The objective is to teach the student to see the land, to understand what he sees, and to enjoy what he understands.

Aldo Leopold
Why go outside?

Why do we do it? Why have outings? Why hike in the mountains? Why go SCUBA diving? Or snow camping? Or kayaking when there is so much good stuff to do - inside.

Why learn to surf? Or climb rocks? Or hike in the desert? Or dive for abalone? Some of these things are hard – and I like to take it easy. So why do it?

And why spend the time to learn the skills that it takes to enjoy these activities. Why learn to identify a wild mushroom? Or the print of a coyote? Or the call of a Red-Tailed Hawk? These things take time. And I don't have a lot of time. I have things to do. I have homework.

So why do it? Why go outside – to spend time I don't really have – to do things that are hard – things that scare me?

It is not an easy question to answer. Not today. Not for us in a day and age in which we define progress as technological advancements in the art and science of – standing still. Think about it. If we were to catalog all of the big technological advancements of the 20th century and if you were asked to identify the one distinguishing feature common to them all – you would have to say that 20th century technology gave us a greater and greater ability to be less and less active.

The radio, the telephone, air conditioning, light bulbs, the automobile, the airplane, instant coffee, television, the yo-yo, the parking meter, drive in movie theaters, the photocopier, the microwave oven, fast food, Velcro, cake mix, super glue, the credit card, the VCR, the integrated circuit, the microchip, the calculator, post-it notes, the lap top computer, cell phones, the internet, email, the tablet. All require almost no effort to use and all came about in the 20th century in the pursuit of productivity.

You know, I spend a lot of time in the Outings Office, which is adjacent to the Science Office. My desk is not 35 linear feet from the desk of my good friend and colleague John Hicks. And yet, more times than I care to count right now I have picked up my phone, which is within arms reach and dialed extension 274 - which is, of course, the extension of my good friend and colleague John Hicks. Why? Because it is easier, quicker, and I don’t have to go outside to do it. Inconceivable. Isn’t it?

But, you know, it is not easier. Not in the long view. I memorized John’s extension. Not hard, right? What is it again? Right. 272. And to do that I had to print out the Voicemail Extensions list – think printer – now think manufacturing, shipping, diesel, electricity, ink, paper. I had to find his extension listed there – think about all that went into creating that list and the need for it – all those extensions, and all the work that goes into assigning
them, reassigning them, and sending out electronic copies of updated versions – and then I pushed some buttons on my phone that elicited a few sounds from the device and I waited to hear John’s voice – now think about what goes into that. You get the idea.

It is not easier or quicker to stay still and develop a dependence on technology. Technology has done wonderful things – just look at us here now – but a dependence on technology is an addiction like any other.

For one thing humans grew up outdoors. Our brains evolved in response to outdoor challenges and we developed the ability to make meaning in natural settings. Real is still more meaningful and more salubrious to us than virtual, and we can tell the difference because we are human and we are alive. Nature makes sense to us on a very deep level.

And the inverse is also true. We make sense to ourselves in nature. Nature doesn’t lie to us. It doesn’t sugar coat the truth and it doesn’t respond one way or the other to the stories we tell it about ourselves. It’s neither impressed with our successes, nor is it disappointed with our failures. Nature is impervious to charm and wit and spin and elocution. And yet, it speaks to us. Every time we grow hungry, thirsty, sleepy, weary, or cold our deep and true selves are in dialogue with nature. Even if we aren’t listening. Nature reminds us in the language of our native tongue of the rules we must live by, the boundaries of our existence, and the limitations of our physical being.

So why go outside – to spend time – doing things we find challenging? Because we are alive.

