

**Basketball Skills and Drills****Mr. St. Martin**

Looking to increase your hoop game? Become more fundamental with your dribbling, passing, scoring, rebounding, and defense? Then Skills and Drills is the seminar for you. We will spend the next bunch of Friday's working on skill development, creating a workout plan for you to do on your own, and building your knowledge of the game of basketball. This is open to anyone willing to work hard, listen, and challenge themselves. No experience is necessary. You will need your own outdoor basketball, a notebook, and water. Note: This seminar is not for playing games. The focus of this seminar is skill building through drills not on playing games. There will be some conditioning, strength building, and basketball IQ instruction.

**Cape Escape****Ms. Emily**

Cape Cod is one of the most popular summer vacation destinations on the east coast, but it is also one of the most expensive to visit. Often, those who live here can take this beautiful place we call home for granted. From the gorgeous shore lines, to free/reduced museums for students, to local businesses, there is so much more to our home than a price tag. Each week of this seminar, we will explore some of the free and low-cost options Cape Cod has to offer. Student suggestions and input for places to visit is greatly encouraged!! Students may wish to bring optional pocket money on some to be determined Fridays to purchase local goods.

**Chess****Mr. Novak**

Play chess, and more -- discuss the long and storied history of chess, including its famous personalities, including Judit Polgar, raised to be a genius, to the eccentric and tragic Bobby Fischer, to the current world champion Magnus Carlsen. We will discuss the role of computers in chess, and how computers have managed to become formidable challengers through algorithmic approaches to piece value and positional value. Students will learn how to use a chess clock, read and record algebraic notation and standard notation, and enjoy chess variants, like the fast-paced multiplayer version of chess called Bughouse. Note: Students MUST first create an account on the website <http://lichess.org/signup>. You may be asked to solve a chess puzzle as a CAPTCHA. If you need help signing up, please contact Mr. Novak.

**Cribbage****Ms. Allie**

Cribbage is a classic card game in which the object is to form counting combinations that traditionally are scored by moving pegs on a special cribbage board. It's a game of low animal cunning where players must balance a number of different objectives, remain quick witted enough to recognize combinations, and be able to add them up. It is also a game where etiquette is important. The rituals associated with cutting and dealing, playing and pegging, as well as the terminology, are all part of the scoring. We will learn how to play, practice playing, and run a CCLCS Cribbage Tournament! (We'll probably play some other classic card games as well!) If you like fun, competition, and new games, join this seminar and learn how to play Cribbage!

**Digital Art & Design****Mr. Stewart**

Students in the Digital Art & Design Seminar will explore several creative apps on the iPads, creating artwork as they learn some of the amazing tools available when working digitally. We will explore brushes, layers, highlighting, and much more as we create some masterpieces to print. If you have enjoyed doodling on the iPads and would like to spend some time taking things to the next level, sign up for Digital Art & Design.

**Field Hockey****Ms. Haven & Ms. Quenneville**

Have you ever wanted to learn to play field hockey? Maybe you have played before or even been on a team. If so, this is the seminar for you! We will learn and practice skills, do drills, watch game clips, and scrimmage. You will need a field hockey stick, sneakers or cleats, field hockey goggles, and shin guards to participate. See you on the field!

**Golf****Mr. Bates**

Golf is a sport that can be played for your whole life. Learning the basics and fundamentals at a young age is proven to make people better golfers. Join Mr. Bates at Cranberry Valley and Captains course to learn and practice the basics of how to putt, hit irons, and drive the ball over 200 yards. All aspects of the game will be taught including the rules and etiquette needed to succeed on the golf course. The seminar will conclude with a real match on the last session.

**Lacrosse****Ms. Kast & Ms. Bates**

This seminar will offer an opportunity to be outside exercising and honing your lacrosse skills each Friday afternoon. Ms. Kast, Ms. Bates, and a variety of high school volunteers will introduce skills to one of the fastest growing sports in the country. This seminar will provide a great chance for our students to be exposed to a physically active sport that encourages teamwork while potentially kick starting a new sport to play in high school and beyond. Classes will include physical conditioning, drills, and co-ed scrimmages based on a mashup of girl's and boy's rules (NO CHECKING). All students will need to get their own stick. Boys MUST have a helmet and girls MUST have eye goggles. ALL students need a mouthguard, sneakers or cleats, and a water bottle.

