"ADVANCING THE ADVENTURE"

WROLC · SANTA CRUZ · 2014
FRIDAY
2:30–7:00pm  Check-in & Registration  East Field House
4:00–5:00pm  Opening Circle  East Field
5:00–7:00pm  Concurrent workshops  Campus Locations
7:00–8:30pm  Catered Dinner  East Field House Multipurpose Room
8:30–9:30pm  Community Building Drum Circle  East Field House Gym
9:30–11:00pm  Evening Activities  East Field House

SATURDAY
7:00–8:00am  Optional Guided Activities  See Program
(Trail run, Bird watching, Yoga)
7:30–8:45am  Continental Breakfast  East Field House Multipurpose Room
7:30–9:30am  Late Check-In & Registration  East Field House
9:00–12:00pm  Concurrent workshops  See Program
12:00–1:00pm  Catered Lunch  East Field House Multipurpose Room
1:30–4:30pm  Concurrent workshops  See Program
4:30–5:30pm  Free time  Wherever You Want
5:30–7:00pm  Banquet dinner  Porter College
7:00–9:00pm  Keynote Jon Young  Porter College
9:00–Bedtime  Hoedown w/ County Line Pickers  Porter College

SUNDAY
7:00–8:00am  Optional Guided Activities  See Program
(Trail run, Bird watching, Yoga)
8:30–11:00am  Activity Workshops  See Program
7:30–8:45am  Continental breakfast  East Field House Multipurpose Room
9:00–11:00am  Concurrent workshops  See Program
11:15–12:00pm  Closing circle  East Field
Welcome to UC Santa Cruz!
UCSC Recreation is honored to host the ongoing tradition that is the 21st Western Regional Outdoor Leadership Conference! Your presence and participation at this student-based conference are helping to shape the future leadership in outdoor adventure education. Thank you for being here with us as we advance the adventure.

This conference has been made possible through the outstanding effort of our staff and volunteers. Their enthusiasm and dedication are truly appreciated. We also recognize the support from our campus and community partners whose contributions add that much more to this already amazing experience.

We hope that we’ve recognized all our contributors. If we have left you off, please accept our apology and know that we value everyone who has helped.

WROLC ACTION CREW AND PARTNERS

WROLC 2014 Committee
Matt Brower, Skye Leone, Syver Pearson, Kyle Johnson, Hanna Nelson, Darrow Feldstein, Brandon Butler
All UCSC Recreation Staff/Volunteers
All UCSC OPERS Staff
Mark McCarroll - Head of Recreation
Andrea Willer - OPERS Executive Director
Ryan Carlton – WROLC Logo Design
Brandon Butler - Program Layout and Design
Jon Young – Keynote Presentation
The County Line Pickers – musical entertainment
Don Davidson - Drum Circle Leader
All prior hosts of WROLC for their tips, resources, and templates we could not have done it without you!
All of our presenters

And all of you for coming and making this a reality!!
Jon Young grew up in Monmouth County, New Jersey, and was mentored from the age of 10 as a naturalist, tracker, survivalist, and mentor in a native American tradition by the tracker and author Tom Brown, Jr. This mentoring forms the basis for Jon’s work.

Jon worked off and on for many years at Tom Brown’s Tracker School as an instructor, special guest and children’s program development specialist. In 1994, Tom reminded Jon that he was the only one Tom had mentored the way Grandfather (Tom’s elder native mentor) had mentored Tom. This sparked Jon’s interest in trying to capture and preserve these special nature-connection mentoring skills.

Jon received his BS in Environmental Science in 1983 from Cook College, Rutgers University, with particular emphasis on natural history and anthropology and a focus on how native cultures helped their children understand and connect with the natural world.

Jon has given over 1000 public presentations and has helped many PhD and Masters students as well as undergraduates with the completion of their degrees on topics ranging from native education to wildlife tracking.
CONFERENCE ID
Each conference attendee will receive a wristband and nametag. Your wristband will facilitate access to the East Field House, workshops, special events, keynote presentation, banquet dinner, Sunday breakfast, etc. NO WRISTBAND = NO ACCESS. Please wear your nametag as it will help everyone get to know you.

HOSPITALITY CENTER
We will staff an information room inside the Multipurpose room. This is the central location for any questions about the conference. It’s the place to come for any changes to the workshop schedule or reporting any problems with workshop equipment. You can also get hot water here during open hours.

PARKING
WROLC attendees are encouraged to park in the East Remote Lot on campus. The lot is free on Friday after 5 PM and all day over the weekend.

Please enter campus through the main entrance and follow the WROLC signs to the East Remote Lot. If you arrive before 5 PM, an attendant will be present to sell you a permit for $4 (Please bring cash). A conference staff member will also be there to direct you to registration and gear dropoff.

BUILDING ACCESS TO THE EAST FIELD HOUSE & FACILITIES
UC Santa Cruz has graciously approved access to campus services usually reserved for students and employees. Keep your wristband on throughout the conference. NO WRISTBAND = NO ACCESS.

The East Field House is offering access to all fitness facilities during regular operating hours. This includes fitness equipment, the gym, tennis and racquetball courts and the basketball courts. Some game equipment will be available for checkout at the Front Desk during the regular operating hours. This includes wallyball and racquetball gear, basketballs, tennis balls, etc. Please respect all policies, procedures and OPERS staff requests.

If you would like to rent equipment, a personal I.D. may be required as collateral.

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ACCESS TO THE SLEEPING AREA
Overnight accommodations will be available Friday and Saturday nights at the Grassy Triangle (or at the Gym if weather is bad). Please bring a tent or sleeping bag if you prefer to sleep under the stars. Please keep valuables in your car or on person.
We have been asked by the University to please remain in designated camp areas and to use FREE STANDING tents (i.e. no stakes as they may damage our sprinkler systems).

GEAR STORAGE
Valuables are best kept with you or locked in your vehicle. There will be a space provided to store gear (tents, bags, ect.) in the racquetball courts.

SHOWERS, LOCKERS & TOWELS
Showers are available in the locker rooms on the first floor as well as in the bathrooms attached to the basketball courts. There are day use lockers available in said locations as well. Please use the locker room lockers only while showering. Do not use these for all day personal storage. Day use lockers are emptied at the end of the building’s regular operating hours and all items are placed in lost and found at the Front Desk. Please bring your own towels; however, if needed, towels will be available for check out at the front desk.

FOOD OPTIONS
YAHOO! Because of the unique nature of our campus and the lack of nearby dining services, WE ARE PROVIDING ALL CONFERENCE MEALS! However, if you do fancy the occasional snack, there is an express store located in the Quary as well as Joe's Pizza.

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RESTROOMS
There are restrooms located in the East Field House as well as the ones connected to the East Gym. There will be outhouses located near the campsite as well.
COMMUNITY BEHAVIOR
WROLC conferences and its participants are known for exceptional and professional behavior. One of the reasons we have received the many exceptions to policy is our guarantee that all conference attendees will conduct themselves appropriately and professionally. Thank you in advance for respecting requests from all conference and UCSC Staff.

SUSTAINABILITY PROJECT
UC Santa Cruz takes our commitment to being sustainable seriously. Recycling and trash cans are located throughout East Field House and around the UCSC campus, and Compost Bins will be available in the dining areas. We appreciate your help on our journey toward a greener campus, and thank you for picking up any stray trash you may come across.

VENDORS
Please frequent our vendors’ tables and learn about their great products and services. They will be located in the Multipurpose Room during free time and meals. A table will be set up for organizations to share your program materials and job announcements. We encourage you to take advantage of this opportunity. It’s fun to see who’s doing what and how we’re all promoting our programs.

EVALUATIONS
“The biggest room in our house is the room for improvement.”
Presenters value your feedback. Please leave evaluations with our volunteers as you leave each workshop. You’ll also receive a conference evaluation via email. Next year’s host will appreciate the feedback.

DRUGS, ALCOHOL & SMOKING
University regulations do not allow alcohol or illegal drugs on campus or in any conference venue. As of 2014, UC Santa Cruz is a smoke free campus and smoking is prohibited everywhere on campus. If you are of age and choose to drink please make good choices. We know you’ll have fun at the conference regardless of these restrictions!
OVERVIEW OF ACTIVITIES: FRIDAY

OPENING CIRCLE, 4:00 pm
Join us to officially kick off the conference. We’ll have some fun activities after a few standard disclaimers and serious announcements. Come ready to play, meet new people and set the tone for another fantastic year of WROLCl!

CONNCURRENT WORKSHOPS, 5:00 pm - 7:00 pm
Browse the guide for workshop descriptions and locations.

CLIMBING WALL, 5:00 pm - 7:00 pm
Get your climb on right outside the East Gym

CATERED DINNER, 7:00 pm – 8:30 pm
Head to the Multipurpose Room to get your grub on!