But donít take my word for it. I might just be nuts. Listen to your self. Listen to your peers. And listen to our old friend Henry David Thoreau from the second chapter of Walden. Listen to how many times he uses the word life:

I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived. I did not wish to live what was not life, living is so dear; nor did I wish to practice resignation, unless it was quite necessary. I wanted to live deep and suck out all the marrow of life, to live so sturdily and Spartan-like as to put to rout all that was not life, to cut a broad swath and shave close, to drive life into a corner, and reduce it to its lowest terms, and, if it proved to be mean, why then to get the whole and genuine meanness of it, and publish its meanness to the world; or if it were sublime, to know it by experience, and be able to give a true account of it in my next excursion.

Marin Academy – I invite you, I encourage you, and I implore you. Get outside and into your next excursion.

Peter Poutiatine
Director of Outings
Marin Academy, San Rafael, CA
JANUARY 8-9, 2011

Saturday & Sunday
January 8 & 9, 2011

**SCUBA CERTIFICATION – CLASSROOM AND POOL SESSIONS**

John Hicks

If you would like to learn how to SCUBA dive this is the outing for you! John Hicks, a certified SCUBA instructor, will be teaching the PADI Open Water Diver class. This first weekend is spent at the Pinnacles Dive Center in Novato conducting the academic and pool sessions needed for you to learn how to SCUBA dive. Loaner books, wetsuits, and SCUBA equipment are supplied for this portion of the class. Students are responsible for transportation to and from Novato; and they must supply their own swimsuit, mask, fins, snorkel, and booties. This equipment can be rented or purchased. Class meets from 9AM to 6PM on Saturday and 9AM to 5 PM on Sunday.

After successful completion of academics and water skills the first weekend, students are eligible to participate in the open water sessions conducted in Monterey. The open water portion of the class is the following weekend (see description below). To become certified Open Water SCUBA Divers, students must complete both weekends.

N.B.: The cost for this outing includes certification, log book, the equipment rental for both weekends, and food for the first weekend.

10 students
Cost: $350
PE credit available

---

Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is symbolic as well as actual beauty in the migration of the birds, the ebb and flow of the tides, the folded bud ready for the spring. There is something infinitely healing in the repeated refrains of nature - the assurance that dawn comes after night, and spring after the winter. The lasting pleasures of contact with the natural world are not reserved for scientists but are available to anyone who will place himself under the influence of earth, sea, and sky and their amazing life.

Rachel Carson
SCUBA CERTIFICATION – OPEN WATER SESSIONS
John Hicks, Tom Hicks, & Karen Hicks

This outing is the second half of the SCUBA certification program. However, room permitting, students that are already certified are also eligible to participate on this outing. We will leave for Monterey on Thursday after school using school vans and camp at Veteran’s Memorial Campground in Monterey. There will be four SCUBA dives at San Carlos Beach in Monterey Bay. Completing skills and seeing fish, kelp forests, star fish, sea otters and sea lions are student experiences in this extraordinary underwater world. Students must supply swimsuit, mask, fins, snorkel, and booties. Priority is given to students in the certification process, but there is often room for certified divers to go on this trip.

N.B.: The cost of this outing does not include purchase or rental of snorkeling equipment. $150 covers the SCUBA rental (not snorkeling), food, camp fees, and transportation.

10 students
Cost: $150
PE credit available

ROAD BIKING FOR FUN!
Randi Martin and Betsy Muir

Cycling is an excellent way to get outside, stay in shape, be social, and see the world! This outing is for students that are somewhat new to cycling or looking for an easy-medium paced ride with a safe, supportive, and fun group. We’ll ride about 21 miles, mostly on bike paths or secondary roads with lighter traffic. It is a lengthy ride, if you have not done much cycling. Expect about 3 hours on the saddle! Participants should be in fairly good cardiovascular shape. We will meet at the Mill Valley Community Center at 9:30 and go over some cycling basics, then ride to Tiburon together. In Tiburon, we will soak in the gorgeous views of San Francisco, Angel Island and
the GGB while enjoying a picnic lunch. Following along Paradise Dr, we will loop back to the Mill Valley Community Center and finish mid-afternoon. Depending on interest, we can discuss equipment, maintenance, nutrition, stretching, changing a tire, or other biking topics. There will be a required meeting prior to the outing.

