your Rights**

Instructor: Eliza Davis and Azize Engin

**Room: 224**

Capacity: 40

Sessions: 1, 2, 3

This lesson will cover the rights of someone at school, juvenile rights vs. adult rights, important legal terminology, and the US legal system.

#### **The Mira Costa Counselors and MBPD Present: Girl Power – Safety and Self Defense Education**

Instructors: Sue Bertran, the MCHS Counselors and MBPD

**Room: 1**

Capacity: 50

Sessions: 1, 2, 3

This session focuses on female students interested in learning more about safety, awareness and what to do in a difficult situation. MBPD will answer questions, provide valuable safety information and self defense demonstrations to help empower you.

#### **The Greatest Male Soccer Player of All Time**

Instructor: Ian Drummond

**Room: 132**

Capacity: 40

Sessions: 1, 2, 3

A history; a discussion; a debate; and a decision.

#### **Guitar Clinic**

Instructor: Owen Hamlin

**Room: 14**

Capacity: 40

Sessions: 1, 2, 3

I will teach the beginners some basics on chords and how to get good. The more experienced players will learn some more advanced concepts and hopefully by the end of the class, everyone can be a part of a jam where they implement what they learned from the class.

#### **Happy Happy Mario Kart Fun Time Two Point Oh**

Instructors: Andrew Welch and Jackson Kopitz

**Room: 238**

Capacity: 40

Sessions: 1, 2, 3

We will instruct the class in the art of Mario Kart through hands-on exploration. We will also make a tournament.

#### **Hip-Hop Freestyle Class**

Instructors: Katie Cochran and Daisy Hummer

**Room: 66 & Gym**

Capacity: 40

Session: 1 (rm 66) &

Session: 3 (Gym)

Basic hip hop moves, short combo, and dance circle.

#### **Hockey 101**

Instructors: Connor Wohl, Brendan Brady

**Room: 111**

Capacity: 20

Sessions: 1, 2, 3

Teaching students basic rules and history of hockey. We will also have a mini-hockey tournament.

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#### **How to Bake Cupcakes from Scratch**

Instructor: Amanda McDonald

**Room: 114**

Capacity: 40

Sessions: 1, 2, 3

Going to explain what types of cupcakes we're making, get all the ingredients out, make cupcakes and decorate them.

#### **How to Be Happier**

Instructor: Faith Tran

**Room: 20**

Capacity: 40

Sessions: 1, 2, 3

Light-hearted lesson/open discussion on how you can be happier! ☺ We will talk about confidence, money, selflessness, and some other topics.

#### **How to Get Out of Awkward Situations**

Instructors: Chiara Dennis & Wyatt Wiggins

**Room: 234**

Capacity: 40

Sessions: 1, 2, 3

Learning how to get out of sticky and uncomfortable situations with tips and tricks.

#### **How to Make Dreamcatchers**

Instructors: Talia Serrano-Weiss (with Kelly Donovan)

**Room: 137**

Capacity: 30

Sessions: 1, 2, 3

Use different materials like feathers, beads, strings, and various pieces to create dreamcatchers on your own to take home.

#### **How to Social Media**

Instructors: Mira Laing, Geoffrey St. John, Quinn Kropschot, Carson Hart

**Room: 101**

Capacity: 40

Sessions: 1, 2, 3

Learn how to social media by comparing good posts against bad posts.

#### **How to Stand Out in Casting for Non-Scripted TV**

Instructors: Trace Demarest, Monique Bolsajian, Erin Clifford

**Room: 45**

Capacity: 40

Sessions: 1, 2, 3

We will teach small tricks and strategies that will help you stand out while applying for Survivor, Big Brother, The Amazing Race and any other reality shows that take applications and hold casting calls.

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#### **Improvising Vocal Harmony**

Instructor: Joel Carlson

**Room: Sm Gym**

Capacity: 40

Sessions: 1, 2, 3

An exploration of techniques that will help you understand how to develop interesting harmonies to sing along with the melodies of your favorite songs by the end of this short course. All are welcome to observe and learn, though a certain degree of vocal ability and musical understanding will be necessary to participate.

#### **Instagram Insanity**

Instructor: Michael Hernandez

**Room: 108**

Capacity: 40

Sessions: 1, 2, 3

Take your Instagram feed to the next level. Learn photography tips, apps and hacks that will make your account the envy of your friends. Bring your mobile device and be ready to shoot photos!