DRUM CIRCLE, 8:30 pm – 9:30 pm
Come join Don Davidson as he leads the group in an experiential drum circle.
Don Davidson brings the same depth of passion and commitment to drum circle training events that make his courses in drum music of the African Diaspora at the University of California at Santa Cruz and his work as a performing musician is truly remarkable.
As a facilitator with Village Music Circles since 1987, Don has led communities as diverse as Smithsonian Magazine, Motorola, Hewlett Packard, Rutgers University, and the Boys Scouts of America to the joy and power of drumming.

CLIMBING WALL, 9:00 pm - 11:00 pm
Get your climb on right outside the East Gym

EVENING ACTIVITIES, 9:30 pm - 11:00 pm
Join us for an evening of ridiculous, splendidly entertaining activities. Choose one to spend the night at or explore your options and mill about. Just remember to have fun!

SWEET DREAMS, 11:00 pm
Be on the look out for for warm cookies and milk as you get ready for bed.
OVERVIEW OF ACTIVITIES: SATURDAY

MORNING ACTIVITIES, 7:00 am – 8:00 am
Get the blood pumping with some early morning festivities.

BAGEL BREAKFAST, 7:00 am – 9:00 am
Make your way to the Multipurpose Room for some yummy bagels.

CLIMBING WALL, 7:30 am - 8:45 am
Get your climb on right outside the East Gym

CONCURRENT WORKSHOPS, 9:00 am - 12:00 pm
Browse the guide for workshop time, descriptions, and locations.

CATERED LUNCH, 12:00 pm – 1:00 pm
Make your way to the Multipurpose Room for a delicious catered lunch.

CONCURRENT WORKSHOPS, 1:30 pm - 4:30 pm
Browse the guide for workshop descriptions and locations.

FREE TIME, 4:30 pm - 5:30 pm
There will be a “Chill Zone” located in the Martial Arts Studio for relaxing during all free time.

BANQUET DINNER, 5:30pm – 7:00 pm (Porter DH)
Make your way over to Porter Dining Hall (see map on back)
Good food, good company, great prizes. What else could you want?

KEYNOTE SPEAKER, 7:00 pm – 9:00 pm (Porter DH)
Listen to Jon Young and his inspirational presentation.

CONTRA DANCE, 9:00 pm – 11:30 pm (Porter DH)
Get Groovy with the Country Line Pickers as we dance the night away!
OVERVIEW OF ACTIVITIES: SUNDAY

MORNING ACTIVITIES, 7:00 am – 8:00 am
Get the blood pumping with some early morning festivities.

BAGEL BREAKFAST, 7:00 am – 9:00 am
Make your way to the Multipurpose Room for some yummy bagels.

CLIMBING WALL, 7:30 am - 8:45 am
Get your climb on right outside the East Gym

ACTIVITY WORKSHOPS, 8:30 am - 11:00 am
Feel like getting out and about? Join us for some longer Activity Workshops! Space for these is limited. Please see descriptions in guide.

CONCURRENT WORKSHOPS, 9:00 am - 11:00 am
Browse the guide for workshop time, descriptions, and locations.

CLOSING CEREMONIES, 11:15 am – 12:00 pm
Join us to close the conference with a bang! High spirits and more fun activities will prevail as we mark the end of this year and hand off the reigns to the next host program. It’ll be just like the Olympics … only without the multi-million dollar budget … and no high-level sponsorships … and no celebrities. Ok, we don’t have any of those things but it’ll still be fun!
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LIGHTWEIGHT BACKPACKING
5:00 pm – 6:00 pm, Bay Tree 351
Griffin Nosenzo

Tired of lugging heavy packs through the wilderness? Come learn about the gear and methods of lightweight backpacking! Seriously, it will change your life.

Griffin Nosenzo is a junior at Stanford University and an instructor for Stanford’s wilderness skills courses. He is an avid (lightweight) backpacker, mountaineer, whitewater kayaker and SCUBA diver.

PHOTO TIPS AND EXPOSURE TRICKS
5:00 pm – 6:00 pm, OPERS Annex
Krista Rayl

For this workshop, focusing on outdoor photography, we will cover topics such as photo composition, getting a sharper image, and what in the world do those letters mean on your camera dial?! In addition, learn how to use trick photography as a team building activity in the outdoors! For beginning photographers or those with more “exposure” to photography. You never know what you may learn!

Krista Rayl is an artist, nature photographer, adventurer, and aspiring Art teacher. In May 2013, she graduated from the School of Art, Design and Art History at SDSU and would like to attend UCSC for her Masters in Social Documentary after traveling to teach English and Art abroad. In 2012, Rayl hiked the John Muir Trail, doing about 300 miles in 30 days, and will continue to hike north on the Pacific Crest Trail for her honeymoon this July, 2014.

ALTERNATIVE CAREERS FOR CLIMBING BACKGROUNDS
5:00 pm – 6:00 pm, Bay Tree 352
Laura Bylund

The skills gained with rock climbing experience over time are immensely applicable to a multitude of unrelated careers. It is widely understood that in order to be a professional climbing guide, one has to be at least an amateur at a lot of other things; geology, meteorology, psychology, materials science and physics to name a few. This arguably makes climbers well-rounded jocks of the highest intellect. Are you interested in an exciting career in the outdoors working with ropes and harnesses? Are you not convinced that being a climbing guide will pay the bills? Do you get bored doing the same thing over and over again? Just come to this presentation. The first 10 people through the door will get a free Vapur anti-bottle!
Laura is an AMGA certified Single Pitch Instructor, NFPA certified Rope Rescue Technician, and a Course Provider for the PCIA Climbing Wall Instructor program. She is a full-time manager for Adventure Programs at UC Santa Barbara and is a lead guide/instructor and vertical stunt rigger for Alpine Training Services/ATS Filmworks of Los Angeles. She has worked stunts on television shows such as The Amazing Race, Biggest Loser, Bachelor/Bachelorette and Big Brother and has assisted with product research and development for Sterling Rope and Teva.

A LEADER’S CODE OF ETHICS
5:00 pm – 6:00 pm, OPERS Conference Rm.
Maria Lipkina

What ethics do YOU live up to? How do you develop relationships with your co-leaders and your program participants? Come learn some sweet tools for successful co-leader dynamics, discuss how to give and receive feedback, and be inspired to develop your own code of ethics.

Maria Lipkina considers herself a highly ethical human. She will offer to chip in for gas, and always does her dishes. She learned about a Code of Professional Ethics at Camp Tawonga, her summertime employer, and has since been inspired to infuse her life with conscious and ethically-guided relationships.

BIKE TOURING: AN INTRODUCTION
5:00 pm – 6:00 pm, Bay Tree 353
Ryan Armstrong & Kenny Williams

Bicycle touring is one of the best ways to explore the beauty of our country. It is adventurous, healthy, sustainable, and much simpler than you think! Come and learn about the essential gear, techniques, and resources that you need to plan a bicycle adventure for your program.

Ryan Armstrong is studying Outdoor Recreation at CSU Sacramento. In addition to being a Peak Adventures trip leader and working at the climbing wall on campus, he has recently become interested in self-supported bicycle tours.

Kenny Williams currently coordinates the climbing wall at CSU Sacramento, and has worked for university outdoor programs in TX and AR for the last 5 years. He loves bike touring.

TRIPS, JOURNEYS AND EXPEDITIONS
6:00 pm – 7:00 pm, Bay Tree 353
Tom Enzi

Where have you been and where do you want to go? Come discuss your past experiences and get inspired to follow through with future adventures and learn about some of the world’s greatest adventurers and explorers of the past and present. (continued on next page)
Tom is a 19 year old sophomore at UCSB. He has worked with UCSB’s Adventure Programs for the past year and plans to pursue a career as a mountain guide.

**MOULAGE TECHNIQUES FOR WILDERNESS SCENARIOS**
6:00 pm – 7:00 pm, Facilities Conference Table
Jessica Tietjen

Moulage is the use of make-up to create faux wounds upon the body. Why create goopy, gross, traumatic injuries with make-up? Exposing a rescuer to the fake stuff can make the reality of a true emergency a little easier to handle. Workshop participants will see and practice simple techniques.

Jessica has been involved in wilderness and urban emergency training exercises on large and small scales. She studied stage make-up in college and now applies those skills to wilderness medicine. Currently, she is certified as a W-EMT and working towards teaching wilderness medicine.