20 students
Cost: $15
PE credit available

**Humanity is cutting down its forests, apparently oblivious to the fact that we may not be able to live without them.**

*Isaac Asimov*

Friday-Sunday
February 4 - 6, 2011

**WINTER MOUNTAINEERING: TAHOE’S RUBICON PEAK**
Scott Ebke and Peter Poutiatine

We will leave after school on Friday, and will arrive at our Tahoe Cabin “basecamp” in time to make dinner and enjoy a movie. On Saturday morning we will pack our bags, and grab our gear and do the short drive around to the base of Rubicon Peak (9,183), on Tahoe’s west shore. We will make our way through the snow on snowshoes, skis or splitboards (or all of the above) up to the distinctive pinnacle summit of Rubicon Peak. A short and easy class three climb to the true summit affords views of the entire lake, as well as most of Desolation Wilderness to the east. After lunching on the summit, we will make our way down, making turns, but staying together 2,500 feet to the waiting van.

Saturday night we will make victory dinner and enjoy another movie/play games/tell stories/twiddle our thumbs. Sunday we will take a short tour along the northern flank of Rubicon, then grab our gear, clean up and depart for home.

This trip is open to aspiring alpinists of all grades. No experience necessary for snowshoers, but skiers and snowboarders must be comfortable in all terrain if you are going to go that way. All participants should be physically able to comfortably complete a 2,500 foot climb and descent.

N.B.: the cost of this outing does not include gear rental if necessary.

6 students
Cost: $65.00
PE credit available
**FEBRUARY 12-13, 2011**

Saturday
February 12, 2011

**COASTAL HIKE FROM VALLEY TO BEACH**
Lauren Toker & Jenna Brager

Tennessee Valley is the northernmost part of the Marin Headlands. The valley is rich with wildlife, including deer, coyotes, bobcats, various birds, and lush vegetation. The Coastal Trail connects Tennessee Valley to Muir Beach, a large sandy cove north of Tennessee Valley with wetlands and a lagoon. There is currently an endangered species habitat restoration project in progress at Muir Beach.

We will begin our loop hike on Sunday morning in Tennessee Valley and hike 3.7 miles along the magnificent coast with fantastic views the entire way. Surrounded by high bluffs and tide pools, we’ll enjoy lunch in the sand at beautiful and majestic Muir Beach. After lunch, we’ll be joined by a National Park Service Ranger for a tour of the work being done to restore habitat for endangered salmon, trout, and frogs. In the afternoon, we’ll loop back to Tennessee Valley beginning through Green Gulch Zen Center and Farm and travel through diverse vegetation tucked slightly more inland. Please bring a picnic lunch, snacks for the trail, water, rain layers, and a daypack.

6 students
No cost
PE credit available

---

After you have exhausted what there is in business, politics, conviviality, and so on - have found that none of these satisfy or permanently wear, what remains? Nature remains.

Walt Whitman

**FEBRUARY 19-20, 2011**

Friday
February 18, 2011

**FULL MOON NIGHT HIKE**
Peter Poutiatine and another intrepid hiker

This is a hike of a most unusual kind. We will track along the trails of Mt Tam under the full snow moon. Bring a coat, a headlamp, and your sense of adventure for this dimly illuminated experience. We are
likely to see and hear owls, coyotes, and other nocturnal critters – but only if we are quiet. We will leave MA about 6pm and return around midnight. Would that you would join us, but you must have your own transportation to and from MA. For a hike like this when most people are sleeping, it is not okay to have your parents pick you up.

