



2009/2010 Middle School Thursday Afternoon Program

Block Descriptions

Classes are open to enrolled Shepherd Valley Waldorf School students in the 6th, 7th and 8th Grades.

Please see the attached Registration Form to register.

Students will need to bring a lunch for the supervised lunch time between the end of the regular school day (12:40 pm) and 1:20 pm. All classes meet from 1:20 - 3:20 pm on campus, unless otherwise indicated.

Archery

Block #1: September 3, 10, 17, 24

Instructor: Janell Ince

Improve your archery skills in this block where we will zero in on accuracy. Using new equipment and a variety of targets, we will practice our safety rules and get prepared for a fun-filled competition at the Harvest Faire. The Harvest Faire event will welcome Middle School students from area Waldorf Schools.

Note: Special Event (open to area Middle School Students) at Harvest Faire on Saturday, September 26th

Chess

Block #2: October 1, 8, 15, 22, 29,
November 5, 12, 19

Instructor: Paul Szeligowski

These sessions are designed to improve your understanding of, and skill level in, chess. The focus is on "why" and "how". Thinking techniques are covered along with fundamentals (such as opening principles), tactical themes, middle games and endgame strategy. Come join us in the matrix of checks, mates, gambits and sacrifices.

"The chess pieces are the block alphabet which shapes thoughts; and these thoughts, although making a visual design on the chess-board, express their beauty abstractly, like a poem... I have come to the personal conclusion that while all artists are not chess players, all chess players are artists."

~ Marcel Duchamp

Note: Depending on interest level, match play with other schools is a possibility through the Boulder Valley Chess League.

Woodworking

Block #3: December 3, 10, 17

Instructor: Joseph Sikora

The focus of this workshop will be the creation of holiday projects in wood. Woodworking techniques, use of tools and safety will be explained and demonstrated.

Circus Arts

Block #4: January 7, 14, 21, 28, February 4, 11

Instructors: Cindy Marvell and Warren Hammond

In this class, the focus will be on juggling, clowning, balancing and tumbling. Participants will perform a final Circus on the last day of class.

Ultimate Frisbee

Block #5: February 25, March 4, 11, 18, 25

Instructor: Janell Ince

In this class, we will learn about the techniques and strategies for Ultimate Frisbee. We will visit other school campuses and participate in games and practices with them.

Note: This class is held off campus, at local schools. A Field Trip Permission Slip will be required.

Bowling

Block #6: April 15, 22, 29, May 6

Instructor: Steve Emmett-Mattox

Where can you find cool shoes, great nicknames, and perfectly oiled pinewood floors? A bowling alley, of course! Join bowling enthusiast Steve Emmett-Mattox for four weeks of fun and instructional bowling at Centennial Lanes in Longmont. Each week, students will receive bowling pointers and tactics from a knowledgeable professional (not Steve), while bowling three games. We will also turn off the electronic scoring occasionally and learn to keep score the "old-fashioned" way with pencil and paper.

Note: This class is held off campus, at Centennial Lanes in Longmont. A Field Trip Permission Slip will be required.

Note: Depending on the length of each game, students will possibly return to campus later than 3:20. All efforts will be made to communicate to parents about delayed arrivals.

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Instructor Profiles

Steve Emmett-Mattox is a bowling fanatic. He organized a league in high school and last year put together Shepherd Valley's first parent team (unofficial and unsanctioned). He lives in Niwot (a 14 minute drive to the nearest bowling lanes) with his wife, Liz, and their Fourth Grade son.

Warren Hammond is a juggler of 14 years and has been performing professionally since 2008. He has toured with the Off-Broadway trio Lazer Vaudeville, won the 2008 Boulder Circus Arts award and the 2009 International Jugglers Association Team Championships Silver Medal as part of the comedy juggling duo "Smirk," won the 2009 3 ball Extreme Juggling Gold Medal as a soloist and taught circus arts and performing at the Imagination Circus Arts Camp and the Shepherd Valley Waldorf School Summer Circus Arts program.

Janell Ince attended college at Stephen F. Austin University, earning a Bachelor Degree in Physical Education and a Masters in Education. She has a total of 24 years teaching physical education primarily in the middle school. Janell has been the Games Teacher at Shepherd Valley Waldorf School since 2005.

Cindy Marvell trained as a teenager at the Antic Arts Academy. After graduating from Oberlin College with honors, she became the first woman to win the International Juggling Association's Championship. She performed at King's Island Theme Park, Holland Village in Nagasaki, Japan. In the early 1990's, she toured with San Francisco's Pickle Family Circus. She studied dance at the Limon Institute and the Isadora Duncan Foundation. New York credits include *Bouncing Back*, *Ladyfingers* (Lincoln Center Out-of-Doors and the American Museum of Natural History), Cirque Eloize, P.B.S. specials for *Sesame Street* and the N.Y. Renaissance Festival. Cindy

writes articles for *The New York Times*, *JUGGLE*, and *Spectacle Journal for the Circus Arts*. For performance DVD's, visit www.dube.com for *A Juggling Journey*, *Lazer Vaudeville Off Broadway*, and *Trailblazers: Women Who Juggle*.

Joseph Sikora is owner of Sikora Woodcarving in Louisville, Colorado. Joseph was trained in a small family run carving workshop in the village of Altenau, in the foothills of the Bavarian Alps. Step by step, cut by cut and wood chip by wood chip, he was introduced to the traditional art of European woodcarving. After three years of focusing on animal carving for Nativity groups, Joseph was allowed to carve his first human figure. Joseph is a member of the Louisville Art Association, Colorado Woodcarvers Club, the National Wood Carvers Association, and is a founding member of the East Boulder County Artists.

Paul Szeligowski is an experienced chess teacher, on an individual, class and camp level. Among his private students are two Colorado Scholastic State Champions. He is author of numerous chess articles, including the original ones on the system now known as the Colorado Defense. He has achieved the Expert USCF title and a peak rating of 2060. Paul is a long time Niwot resident, along with his wife Ann and son Nicholas.