**SYMBIOTIC RELATIONSHIPS: THE VALUE OF COLLABORATION IN THE OUTDOOR WORLD**
6:00 pm – 7:00 pm, Bay Tree 318
Stephanie Lobos, Peter Chagnon, Tim Szczepanski, & Chris Whitesides

This is the ultimate roundtable for schools to share ideas on topics such as training, trips, and special projects. This is everyone’s chance to network with others schools to get the ball rolling on mutually beneficial projects for our organizations and the community. Bring your creative minds to the table and make sure to bring your contact information to share the love! Mahalo!

Stephanie Lobos was raised by wolves, cultivated parts of Hawaii, and likes fitness.

Peter Chagnon is a French samurai pirate. He likes doing lots of things.

Tim Szczepanski is the fearless Old Man of the CSU Northridge Outdoor Adventures Program.

Whitesides is a one-name wonder who prefers quarters over semesters and tacky socks and sandal pairings.
IS HUMAN ERROR A CAUSE OR CONSEQUENCE?
6:00 pm – 7:00 pm, Bay Tree 351
Mark Ceder

Outdoor Leadership training has traditionally focused on judgment and decision making with an emphasis on reducing human error as part of the risk management process. Thanks in large part to Jeff Jackson, Sensemaking is creeping into this discussion and we will examine the concept of sensemaking and reconsider staff training strategies and the role of outdoor leaders in the risk management system.

Mark Ceder currently serves as the Outdoor Adventures Program Manager at the University of San Diego. A former camp director and guide, he received too much enjoyment from discussing risk management. A disciple of Paul Petzoldt’s preaching on judgement, Mark is a recent convert to the practice of sensemaking.

WILDERNESS ORIENTATION: OUR TRANSITION IS IN-TENTS!
6:00 pm – 7:00 pm, Bay Tree 352
Kaleena Tuffo & Stephanie Halper

Does your school have a wilderness orientation program? If so, what makes your program special? Come take part in an interactive session where we will share and listen to different ideas on how to expand our wilderness orientation programs, while also increasing the value of the experience for our participants and minimizing cost. The presenters will share their experiences with the Pre-Orientation Adventure at the University of San Diego. This program has undergone a multi-year change process to focus on three areas: transition, evidence and transformation. The goal of this session is to share our collective knowledge to enhance all of our programs.

Kaleena Tuffo works as a Graduate Assistant in the Outdoor Adventures office at USD and is perusing her Master’s in Higher Education Leadership. She is currently conducting research for her Master’s surrounding creating a sense of mattering for students during their Pre-Orientation Adventure. Stephanie Halper is a sophomore at USD looking to major in Psychology. She works for USD’s Outdoor Adventures program as the Pre-Orientation Adventure Coordinator. Stephanie loves the outdoors, especially hiking and horseback riding.
THREE PILLARS OF COMMUNICATION
6:00 pm – 7:00 pm, OPERS Conference Room
Julie McPherson

The Individual. The Audience. Playing with Space. Following a brief introduction about the concept of engagement, workshop attendees will examine three facets of clear, effective, and creative communication through role-play. This workshop will advance your techniques in one-on-one, small, and large group interaction.

A UC Davis alum, Julie has worked for Outdoor Adventures since 2007 as a backpacking, winter, and climbing guide. Since college she’s been engaging with passionate people from all walks of life while guiding and instructing in the states and abroad. In June 2013 she presented on small group communication at Trailblazer, a gathering for self-directed college age learners.

WILD BAJA!
6:00 pm – 7:00 pm, OPERS Annex
Greg Meyer

For over 30 years, Glendale College has operated a field station in Bahía de Los Ángeles, a bay full of islands, endemic species and marine mammals. Often described as the ‘Galapagos of Mexico,’ this area is a National Park and spectacular destination. Instructor Greg Meyer will introduce the marine biology of this area, and discuss how you can join these inexpensive classes and swim with whale sharks, watch thousands of dolphins and hike on uninhabited islands, all while earning transferable college credit.

Greg Meyer teaches Outdoor Education and Recreation at California State University, Monterey Bay and has been leading natural history and marine biology trips to Bahía de los Ángeles since 1986.
IMPORATANCE OF DIVERSITY IN GUIDES
6:00 pm – 7:00 pm, Graduate Commons
Jackson Trager, Cole Christie, & Ariana Cortes

While guides who specialize in a single area of the outdoors may be needed in some circumstances, guides who have a variety of skills are more valuable than specialized experts to a college outdoor rec program. We will discuss and explore how a well-rounded guide can bring flexibility and diversity to your program that may lead your program to expand and grow.

All three presenters are native born Southern Californians and are currently guides in the Outdoor Adventure Program at California State University Northridge. These three guides have led a wide array of different trips which has given them the experience to understand the importance of a diverse guide.

Iyengar Yoga
6:00 pm – 7:00 pm, Martial Arts Studio
Shelby Cohantz

The focus of this class will be finding strength in vulnerability, and calmness throughout breath and patience. As outdoor leaders and guides, often times we are put under immense pressure mentally and physically. My intention with this iyengar seminar is to stretch the body beyond its limits, but through patience and breath control, find comfort in that moment of vulnerability. I hope to help others to find the strength and mental control to relax and let the body take over where the mind may interfere. In moments of intense pressure, sometimes the best measure is to stop and breath before making the next move.

Shelby Cohantz is a born and raised Southern Californian, who was introduced to yoga at a very young age though her mothers practice and encouragement. Yoga has always been a part of her life, and her passion for the practice only grew over the years. In high school she started regularly attending Vinyasa classes to help protect her body while playing competitive Lacrosse. While pursuing her Bachelors degree in Cognitive Science at UCSD, she found an inspiring instructor, and decided she too wanted to teach yoga. This January, she will have completed a 2-year intensive iyengar yoga teacher training course at UCSD. She hopes to inspire, energize, and strengthen others.
EVENING ACTIVITIES: FRIDAY

MANAGERS MEET, GREET, & SCHMOOZE
7:30 pm – 8:15 pm, OPERS Conference Room
Matt Brower
Come say hello and touch base with the other managers. Feel free to grab some grub and head on up.

DODGEBALL COSTUME PARTY BON
9:30 pm – 11:00 pm, Racquet Ball Court
Maria Ashkin
Stroll on over to the racquetball courts for an epic dodgeball tournament. Grab a costume on your way in and let your wild child play it to the max! Sweatbands and tube-socks are highly encouraged.

POOL PARTY FOR THE WHOLE FAMILY
9:30 pm – 11:00 pm, OPERS Pool
Peter Spalholz
Jump on into the pool and see what we’ve got in store for you! Surfboards, slacklines, perhaps kayak jousting revisited? Come and find out for yourself.

GET COMFY IN THE ELECTRO-LOUNGE
9:30 pm – 11:00 pm, Volleyball Court
Darrow Feldstein
Have a seat with us at the volleyball court amongst the stars and camp lanterns for a relaxing time of music-jamming, story-telling, and playing games. Bring instruments, warmies, and your favorite campfire activities!

INTERSTELLAR COSMIC SPACE JOURNEY
9:30 pm – 11:00 pm, Meet Outside of Recreation
Joe Jordan
You like Carl Sagan? Well come and check out Santa Cruz’s very own galactic traveler, Cosmic Joe Jordan! Cosmic Joe has worked at NASA, helped build the Hubble Space Telescope, and is the only human to have gone to Neptune and back! Join him and his Star Blaster for an evening of cosmic bliss and planetary pleasure! Note: For this activity, please be prompt. Joe will be leading the group on a walk and he moves at light speed, so don’t miss him!

L.E.D. ULTIMATE FRISBEE FIESTA
9:30 pm – 11:00 pm, Volleyball Court
Darrow Feldstein
Who’s going to argue with the fact that Ultimate Frisbee was invented in Santa Cruz and that the natives used to play with real live banana slugs? Come and get your blood moving with a rousing game of night-time ultimate frisbee in the motherland of the sport!
MORNING ACTIVITIES: SATURDAY

TRAIL RUN
7:00 am – 8:00 am, Meet at the baseball backstop on the east field.
Darrow Feldstein
Join us for a morning trail run through the misty majestic forests of upper campus. This will be a relaxed group run and will suit all levels of runners. Darrow works as the assistant steward of the campus natural reserve and enjoys running in his free time. He will show you the way...Go forth.

YOGA
7:00 am – 8:00 am, Meet at the Martial Arts Room
Anya Ritter
Yoga is the source of health and happiness, so what are you waiting for?! Come breathe, stretch, and explore your inner potential with a morning yoga class. Its the ideal way to ground yourself and get focused for a day of learning and laughing. Bring a yoga mat or sleeping pad. Anya Ritter is currently studying to be a certified yoga instructor and knows how to get your body talking with your soul again! Join her for a mixed yoga class that will realign your Qi and nourish you for your big day.