6 students
No cost
PE credit available

---

**Keep close to Nature’s heart, yourself - and break clear away once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean.**

*John Muir*

---

**M A R C H  1 9 - 2 0 ,  2 0 1 1**

Thursday-Saturday
March 17-19, 2011

**BOAT DIVING, SCUBA IN MONTEREY**
John Hicks, Tom Hicks, Karen Hicks, & Peter Poutiatine

If you are a certified SCUBA diver, you can join us to explore the incredible kelp ecosystems of the Monterey Coast. SENIOR CLASS, this is your last chance to go on MA. SCUBA Boat Diving outing. I hope you can join me for one more dive!!! We will leave Thursday after school and return Saturday night at 7 PM. We tent camp at Veteran’s Memorial Campground. We will have a 2 Tank Boat Dive on Friday, possibly at Point Lobos. After boat diving on Friday Morning other possible SCUBA dive sites include reefs off the aquarium, Hopkins Marine Lab, or even a night dive at San Carlos Beach. You won’t forget this otherworldly experience. Come see why California is one of the richest marine environments on earth. Students must supply their own mask, snorkel, booties and fins.

N.B.: the cost of this outing includes boat charter, SCUBA rental, food, camp fees, and transportation.

10 students
Cost: $325
PE credit available
Big Sur has some of the most epic landscape imaginable. Rugged cliff-sides descending thousands of feet into the beginning of a vast Pacific Ocean. Lush forests and spiky brush scattered through wet river ecosystems and dry desert landscapes. Big Sur is one of the few places on earth where you may be able to see a redwood tree and a cactus at the same time. It’s no wonder that artists of the beat era (Jack Kerouac and Hunter S. Thompson) and spiritual seekers (Zen monks and new age communities) have found refuge and inspiration in such a magical place.

This outing will be an exploration of Big Sur as a way to rejuvenate ourselves as countless others have before us—a temporary escape from civilization into country that provides an invitation to sit atop peaks, play in the ocean, swim in the creeks, and express our devotion to the wilderness and rugged beauty of Big Sur.

We’ll depart MA after school ends on Thursday and be back Sunday evening.

6 students
Cost: $100
PE credit available

Take long walks in stormy weather or through deep snows in the fields and woods, if you would keep your spirits up. Deal with brute nature. Be cold and hungry and weary.

Henry David Thoreau

Saturday
March 19, 2011

SPRING EQUINOX HIKE
James Shipman & Doreen Clark

What better way to celebrate the beginning of spring than to get outdoors and take a hike! Join us for a special one-day hike across the gorgeous slopes of Mt. Tam or West Marin. Many trails and routes are possible so we will wait to decide our exact route in response to the whims of the moment. Wherever we wander we will wend our way in and out of redwood forests and share a lunch in some magical spot.
This is an excellent way to get to know the trails that lie literally in our own back yard. We'll go rain or shine, unless there's a full-on deluge.

You need to be in reasonable shape for this, but you don’t have to have much ‘hiking’ experience. Be prepared to make an offering and to bring a little extra food to share. You will also need clothes appropriate for the weather, good hiking shoes, a daypack (with lunch, water and snacks), and your good energy.

### A P R I L  1 6 - 1 7 ,  2 0 1 1

Saturday  
April 16, 2011  
**MT TAM CIRCUMAMBULATION**  
Peter Poutiatine & another peerless circumambulator

On October 22, 1965 Allen Ginsberg, Gary Snyder, and Philip Whalen walked a formal clockwise orbit around Mt Tamalpais in contemplative fashion. In a ritual they called “opening the mountain,” they stopped at intervals, offered prayers, and experienced the power of various sites on the mountain. I also believe they enjoyed themselves, but that is unclear.

Since then it has become something of a tradition on Mt Tam. On various auspicious days people of all kinds take the same walk in their own fashion. Today, we will do the same, taking our place in the long line of circumambulators.

This is a long walk – 17 miles from start to finish. We will begin in Muir Woods at dawn and return there at sundown. As such, this outing is for experienced hikers in good shape. You will need trail food to share, water, rain layers, a daypack, and an offering to the mountain that welcomes us and makes our circumambulation possible.

### 6 students  
No cost  
PE credit available

---

_You cannot stop the waves, but you can learn to surf._  
Jack Kornfield
Saturday
April 16, 2011

FARM DAY IN WEST MARIN
Mark Stefanski & the Staff of Marin Organic
Saturday, April 16
8:30 a.m. to 5:00 p.m.