**Languages of Nature, Languages of Art****Ms. Burrill**

This seminar explores the *primary language* of movement and sound as the fundamental communicative means between humans and nature. We begin this exploration from an evolutionary perspective, then follow through, developmentally, from the human fetus in utero, on to the mother-infant dialogue. From here we follow the direct pathway of *primary language* to artistic processes. We amplify these learnings through movement-sound games and art-making. We consider the qualities of the embodied and embeddedness of primary language. We compare these natural ways of communicating with the mechanical, digital communication enacted in device culture, artificial intelligence, and robotics. Then, with this background, we excursion into the natural world and immerse in the primary language happening all around us. Here we find nature's richness of gestural communications of movement, sound, texture, amplitude, intensity, shape, color, tone, scent and more. From this encounter we create a group improvisational dance piece. This is structured through a series of themes based on poetry created by each student describing their communicative encounter with nature. Opportunity dependent, we work with an acoustic improvisational musician(s).

**Musical Theater****Mr. Girardin**

Kids have been preparing songs and scenes all year long for an end of the year performance. Songs and scenes from Annie, West Side Story, The Greatest Showman, and more!!!! We need Dancers, Singers and Thespians (actresses/actors). Many kids had fun in our theater zooms last year. This is your chance to be creative together! All students are welcome to join in the fun!

**Passion Project****Ms. Garran**

If you love to draw, paint or write and would love some dedicated time to turn your work into something more like a book, comic book or larger painting, then look no further! This seminar will offer the time and space for you to explore your creativity and generate a masterpiece of your very own! Feel free to bring a project you've already started or a new idea you can't wait to work on. Please note that students will be responsible for bringing any materials they need beyond what we have here at school.

**Pilates/Strength****Ms. B**

For a total body workout we will pair pilates with strength conditioning, these exercises will focus on posture, balance, flexibility, and strength. This seminar will focus on teamwork and relationship building as each exercise will be done with a partner. Class will finish off with a few minutes of Mindfulness practice to help us learn how to calm our mind and bodies! Students will need: sneakers, work out clothing, and water bottles.

**School Garden****Ms. Remillard**

Let's get growing! It's time to plant the school garden, including our three sisters' area and the traditional raised garden beds. We'll start by choosing this year's crops, then organize our space, then get out there and plant. Would you like to experience the joys of growing your own food and flowers? The school garden seminar is for you!

**Science Goes to the Movies****Ms. Schwartz & Mr. Clarke**

Many current and older movies center around science concepts that we are familiar with. Sometimes Hollywood gets the science more or less right, and sometimes they get it horribly wrong! Do you like movies with science in them? Join us for the 'Science Goes to the Movies' seminar! We will be analyzing depictions of big science concepts from a variety of films, from movies about space, climate change, alien life, and emerging viruses. We will be discussing the good, the bad and the ugly about how science has been represented in the movies over the years. Looking forward to fun and lively discussions!

**The Return of Book Buddies!****Senora H**

CCLCS and The Saltbox/Family School in Brewster have had a long partnership of getting older (you!) and younger students together for some quiet read-aloud time. This special connection had been interrupted during the past two years by the pandemic, but we are happy to announce its return! So if you think you would enjoy reading story books out loud to young children, sign up to be a Buddy. Having a CLAMS library card already would be ideal, because we will be checking books out from a local library, but you can sign up for a library card during our first seminar session if you do not have one already.

**Whale of a Time****Ms. Ryan & Mr. Crowell**

Join Mr. Crowell and Ms. Ryan as they take on one of the most awe inspiring creatures of the world- whales! In this seminar, students will learn the science of whales (think migration patterns, anatomy, survival, behaviors,) as well as the literature, myths and stories involving them. Several field trips will take place across Cape Cod and Massachusetts to uncover the mysteries and wonders of whales! If you are interested in science, nature, being outside (hopefully on a boat or two!) writing and history, this is the seminar for you! Students should note that a couple of field trips may have them getting back after busses and dismissal, so arrangements will need to be made for after school pick up.

**Yearbook****Ms. O'Leary**

Memory Making! Come be an integral part of making memories last here at CCLCS! Each year, the school publishes a bound yearbook that captures and highlights some of the amazing experiences our students had during the school year. We will be taking photos, making collages, and creating the book while walking down memory lane. Let's help our school community to view and remember the 21/22 school year for years to come!

**Yoga****Señorita Smith**

This seminar will teach you a variety of yoga poses and will give you a chance to both move around and relax after a long week. We will create and decorate our own mindfulness journals, and write in them about a different topic every week. This topic will guide our yoga practice each week as we make new friends, build strength, and clear our minds.