MORNING BIRD WALK
7:00 am – 8:00 am, Meet at the Grassy Triangle
Jack Mazza
Birding is the third most popular sport at UCSC tailing just behind Ultimate Frisbee and Hacky-Sack. Join Jack Mazza and his Bountiful Birding Brigade for a birding tour of campus. All levels of birders are welcome! Bring your binoculars if you’ve got em’. We’ll have extras if you don’t.

Jack Mazza is the current president of the UCSC Natural History Club, can ID over 1000 bird calls, and studied with the famous Roger Tory Peterson. Come and learn more about our feathered friends!
GAME TIME!
9:00 am – 10:00 am, Activity Room
Sean Gallagher & Maddy Walzem

Turn that frown upside down! Come learn fun games and energizers to keep your trips upbeat and interactive. We will be playing various games and discussing the importance of integrating such tools into programs.

Sean Gallagher is a guide at UCSD’s outback adventures who on his off time is part of his school’s improv comedy troupe. He has had years of experience with games and integrating games into outdoors programs both with UCSD and his old climbing gym.

Maddy Walzem has many years experience with working in team settings and always loves a new game!

SITUATIONAL LEADERSHIP
9:00 am – 10:00 am, Bay Tree 318
Rod Tucknott

What is your leadership style? Is your style the most effective for the situation? Effective leadership is also flexible leadership. There really is not one leadership style that works for all situations. During this workshop and discussion, we will explore your particular default leadership style and consider ways to be more effective.

Rod Tucknott has been the Director of UCSB Adventure Programs since 2000. He began working for the Adventure Programs in 1994 as a Trip Leader, Kayak Instructor, and Challenge Course Facilitator while earning his degree in Geography. Rod took a couple of years after graduation and traveled the country as a raft guide, ski/snowboard patroller, and assistant WFR instructor for Wilderness Medical Associates. Rod received his Master’s degree in Business from Antioch University in 2008.

HOW TO SET THE MOOD
9:00 am – 10:00 am, Bay Tree 352
Claire Cutler, Emma Wisdom, Travis Cohantz, & Drew Preedeelilok

Come learn about different ways to set the tone of your trip by discussing how to cater to a variety of participants through incorporating some unlikely front country comforts on your gnarly, challenging adventure. Materials to make an ultralight stove as well as tea and cookies are provided.

Emma, local tree enthusiast, Claire, backyard wild child, Travis, organic bird watcher and Drew, candle aficionado, are UCLA Outdoor Adventure guides who enjoy incorporating simple comforts
into their outdoor experiences as well as hot spring hot tubbin, long walks on the Lost Coast and a good John Muir quote.

INTRO TO SAR LEADERSHIP  
9:00 am – 10:00 am, Bay Tree 353  
Daniel Silverman

Wilderness emergencies can be brutally unforgiving, arising without warning and leaving no margin for error. Leadership in emergency situations requires quick reflexes and sound judgement. In this class we will cover both emergency response techniques and risk mitigation skills to prevent incidents from escalating to emergencies.

Daniel Silverman has been a Search and Rescue volunteer since 2009, including two years as Field Team Leader. He began hiking and backpacking at a young age and captained a high school bouldering team in his home town of Portland, OR. In his spare time he enjoys cycling, climbing mountains, and baking pies.

LEAVE NO TRACE - OUTDOOR ETHICS  
9:00 am – 10:00 am, OPERS Foyer  
Jay Ryan

Leave No Trace camping follows 7 key principles to maximize your experience while adventuring, along with those who follow you, while maintaining the ecology and serenity of the outdoors!

I am Leave No Trace certified with boy scouts, and I have spent many years on trails and campsites making sure to leave them as pristine, if not more so than when I found them.

SOCIAL JUSTICE IN EXPERIENTIAL EDUCATION  
9:00 am – 10:30 am, Bay Tree 351  
Nikita Bogdanov

Social justice intersects all areas of our life, experiential education and the outdoors not excluded. This workshop is meant to provide a safe and open space to discuss social justice in experiential education, to investigate how our own leadership is influenced by our backgrounds, and to discuss how better to facilitate trips knowing of this influence.

Originally from Albuquerque, the presenter has loved being in the outdoors since he can remember. Though he has only recently become involved with outdoor education at the college level, and is likewise new to exploring the intersections of social justice and experiential education, he hopes to facilitate an informative discussion.
THE BEST OF THE BEST: MAKE YOUR PROGRAM EVEN BETTER
9:00 am – 10:30 am, Graduate Commons
Raeanne DuPont & Sidney Bast

Join us as we share what’s best about each of our programs, for each of our Outdoor Programs do things that are special and extraordinary. First we would like to create an opportunity to acknowledge this greatness; and second we wish to send everyone in attendance home with at least three proven methods that they can implement and use to make their outdoor program better. We will collectively select five program areas (more if we have time) for each group to share their best practices.

Raeanne DuPont is a Lead Supervisor for Aztec Adventures and teaches a two unit Adventure Leadership course at SDSU. She has been on countless weekend trips and has lead several camping and canoeing trips.

Sidney Bast is a Primary Outings Leader and the Marketing Manager for Aztec Adventures. She teaches a one unit Backpacking course for SDSU and has lead multiple weekend trips, including backpacking and camping trips.

THE SPECIAL SAUCE: WHAT MAKES A CO-LEADER TEAM SUCCESSFUL!
9:00 am – 10:30 am, Multipurpose Room
Jenae McC Carroll

Have you ever experienced miscommunication or an imbalance of power when working with a co-leader? What about a wildly successful co-leader relationship? It takes time, and skill to create an intentional and effective leadership team to model and promote a safe environment for growth, fun and adventure to blossom. Join this presentation and co-created discussion to learn new communication and leadership models, share stories and best practices, and build your tool belt with successful co-leader relationship tips!

For the last five years I have worked as a leader and teacher with Adventures Cross-Country and The Traveling School, guiding young adults on international and domestic service and adventure programs. As a current graduate student of Leadership and Organization Development, with a BA in International Relations and African Culture, I am a life learner and deeply interested in how we work together to inspire positive change and ultimate human potential!
ADVENTURE WITH THE BRAIN IN MIND
9:00 am – 10:30 am, OPERS Conference Room
Sam Oliver & Brian Pritchard

New information about how the brain works gives us new insight into how we can bring people to adventure more effectively. The neuroscience of what is going on in both the head of the guide and the participant can be a useful tool. A specific soft skill and a mindfulness practice will be outlined and experienced.

Sam Oliver is a current wilderness guide, challenge course facilitator and 3rd year at UCLA. He has practiced mindfulness to enhance his mental health since 2011. He is particularly interested in how nature and architecture can elicit happiness and influence the human condition. Brian Pritchard, aka Waldo is the Director of Outdoor Adventures and studies/practices with the Mindful Awareness Research Center at UCLA.

INTRODUCTION TO SLACKLINE SET-UP: PRIMITIVE VS. RATCHET SYSTEMS AND SLACKER ETHICS
9:00 am – 10:30 am, Sand Volleyball Court
Brent Chicoine, Kiana Nakamura, Sean McAtee, Stephanie Kam, & Nolan Andres

Our focus will range from how to set up your very first line to the ethical and safety dilemmas slackers eventually run into as they grow in the sport. We welcome everyone from virgin slackers to highlining pros so we can have great conversation and learn from each other. Afterwards, we’ll keep the lines up and have some fun!

Brent, Kiana, Sean, Stephanie and Nolan all hail from the southern and sunny region of San Diego. They are experienced, WFR certified, guides in PLNU’s Great Escapes Outdoor Adventure Program. Each of them range in experience and style from fat 2” ratchet systems and long and skinny ¾” lines.

UCSC CAMPUS ADVENTURE SCAVENGER HUNT
9:00 am – 11:00 am, Meet Sand Volleyball Court
Miranda Allen-Brower

Come participate in a UCSC Campus Adventure Scavenger Hunt and have an adventure without leaving campus. This program is an opportunity to have fun and experience one of the types of team building programs we offer at UCSC.

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Small teams will be formed and given a packet of puzzles, codes and clues that must be cracked to find locations on campus. The goal of your UCSC Campus Adventure is to get your group to these locations, and complete activities along the way. This time-limited experience, requires problem solving, strategy and team work to successfully complete. Groups may (or may not) find all the locations and complete all the activities. Along the way you will have an opportunity to become better acquainted with iconic spots and features on our campus. You will also have a chance to become better acquainted with the people on your team.

Miranda Allen-Brower is Director of the UCSC Experiential Leadership Program. She has been exploring and practicing the Art of Leadership for over 25 years. Her career has taken her into board rooms, classrooms and on mountain tops. She is a management and team building consultant and facilitator whose leadership has been influenced by many years work with executive teams, as a mountaineering instructor with Pacific Crest Outward Bound School, director of UCSC’s Wilderness Orientation Program and teaching with San Joaquin County Outdoor Education Program.