#### **AppSolutely!**

Instructor: Paula Noda, Jason Marshall, Gretchen Gabreski

**Room: 46**

Capacity: 40

Session: 2

Create and design your own App and publish it to the world. No coding required! Platform: iOS, Android

#### **Evernote 101**

Instructor: Dr. Matthews

**Room: 241**

Capacity: 40

Session: 2

Everything you ever wanted to learn about the world's greatest app.

#### **Extreme Sports, Vol. 3 with Justin & Derrick**

Instructors: Justin Frankel and Derrick Compas

**Room: 203**

Capacity: 40

Sessions: 1, 2, 3

Third time's a charm, right? We think so. Strap in and join us for the third and least deadly installment of Extreme Sports yet! Witness oddities of the sports world that will knock your socks off (school dress code will be enforced ;) ). Ever wonder what Extreme Ironing looks like? Want to know how to Cheese Roll? Need a place to cruise for May Day? We got you. So buckle up (CA law VC27315 demands seatbelts while operating a dangerous vehicle) and come to Derrick and Justin's Extreme Sports class.

#### **Intro to Casual Competitive Pokémon Battling**

Instructor: Curtis Lovegren

**Room: 248**

Capacity: 40

Sessions: 1, 2, 3

In this class you'll learn the basics of Smogon's competitive battling systems. This is like last year's class but new and improved!

#### **Intro to Dictatorship**

Instructor: Michael Beek

**Room: 200**

Capacity: 40

Sessions: 1, 2, 3

A satirical explanation of methods used by dictators to maintain their positions.

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#### **Introduction to Electronic Music Production**

Instructor: Matthew Rice, Daniel Popov

**Room: 342**

Capacity: 40

Sessions: 1, 2, 3

We will show an electronic music product of our own creation, give a brief lecture on sound, midi, and the building blocks of an electronic music track, then build one with the class.

#### **Journalism (\*for La Vista staff members only)**

Instructors: Taylor St. Germain, Jack Allen

**Room: 101**

Capacity: 40

Sessions: 1, 2, 3

La Vista production week. Work, work, work!

#### **Kart Racing and Chassis Tuning Basics**

Instructor: Adam Geczi

**Room: New Quad**

Capacity: 40

Sessions: 1, 2, 3

This is an applied physics and geometry course in an interesting engineering context. Attendees will discover the mechanics of internal combustion engines as well as the analytical tools used by engineers to overcome physical and environmental forces acting on race karts to go fast.

#### **Kickball 101**

Instructors: Elliott Estes, Erica Noll

**Room: Softball Field**

Capacity: 40

Sessions: 1, 2, 3

The basic strategy and technique of kickball. Scrimmage to apply what you learn.

#### **Let's Go to the Movies** *(not on Sign-Up Genius)*

Instructor: Cary Jordahl

**Room: Auditorium**

Capacity: Enough

Sessions: 1, 2, 3

Watch and discuss two movies.

#### **Mira Casino**

Instructors: Luqmaan Abdul-Cader, Greg Regan, Jason Wu, Chris Pham,  
Kohei New, Nick Vu, Carson Boden

**Room: 134**

Capacity: 40

Sessions: 1, 2, 3

We will be teaching basic strategy in card games such as Poker and Blackjack. Once basic rules and strategies are learned, we will play cards. We may also teach Rummy and other card games.

#### **Nail Art : History and Design**

Instructor: Hailey Rothner

**Room: 48**

Capacity: 40

Sessions: 1 & 2

I will have a Power Point on some history of nail art and how it became popular. I will also bring nail polish so the class can do designs on each other.

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#### **Cubical and Polyhedral Origami Structures**

**Room: 332**

Instructors: DJ Phillips, Momo Yamato, Seia Watanabe, Jacob Aquino, Lexi Nielsen

Capacity: 40

Sessions: 1, 2, 3

The concept of how to fold origami units and build three-dimensional origami structures.

#### **Philosophy 2 : Going Plato-verboard**

**Room: 53**

Instructor: Zachary Dushenko

Capacity: 40

Sessions: 1, 2, 3

We're going to debate existentialism and the theory of everything; as well as simpler topics.

#### **Poker**

**Room: 130**

Instructors: Kyle Fiene, Cameron Richter, Sam Hefter, Spencer Hammond,  
Bobby Wymbs, Michael Lebbin

Capacity: 40

Sessions: 1, 2, 3

Teaching the basics of Texas Hold 'Em.