**THE POWER OF VISUALIZATION: MEDITATION AND MINDFULNESS**
10:00 am – 11:00 am, Martial Arts Studio
Anya Ritter

For anyone who is interested in getting into meditation. We will learn mindfulness techniques, the beauty that comes from creating a Sadhana, or daily practice, and discuss the power of visualization. At the end we will all experience the benefits by closing our eyes and embarking on a quiet journey.

Anya Ritter is a senior student and Recreation Leader at UCSC. She has worked as a river guide in Oregon on the Rogue River and in Idaho on the Middle Fork of the Salmon for the last nine years. While in Santa Cruz she leads outdoor recreation trips, runs, practices yoga, and meditates daily. She is in the process of completing her first yoga teacher training.

**AERIAL SILKS**
10:00 am – 12:00 pm, OPERS Annex
Nicole Jacoby

Aerial silks, also know as aerial tissue, is a combination of performance, dance, and acrobatics used throughout the world by notable companies such as Cirque du Soleil. Though used in the field of acrobatics and aerial performance, aerial silks have been taught to
performers and athletes, focusing on control and movements of the human body. This presentation will give participants an introduction to the sport, what it looks like, and how it can be taught.

I have been working for UCSB Adventure Programs for about three and a half years first as a student and now as full time staff. Our aerial program began only about a year and a half ago after our program director discovered the sport at another WROLC. Another staff member with more experience than myself lead the creation of the program and taught me most everything I know. Since she graduated I have carried on the program in her stead.

BACKCOUNTRY LEADERSHIP SECRETS REVEALED
10:30 am – 12:00 pm, Activity Room
Caitlin Woolsey & Caitlin Schader

Come learn tips and tricks for leading successful backcountry trips. We’ll show you how to build an awesome tarp shelter with minimal gear, how to stave off illness through cookware sanitation, and may even throw a few foolproof group games that every group will love.

Caitlin & Caitlin are outdoor leadership instructors for Stanford Outdoor Education. Each of them have logged over 30 field days instructing for Stanford and are eager to share their bags of tricks.

BUILDING SUSTAINABLE COMMUNITIES IN RECREATION
10:30 am – 12:00 pm, Bay Tree 318
Linda Clauss, Ed. D., & David Liebman

Developing and valuing sustainable communities in recreation are of growing importance to the university community and beyond. This workshop will introduce the social (equity/access/affordability), environmental (conservation/fair trade/resource use), and economic (return on investment/fiscal stewardship) constructs of sustainable community building in recreation to help you meet your program goals!

Learning Objectives:
1. Participants will be able to speak to the three constructs of sustainable communities.
2. Participants will be able to speak to the interplay of the three constructs.
3. Participants will learn ways to assess and audit their programs and identify strengths and gaps in working towards a more sustainable community.

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Linda Clauss, is the Intramural Sports Coordinator at UCSC and she serves as a NIRSA (National Intramural Recreational Sports Association) Sustainability Ambassador reaching out to on campus recreation programs to communicate the importance of sustainable community building. She has presented this workshop (or a variation thereof) at other universities including Sonoma State University and at the recent NIRSA Region 6 Conference.

**RISK MANAGEMENT SEMINAR**
10:30 am – 12:00 pm, Bay Tree 351
Syver Pearson & Sydney Miller
Collective discussion stemming from personal field experiences on topics relating to group safety. Aspects include: group travel, decision making, as well as complex physical and emotional decisions. Throughtout our discussions we can brainstorm our ideas into a diagram representing different paths dealing with risk.

Syver Pearson has been a rafting guide (class III-V) rivers, whitewater kayak photographer, and a recreation leader at UCSC since he transferred here Fall 2013 and will be graduating this winter.

Sydney Miller has been a recreation leader since Fall 2012. More recently, Sydney coordinated and took a volunteer team of UCSC students to the Malidve Islands to complete mosquito control projects in the local islands of the Baa Atoll. Sydney is an avid backpacker, team building facilitator and loves creating positive shared experiences.

**SELF-ASSESSMENT & THE STAGES OF PERSONAL DEVELOPMENT**
10:30 am – 12:00 pm, Bay Tree 352
Meredith Budlong

There is no one more important that YOU. Take some time off from taking care of others and focus on yourself for a while. This presentation will include a discussion on the different stages a leader progresses through. We will also review assessment strategies designed to help you recognize the strengths you can rely on and the areas for improvement that will help you succeed.

Meredith Budlong is the Operations Specialist at ASI Peak Adventures in Sacramento. She has been with the company for almost four years and has been in the Outdoor Recreation industry since 2005. Her passion for the outdoors started at the University of North Carolina at Greensboro where she received a BS in Recreation & Parks Management. Meredith's journey has taken her to Vermont and now to California where she calls home. With one year left of her graduate studies at Sacramento State she plans to continue working in the collegiate outdoor recreation sector.
WILDERNESS WOUNDS
10:30 am – 12:00 pm, OPERS Conference Room
NOLS Wilderness Medicine Institute

What does control bleeding, prevent infection, and promote healing mean to you? To the NOLS Wilderness Medicine Institute it defines a strategy for keeping small soft tissue wounds from becoming significant and potentially life or limb threatening problems. Join WMI for an engaging session where we will debunk common myths, update you on the latest information and set you up to stay healthy in the backcountry.

FLY FISHING IN THE BACKCOUNTRY
10:30 am – 12:00 pm, OPERS Foyer
Peter Fabian

Fly Fishing is a perfect addition to the backpacker’s arsenal since backpackers generally love natural beauty, appreciate wildlife, and like to pack light. If you’ve never considered packing a fly rod or think it’s too hard to start up, come to this seminar to learn how with a very simple (and light) kit and a bit of practice, you can be well on your way to enjoying this amazing sport in the backcountry. Casting demos are included!

I am the vice president of the Santa Cruz Fly Fishermen club and have been backpacking and fly fishing for over 15 years. Members of the SCFF club will also help make this presentation successful and have even more experience than me.

USING MULTIPLE LEARNING STYLES TO IMPROVE INSTRUCTION
11:00 am - 12:00pm, Bay Tree 353
Mark Ceder and Kaleena Tuffo

Discover your own preferred learning styles and learn strategies for improving your instructional delivery. Everyone has multiple talents and ways that they learn well. We will use Howard Gardner’s work on multiple intelligences as a framework for developing effective instructional strategies. This workshop will provide an opportunity to both be a learner and teacher as we practice applying multiple intelligences to our instructional strategies.

Kaleena Tuffo works as a Graduate Assistant in the Outdoor Adventures office at the University of San Diego and is pursuing her Master’s in Higher Education Leadership. She is currently conducting research for her Master’s surrounding creating a sense of mattering for students during their Pre-Orientation Adventure. Mark Ceder works with Kaleena. He loves theories, particularly those that relate to outdoor leaders.
INTRO TO MEDICAL ADVENTURE RACING
11:00 am – 12:00 pm, Multipurpose Room
Teo Pier & Colin O’Neill

MedWar; a combination of wilderness medicine and adventure racing, tests survival and medical skills. Sound intriguing? Join us for a quick teaser of MedWAR event, and an opportunity to test your wilderness medical skills. Bring running shoes, clothes to get dirty in, and a good attitude. Medical kits will be provided.

Teo Pier and Colin O’neill are seniors at UC San Diego, both having worked for four years as guides for Outback Adventures and are both founding members of the UCSD Wilderness Medicine Club. They competed and placed third at the inaugural SoCal MedWAR.

AVOIDING AWKWARD VAN RIDES AND CREATING A POSITIVE GROUP CULTURE
1:30 pm – 2:30 pm, Activity Room
Lara Schoen

Learn tips and tricks for coaxing your participants out of their shells, avoiding the silent 6 hour van ride, and lay the groundwork to create lasting friendships, deeper interpersonal understanding, and foster community development from the get go. The trip begins the moment your participants arrive, don’t waste time waiting until you’re in the backcountry to begin your curriculum.

Topics include: Group facilitation, conflict resolution, trip progression, debriefing techniques, games, get-to-know-yous, energizers, initiatives, and trip closing ideas.

Lara has a passion for fostering community among groups and a love for the outdoors. She has worked for UCSD Outback Adventures since 2010 and has held various roles inside and outside of the office including Lead Guide, Lead Facilitator, and Assistant Coordinator for the Challenge Course. As recent graduate from UCSD, Lara holds a B.S. in the Psychology of Neuroscience and Behavior, providing a scientific angle to examine and assess social and group behavior.

CROWDSOURCING KNOWLEDGE ABOUT OUR PARKS
1:30 pm – 2:30 pm, Bay Tree 353
Alyssa Ravasio

Crowdsourcing and collaboration are two of the biggest buzz words of the year. Come learn how they apply to parks with software that is
currently being developed to allow people to contribute their knowledge about parks into an integrated, flexible data set. Give your input on how this should be accomplished, what matters most to you, and how you’d like to use this knowledge to get more people outside!

Alyssa has a degree in Digital Democracy and began her career working in internet policy at the US Dept of State. She has helped start three silicon valley companies, and is now leading the team at Hipcamp.com, a discovery platform for the outdoor community whose mission statement is to get more people outside! 

YOGA FOR BACKPACKING
1:30 pm – 2:30 pm, Martial Arts Studio
Diana Hitchen

Yoga for Backpacking will be a workshop in which all participants will learn some basics of yoga. We will learn a short sequence with multiple poses, then discuss the benefits of yoga and how to integrate it into personal and guided backpacking trips. Participants will then make up their own short routine, and we will finish with a demonstration and practice of 2 poses of acroyoga (2 person balancing yoga).

My name is Diana Hitchen. I’m a nature worshipper, climber, and anthropology student. I am a wilderness guide for UCD OA and cannot turn down an opportunity to jump into frigid waters. I’ve been doing yoga for 6 years now and have found it to be the perfect complement to all outdoor activities, as well as a great activity for community building.

FIVE ESSENTIALS OF A SUCCESSFUL WEEKEND OUTING
1:30 pm – 2:30 pm, OPERS Conference Room
Teddy Sutcliffe & Katie Hecker

Learn the secrets of success. Come participate in an interactive session that will leave you with the five most important essentials to an amazing outdoor weekend. The presenters will share numerous examples of successes and failures from their school’s program that was founded in 1977. The goal of the workshop is to produce a one of the kind list that everyone can use to improve their programs outdoor trips.

Teddy Sutcliffe and Katie Hecker are both Outings Lead Supervisors for Aztec Adventures. Together they have lead over 70 weekend trips, including; backpacking, canoeing, rock climbing, and camping.
ULTRALIGHT BACKPACKING
11:00 am – 12:00 pm, Graduate Commons
Ian Navarro & Celeste Gottschalk

Imagine a world where you can go backpacking with less than 20 pounds upon your back. Join us as we discuss ultralight design, theory, and strategy in this mind blowing hands on workshop. Additionally, you will walk away with your own custom ultralight alcohol stove.

Ian Navarro, born in the mystic hills of chino, has dabbled in ultralight backpacking for over 5 years. Additionally, he has taught this course as an REI clinic presenter many a time. Celeste Gottschalk, is a new ultralight enthusiast swiftly gaining knowledge through working at CSUN Outdoor Adventures.

BASICS OF SEARCH AND SELF RESCUE
1:30 pm – 3:00 pm, Bay Tree 352
Chris Christensen

This workshop will cover the basics of searching for lost personnel. Addressing how to determine areas of search, organizing teams, different search techniques, and fundamentals of tracking. It will also cover aspects of self rescue which include both ground and air signaling, trail marking, and equipment.

Avid outdoorsman and Eagle Scout. Chris has backpacked all over the world. Currently serving in a Special Operations Unit in the Marine Corps he has extensive background and knowledge in long range reconnaissance, survival and escape, and combat tracking / counter tracking. His passions are outdoors and teaching.

BRIDGING OUTDOOR ADVENTURES WITH AGRICULTURE & FOOD SYSTEMS
1:30 pm – 3:00 pm, Bay Tree 352
Tim Galarneau

Learn how to build bridges with farmers, craft food makers, and interests of your students with expanding your adventure offerings. Participants will walk away with a leadership facilitation guide, new models for programs, and more!

Tim is a past Roots of Change Fellow who works as an education and research program specialist on social issues for the Center for Agroecology & Sustainable Food Systems (CASFS) (http://casfs.ucsc.edu) focusing on farm to institution, community food systems, and student education and empowerment. Since he was a student Tim has worked with the UCSC Recreation Department as a trip leader and has forged new programs and offerings for students through the Rec!
SACRIFICE BELONGS IN YOUR WORKOUT.
NOT IN YOUR PROTEIN BAR.

THE PROTEIN BAR THAT WORKS AS HARD AS YOU DO.

CALCULATE YOUR PROTEIN NEEDS AT CLIFBUILDERS.COM
PHOTOGRAPHY BASICS AND BEYOND FOR OUTDOOR PROGRAM LEADERS
1:30 pm – 3:00 pm, Bay Tree 351
Mark Ceder and Emma Angold

We know outdoor leaders have many responsibilities - is “professional” photographer one of them? You can quickly and easily capture your group experience if you have a simple plan, conditional awareness and a camera. During this session you will: learn simple strategies for efficiently capturing awesome photos; learn fundamental techniques for making good photos great; discuss equipment options to that will help you reach your goals.

Mark currently serves as the Outdoor Adventures Program Manager for the University of San Diego. Born and raised in a camera shop, he considers his camera and tripod part of the ten essentials.

Emma is a new guide for OA and has been an avid photographer for many years. She loves experimenting with new techniques in the wild. They both enjoy taking pictures of small groups of people having big adventures in the great outdoors.

CLIMBING RESCUE SKILLS
1:30 pm – 3:00 pm, Multipurpose Room
Peter Wright

Learn basic techniques of climbing rescue in a top rope setting. Topics will include taking over belays, ascending the rope to rescue a stuck climber, and going “hands free” as a belayer. Previous belay experience is required.

Peter Wright is the Coordinator of Outdoor Programs at Stanford University. He teaches the Climbing Wall Instructor course and is a certified Base Managed Climbing Instructor with the Professional Climbing Instructor’s Association (PCIA).

THE FUTURE OF OUTDOOR EDUCATION AND SOCIAL ENTREPRENEURSHIP
1:30 pm – 3:30 pm, Bay Tree 318
Ryan Shortill

This presentation will focus on the many distinct ways to connect our youth, corporations, and local-non profits to each other creating real social change. How do we combine our passion of outdoor education with building strong teams of individuals and communities? Ryan Shortill, CEO of Positive Adventures, LLC will show what the word on the street is....
Recently named Presenter of the Year (2010-2011) by Meeting Professionals International (MPI), Most Admired CEO Finalist (2013) by the San Diego Business Journal, and winner of San Diego Metro Magazine's 40 under 40 award in 2013, Ryan Shortill breaks through the humdrum of the traditional. He is the Founder of Positive Adventures, LLC, an San Diego team building company. He is an accomplished corporate trainer and facilitator achieving tangible results.

He holds a B.S. degree in Kinesiology: Outdoor/ Experiential Education from the University of New Hampshire and has been certified as an Emergency Medical Technician (EMT), Wilderness EMT, CPR/First Aid, and Lifeguard. He is one of the driving forces behind the Positive Adventures team in his quest to make a positive impact in the local community that will spill over into the world at large.

KAYAK GAMES!!! :D
1:30 pm – 3:00 pm, OPERS Pool
Brendan Nelson & Louie Brinker

Have fun in a kayak whatever the level of experience. Yeah, you may get a little wet.

Brendan Nelson guided canoe and kayak trips for UCLA Outdoor Adventures for 3 years as part of the Outdoor Leadership Training program and a senior kayak instructor at the UCLA Marina Aquatic Center for 6 years. He is also one of the founding members of the LA Kayak Club, a beginner whitewater instructor, and led trips for LA River Expeditions on the Los Angeles River for the past 2 years. Louie Brinker has been a kayak instructor at the UCLA Marina Aquatic Center for 6 years. He leads kayak trips in collaboration with Brendan Nelson to Catalina, the Channel Islands, and Baja. He promotes birding by kayak in the Ballona Creek wetlands.

MANAGERS ROUND TABLE
1:30 pm – 3:00 pm, Graduate Commons
Mark McCarrol, Matt Brower, Skye Leon

Come gather around and discuss trials, tribulations, and successes with fellow managers.
TOP-ROPE RESCUES
2:30 pm – 4:30 pm, OPERS Annex
Elena Chin

Ever wonder what would happen if someone got stuck on a climb? How would you get him or her down if you couldn’t just lower? What if you needed to get up there to help? This clinic will cover the basics of top-rope rescues, which, time permitting, may include transferring weight, escaping belays and ascending to a stuck climber. These skills are invaluable to any aspiring climbing guide or climbing enthusiast.

Elena Chin is a Lead Guide with UCSD Outback Adventures and specializes in leading rock climbing trips. She’s also has an AMGA Single-Pitch Instructor certification and says she’d pretty much rather be climbing than doing anything else, pretty much always.