#### **Procrastination Appreciation**

**Room: 207**

Instructors: Jonathan Arentsen and Jonathan Packer

Capacity: 40

Sessions: 1, 2, 3

The effects of procrastination as well as the pros and cons of procrastination.

#### **Sing It Loud!**

**Room: 105**

Instructor: Amaya Causey, Lauren Ritter, Chyanne Dillree

Capacity: 40

Sessions: 1, 2, 3

Teaching a class where you practice your singing, give tips and help build each other's voice up.

#### **So You Think You Can Dance Like a K-Pop Star**

**Room: 120**

Instructors: Thomas Tomikawa and Elisse Friedman

Capacity: 30

Sessions: 1, 2, 3

This class will teach the style of dancing from k-pop music videos. We will focus on group dances, like those of Girls' Generation, Big Bang, and Exo.

#### **Space Ship Bridge Simulator**

**Room: 116**

Instructor: Niilo Niemi

Capacity: 40

Sessions: 1, 2, 3

Take control of a space ship and with a crew, work together with other ships to protect space, the final frontier.

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#### **Super Smash Brothers : Theory Crafting**

**Room: 221**

Instructors: Michael Rumpp, Brian Chao, Kevin Markley, Will Lacey,  
Mihn Nguyen, Nate Schickler, Hunter Nowak

Capacity: 40

Sessions: 1, 2, 3

The lesson is supposed to teach players strategies and methodologies of competitive Super Smash Brothers.

#### **Tae Kwon Do (Martial Arts)**

**Room: 81 & Cafeteria**

Instructors: Katherine An, Sean Syed, Pooja Nagpal

Capacity: 25 & 40

Session: 1 (rm 81)

Session: 3 (Cafeteria)

Learn to kick, punch, and use defense skills. Taught by black belt students with experience! Come and have fun! No athletic skills or previous experience required.

#### **The Battle of Midway**

**Room: 205**

Instructors: Ben Falley, Sam Blake, Matt Mullins, Austin Lamb

Capacity: 40

Sessions: 1, 2, 3

Overview of the battle of Midway and its importance in regards to the Second World War, and the development of naval warfare.

#### **Twitter : Be a Social Media Star**

**Room: Library**

Instructor: Jane Lofton

Capacity: 40

Session: 1

Introduce Twitter as a powerful social media tool for learning and connecting with others.

#### **Vocal Ensemble**

**Room: Choir Room (2)**

Instructor: Michael Hayden

Capacity: 40

Sessions: 1, 2, 3

Vocal Ensemble students only. Rehearsal all day.

#### **Water Polo**

**Room: Pool**

Instructors: Yen Nguyen and Danielle Mitchell

Capacity: 40

Sessions: 1, 2, 3

We will teach the basics of water polo. BRING TOWEL AND SWIMSUIT.

#### **Yoga / Meditation**

**Room: 81/Yoga Rm**

Instructor: Alexis Aiello

Capacity: 40

Sessions: 2 & 3

Yoga instruction and meditation.



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#### **Zumba**

Instructors: Mira Costa Girls Volleyball Team

**Room: Cafeteria**

Capacity: 100

Sessions: 1 & 2

We will do Zumba dance moves and students will follow along.

#### **Anaconda Hip Hop**

Instructor: Maddy Wagner

**Room: 66**

Capacity: 40

Sessions: 2 & 3

Fun hip hop class, learning (easy) dance.

#### **Gay-Straight Alliance : History & Issues of Sexuality**

Instructors: Kyra Solis, Matthew Glunts

**Room: 23**

Capacity: 40

Session: 2

Class discussion revolving around the issues faced by and the history of the LGBTQIAP community and how it plays a role in our society today.

#### **Girl Rising**

Instructor: Deborah Hofreiter

**Room: 44**

Capacity: 40

Sessions: 2 & 3

Film and discussion on the importance of educating girls in third world countries. Join the movement to find out how you can help. Educate Girls. Change the world. Travel the globe to meet nine unforgettable girls – striving beyond circumstance, pushing past limits. Their dreams, their voices, their incredible stories are captured in a film about the strength of the human spirit and the power of education to change the world.

#### **RISK for Advanced Risk Players**

Instructors: Rhett Rudnicki, Vaughn Rossi

**Room: 220**

Capacity: 24

Sessions: 1 & 2

We will play a game of Risk and during the game we will outline successful strategies and techniques for players that already know the basics.

#### **Cataclysmic Code Combat**

Instructor: Jeanne Reed

**Room: 112**

Capacity: 30

Sessions: 1 & 2

Use Code Combat to learn computer programming.

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