INTRO TO ORIENTEERING AND LAND NAVIGATION
3:00 pm – 4:30 pm, Bay Tree 352
Dillon Green & Dylan Chouinard

Introduction to basic land navigation and map usage.
Dillon - professionally taught in various settings
Dylan - general practical application and self taught skills.

GIGGLEFEST: GAMES FOR GUIDES
3:00 pm – 4:30 pm, Activity Room
Ari Kosel & Diana Hitchen

Games are the perfect way to break the ice, fill extra time, and facilitate group bonding on trips. This workshop will provide you with a satchel full of fun, laughter inducing games to make any adventure a guaranteed gigglefest! If you have a great knowledge of games, come and share them with us as well.

Ari is a white water rafting and wilderness guide with Outdoor Adventures at UC Davis and has been using games to liven up trips for four years now. Her favorite game to play in large groups is “slackjaw dance off” even though she can never keep a straight face!

Diana Hitchen is a nature worshipper, climber, yogi, and anthropology student. She is also a wilderness guide with Outdoor Adventures at UC Davis and cannot turn down an opportunity to jump into frigid waters!
IDENTIFYING YOUR LEADERSHIP STYLE
3:00 pm – 4:30 pm, Bay Tree 351
Alex Ross and Anna Ver Beek

Identifying your personal leadership style is key to your development as a leader in the outdoor world and beyond. Understanding how you lead will improve your interactions with your trip participants and team members as well as preparing you to approach challenges. This workshop will give a brief introduction on how to identify your leadership style, followed by a group discussion.

Alex Ross has been involved with Point Loma Nazarene University’s Outdoor Leadership Program for the last three and a half years as a Guide. He currently leads in the program as the Guide Training Coordinator, managing and leading the guide development training trips for student guides. He has also led/facilitated backpacking, rock climbing, and high ropes courses for two summers in the Ansel Adams Wilderness.

Anna Ver Beek has been involved with PLNU’s outdoor leadership program as a guide for the last two and a half years. She also has worked with local outdoor programs facilitating high ropes experiences and after school programs for high school students.

REVITALIZATION VIA RECREATION: TAKING BACK THE LA RIVER
3:00 pm – 4:30 pm, Bay Tree 353
Chris Whitesides

In this part lecture, part discussion workshop we’ll explore our ability as outdoor enthusiasts and outdoor professionals to be agents of change. Using a screening of Rock the Boat (a documentary on saving the LA River through recreation) as our case study, we’ll open up a discussion on how we can use recreation to revitalize and reclaim multifaceted aspects of our communities.

Chris has worked for both UCLA and CSUN Outdoor Adventure Programs as an undergrad and graduate student. He has also worked the 2013 season for LA River Expeditions as a guide, and currently holds the position of assistant coordinator.
LEADERSHIP: BUILDING A GOOD FOUNDATION
3:00 pm – 4:30 pm, OPERS CONFERENCE ROOM
Ryan Lamonde, Amy Cyr, & Kelly Davidson

Want to add something to your repertoire of leadership skills? Come find out some keys to making a trip or activity successful. Learn how to help participants on outdoor trips get the most out of their trip and perform to the best of their abilities. Practice techniques such as icebreaker games, group initiatives, and motivation tactics to ensure that all members of your group are excited for their adventure as well as feel safe and welcome. These skills are practical for groups of any size and can be taught to leaders and participants alike.

Ryan is currently a senior Psychology major at Point Loma Nazarene University. He works as a Senior Guide for the university’s Outdoor Leadership program. Over the past four years, he has lead several small groups and adventure trips, helping them to achieve various goals, such as trust, teamwork, creativity, hard work, and smooth transitions. Ryan looks to pursue a career in Wilderness Therapy after graduation.

Amy is a junior at Point Loma Nazarene University studying Media Communications. She is an Assistant Guide for the university’s Outdoor Leadership program. Both of her parents are missionaries so she has had the opportunity to travel the world and experience many cultures. Amy uses her experience to facilitate her leadership style by connecting with people from all walks of life.

Kelly is also a junior at Point Loma Nazarene University and an Assistant Guide for the university’s Outdoor Leadership program. She has successfully lead many small groups and is excited to share her knowledge with you.

POOL SLACKLINE
3:00 pm – 4:30 pm, OPERS Pool
Sara Kaiser and Chris Lenahan

Get your slack on at the pool! Expect to get wet, dress appropriately :)

Chris- My experience is setting up the slackline for the recreation. I have slacklined over a course of five years. I would consider myself an intermediate slackliner and have been teaching a class here at UCSC.

Sarah- I’ve been slacklining for about three years. after a few months of steady practice at the slackline area at UCSC I was introduced to longlining and highlining. I have extensive background in rigging longlines and have just started to rig highlines as well. I am one of the top women in the world for length of longline walked—430 ft and #2 woman in the world for distance walked on a highline—180 ft.
BIKE TOURING
3:30 pm – 4:30 pm, Bay Tree 318
Danielle Jacques

Ready to bike across the country? Or along the Andes Mountains? Or through Alaska? Come learn about proper bicycles, how to get by on the cheap, and awesome route planning.

I’m Danielle Jacques from San Diego. Bike touring is the best way to travel. It allows you to go just fast enough to pass through small towns in a day, but slow enough to notice the moose behind the trees and take a swim in the blue glacier fed river along the way. I’ve toured Alaska and parts of California, and am bursting with ideas of where to tour next.

POI SPINNING
3:30 pm – 4:30 pm, Multipurpose Room
Jens Montin

Poi is a prop used in performing arts original to the indigenous people of New Zealand. In the workshop you will create your very own sock-poi and learn some basic movements. The workshop will also bring forth ideas on how to progress through practice following the workshop.

Jens Montin arranged the Nordic Poi Convention (NPC) in 2006 with workshops and performances, a 3-day event with a hundred participants. Used to be a street performer for several years around the same time.

OUTDOOR RENTAL - SUCCESS AND CHALLENGES, A CIRCLE DISCUSSION
3:30 pm – 4:30 pm, Recreation Department Office
Mark McCarrroll

Outdoor Rental Programs are challenging … bottom line. This workshop is intended to share our best practices operating an Outdoor Rental Program. Topics will include: General Operation, Guidelines, Vendor Contacts, Pricing, Staffing, Inventor Control, and Office Management. We will meet at the UCSC’s Outdoor Rental Office for a quick tour and then move to the Outdoor Rental Porch to share the high’s and the lows of managing a Rental Program.

Mark McCarrroll is the current Director of the UCSC Recreation Program. He has 25 years of supervising UCSC’s Rental Program. Mark is passionate about quality gear and how it relates to the success of your outings and the service it provides to the general campus community.
DINNER BANQUET
5:30 pm – 7:00 pm, Porter Dining Hall (see map)
Head on over to Porter college for our awesome catered banquet dinner. If you stick around long enough you might get some yummy dessert as well!

KEYNOTE SPEAKER
7:00 pm – 9:00 pm, Porter Dining Hall
Jon Young
Come and enjoy an inspirational presentation by the master, mentor, naturalist and tracker.
Jon Young grew up in Monmouth County, New Jersey, and was mentored from the age of 10 as a naturalist, tracker, survivalist, and mentor in a native American tradition by the tracker and author Tom Brown, Jr. This mentoring forms the basis for Jon’s work.

HOEDOWN WITH THE COUNTY LINE PICKERS
9:00 pm – 11:00 pm, Porter Dining Hall
Country Line Pickers
Get Groovy with the Country Line Pickers as we dance the night away! ~DANCE~DANCE~DANCE~DANCE~DANCE~
TRAIL RUN
7:00 am – 8:00 am, Meet at the baseball backstop on the east field.
Anya Riter

Join us for a morning trail run through the misty majestic forests of upper campus. This will be a relaxed group run and will suit all levels of runners.

Anya Ritter is a UCSC Rec Leader, a raft guide, a yoga instructor, and an all-around athletic guru. She’ll show you the way...Go forth.

YOGA
7:00 am – 8:00 am, Meet at the Martial Arts Room
Juliet Ulibarri

Yoga is the source of health and happiness, so what are you waiting for?! Come breathe, stretch, and explore your inner potential with a morning yoga class. Its the ideal way to ground yourself and get focused for a day of learning and laughing. Bring a yoga mat or sleeping pad.

Juliet Ulibarri is the shining ray of light you’ll want to stretch with to start the day off on the right chakra.

MORNING BIRD WALK
7:00 am – 8:00 am, Meet at the Grassy Triangle
Jack Mazza

Birding is the third most popular sport at UCSC tailing just behind Ultimate Frisbee and Hacky-Sack. Join Jack Mazza and his Bountiful Birding Brigade for a birding tour of campus. All levels of birders are welcome! Bring your binoculars if you’ve got em’. We’ll have extras if you don’t.

Jack Mazza is the current president of the UCSC Natural History Club, can ID over 1000 bird calls, and studied with the famous Roger Tory Peterson. Come and learn more about our feathered friends!
BEGINNING SURFING CLASS
8:30 am – 11:00 am, Meet at Surf Locker (Parking lot near pool)
Keegan Banks

There will be a lottery at the Banquet for those hoping to participate in the Beginning Surfing Class. You must be able to swim. Show up with a towel, bathing suit, and water bottle. We’ll provide the rest: wetsuit and board, instruction, transportation. Class is limited to 8 people. “May the Odds Be Ever In Your Favor”.

Keegan loves to surf the shores of Santa Cruz...need we say more?

DID YOU BRING YOUR MT. BIKE? DID YOU KNOW THAT UCSC HAS OVER 1000 ACRES OF SINGLE TRACK?
8:30 am – 11:00 am, Meet outside of the Recreation Office
Mark McCarroll

Did you bring your Mt. Bike? Did you know that UCSC has over 1000 acres of single track?

This ride will meet at the Recreation office at 8:30am. You can except this ride to be 2 hours, around 14 miles and around 1000 ft of elevation climbing. You won’t ever forget this ride. It will be pure cross-country (FUN) mt. biking. This is most likely geared for intermediate and advanced riders.

Mark McCarroll is the head of recreation here at UCSC and is rarely seen without his mountain bike in tow.

SEA KAYAK TOUR
8:30 am – 11:00 am, Meet at Surf Locker (Parking lot near pool)
Sarah Dondelinger and Peter Spalholz

Come join us for an amazing day of paddling in one of the largest natural marine sanctuaries in the world. Space is limited so there will be a lottery at the Banquet for those hoping to participate.

Sarah “Slinger” Dondelinger, a paddler from Lake Tahoe, spends most of her time each day either stand up paddle boarding or kayaking. Currently working at Kayak Connections, she is a well trained kayak and SUP guide/instructor. A studying marine biologist, she is also filled with tons of awesome information about the local wildlife so PLEASE ask questions!!!

“Pistol” Pete Spalholz has spent the last two summers as a raft guide and avid river kayaker on the American River. He, along with Sarah, is also one of the key leaders and instructors for the UCSC Kayak Club.
FREEDIVING & SEAFOOD FORAGING
9:00 am – 10:00 am, Bay Tree 353
Robert Lee

Learn about the unique CA sport of abalone diving (one of the few places in the world where the sport exists). Also learn about the sport of competitive freediving and try a few hands on meditation techniques for breath control.

Robert is an instructor with Performance Freediving.
http://fl0wstate.com/robert/

SERVE THE WILD!
9:00 am – 10:00 am, Graduate Commons
Greg Meyer & Bryce Winters

Would you like to lead a group of students into a beautiful wilderness area and do trail work in the spectacular mountains of Big Sur? The Ventana Wilderness Alliance is a non-profit environmental organization AND WE WANT TO WORK WITH YOU! Our Youth in Wilderness Program provides University groups and High Schools with the opportunity to join us on the trail. We provide expert leadership, trail tools, US Forest Service permits, and years of experience in doing this work. Find out how to be part of this great adventure, and serve the wild!

Greg Meyer is an alumnus of UCSC and teaches Outdoor Education and Recreation at California State University, Monterey Bay. Greg has been visiting the Ventana for many years and is the Director of the Youth in Wilderness program.

Bryce Winter is also an alumnus of UCSC, and the Youth in Wilderness Field Manager. He has hiked over 350 miles of trail in the Ventana Wilderness and led numerous trips in Big Sur.

LEARN TO SLACKLINE
9:00 am – 10:00 am, Sand Volleyball Court
Sara Kaiser & Chris Lenahan

This workshop will include a survey of the equipment with a short tutorial on how to set up a slackline. We will then split into two groups beginners and intermediate slackliners. In each group we will learn the techniques of slacklining.

(continued on next page)
Chris - My experience is setting up the slackline for the recreation. I have slacklined over a course of five years. I would consider myself an intermediate slackliner and have been teaching a class here at UCSC.

Sara - I’ve been slacklining for about three years. after a few months of steady practice at the slackline area at UCSC I was introduced to longlining and highlining. I have extensive background in rigging longlines and have just started to rig highlines as well. I am one of the top women in the world for length of longline walked—430 ft and #2 woman in the world for distance walked on a highline—180 ft.

DISCOVERING THE SIERRAS
9:00 am – 10:00 am, Bay Tree 351
Annie Zaccarin and Megan Hayes

We will focus on the natural geology and common plants and animals found in the western side of the Sierra Nevada mountain range; primarily in Yosemite and Kings Canyon. We will also discuss how to incorporate this information into guided trips.

Megan Hayes and Annie Zaccarin are Environmental System Majors with an emphasis in Ecology, Behavior and Evolution. Both also work as outdoor guides for UCSD’s outdoor program Outback Adventures.

LIGHTWEIGHT STOVE BUILD
9:00 am – 10:30 am, OPERS Facilities Table
Miles Ryan and Devin Gabhart

Learn how to build a stove out of soda cans! Lightweight and easy to build, this skill and stove will serve you and fellow backpackers well in your travels to come. Materials recommended to bring: 2-4 soda cans (required), sharpie, thumbtack, knife or scissors, sandpaper; donation of a couple dollars for presenter-bought materials.

Miles and Devin have been backpacking with various stoves for 10+ years, and have both recently become familiarized with this stove and its employment. Both have an affinity for lightweight backpacking, understanding a lighter pack means a more enjoyable hike!
UNLEASHING CHILD PASSIONS
9:00 am – 10:30 am, Multipurpose Room
Devin Peyton & Darrow Feldstein

The child in you desires to connect more deeply with the natural world! Let’s engage our inner, curious children with inspiring nature-based activities that can be used as ice-breakers, team challenges, and purely hilarious fun. You will leave with a blooming appreciation of the natural world and a bolstered toolkit for engaging your participants in a deeper way.

Devin and Darrow are both UCSC alumni fighting on the front lines of Environmental Education. Dev and D-row are both known to simultaneously blow their own minds as well as those around them using the mysteries of the natural world.

EXPLORING THE NATURAL HISTORY OF UCSC ON FOOT
9:00 am – 11:00 am, Meet at Sand Volleyball Court
Sarah Angulo

Put your adventurin’ shoes on and get to know the beautiful redwood ecosystem here at UCSC! We’ll take a hike into upper campus and discuss the amazing flora and fauna that live here, as well as current human impacts. In this context we will delve into topics of human interactions with nature and how we can encourage others to become stewards of the land.

Sarah is a fourth year environmental studies major at UCSC. She has spent a lot of time amongst the redwoods, learning about their mysteries in several classes as well as participating in campus environmental activism. Sarah is also a volunteer leader for Sierra Club Outings and is certified in Outdoor Leader Training through UCSC’s Experiential Leadership Program.

BACKCOUNTRY SPLINTING HUNGER GAMES
9:30 am – 11:00 am, OPERS Foyer
Ben Kirshner

Come learn the basics of backcountry splinting in a Hunger Games style competition! No experience necessary.

Ben Kirshner is a junior at Stanford University. He is an instructor with Stanford’s Wilderness Institute of Medicine and a Wilderness First Responder.
THE BACKCOUNTRY VAGINA
10:00 am – 11:00 am, Activity Room
Emili Cardenas, Montana Marshall, Hannah Aldern, & Julia Martinez
There comes a time on every trip when you need to discuss the inevitable... the great and glamorous vagina. Mountain men and women are invited to this workshop to learn about backcountry feminine hygiene issues from LNT to health risks and participate in a discussion about addressing this topic on a guided trip. Remember, below every happy (female) camper is a happy vagina.
Montana, Emili, Julia and Hannah are UCLA Outdoor Adventure guides with a combined 84 years of experience in dealing with feminine hygiene issues.

WTF! THERE’S NO SAUSAGE?
10:00 am – 11:00 am, OPERS Conference Room
Forrest Brodsky
This talk and discussion will jump into the realm of all things food related. Showcasing Aztec Adventures “Phood Philosophy” which begins with an exploration of the role of food in Outdoor Recreation and how one program seeks to fulfill their motto: “Eat Good Food.” Come join us and share your ideas concerning food and how it fits into your program.
Forrest Brodsky is an AMGA certified guide and leads climbing trips for Aztec Adventures in Southern California. He claims to be a gardener, farmer, chef, food critic, composter and all around foodie... these claims have not been verified. Enthusiastic about food, Forrest is always striving to elevate the profile of the role of food in outdoor leadership.
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