Join us as we travel to West Marin for a hands-on opportunity to explore the dynamics of organic farming. Our co-leaders will be staff members of Marin Organic, a nonprofit promoting sustainable agriculture and a preference for locally produced food. Part of our day will be devoted to gleaning - harvesting food that would otherwise be left in the field. This food will be used to help feed kids throughout our county, supplementing local school lunch programs. We will therefore be part of a Marin Organic program that enables 10,000 students to choose nutritious, local options, while their schools stay within tight budgets. We will also gain a deeper awareness and understanding of the benefits of eating local, organic food. Can you dig it?

We will depart MA at 830a and return by 5p.

This event is co-sponsored by the MA Eco-Council. $20 per student of the student fee will go to Marin Organic to support the good work they do. Students will be expected to bring something to contribute to a potluck lunch to be enjoyed by all participants.

14 students
Cost: $25

All my life, people have asked me the question, directly or indirectly. “Why in the hell do you climb mountains?” I can’t explain this to other people. I love the physical exertion. I love the wind. I love the storms. I love the fresh air. I love the companionship in the outdoors. I love the reality. I love the change. I love the rejuvenating spirit. I love to feel oneness with nature. I’m hungry; I enjoy eating. I get thirsty; I enjoy the clear water. I enjoy being warm at night when it’s cold outside. All these things are extremely enjoyable because, gosh, you’re really feeling them, you’re living them, your senses are really feeling. I can’t explain it.

Paul Petzoldt
Saturday
April 23, 2011
TIDEPOOLING AND HIKING IN WEST MARIN
Jen Coté & Dave Marshall

Join us for a day of exploring some West Marin delights. First, we'll travel out to a tide pooling site in Bolinas or Pt. Reyes, where we will catch a late morning negative tide, allowing us to get a closer look at some of the magical creatures of the intertidal zone. Next, a picnic lunch on the beach, possibly accompanied by frisbee and sand castles. In the early afternoon, we'll head out for a 5 mile hike, enjoying some of vistas that make Point Reyes a world renowned park.

We'll leave MA at 9:30 am and be back by 6 pm. Lunch will be provided.

14 students
Cost: $25

Saturday
April 23, 2011
FOOD NOT LAWNS: a sustainable make-over
Mark Stefanski & Lindsay Daily

Join us as we transform a typical lawn into a thriving edible garden full of berries, fruits, and habitat for a diversity of life. We will start with the suburban front yard of a Marin Academy family and, over the course of the day, design and install a beautiful, low-maintenance food forest that will provide an abundance of delicious produce for years to come. The intent is to start from scratch and create in a day's time a workable growing garden. We will work with soils, beds, plants, irrigation (if necessary) and enclosure. In the process of performing this transformation, we will explore and discuss the principles of permaculture, a practice that brings our species into greater alignment and harmony with the rest of nature. And we will discuss why a lawn, once a mainstay of suburban homes, might not even be a sustainable yard feature anymore. A lot to learn and a lot to do.

Garden materials will be provided, but please be willing to bring a bit of food to share for a potluck lunch.

14 students
Cost: $10
Thursday–Sunday
April 28 - May 1, 2011

MEDITATION AND ADVENTURE IN THE LOST COAST
Patrick Ford ‘02 & Adam Moss ‘02

There is nowhere more beautiful than the Lost Coast. The scenery is dramatic – thousand foot cliffs overlooking expanses of redwoods, black-sand beaches, and the endless pacific ocean. We’ll camp at a cove which pirates once used as a hide-out, make a campfire from drift-wood, and attempt to meet up with seals and elk. We’ll leave early Friday morning, drive up to the lost coast, and start out Friday afternoon and reach our campsite by nightfall (and then delicious dinner and campfire). We’ll do an amazing day hike on Saturday to try to find an abandoned mining settlement (Patrick has heard tell, but couldn’t find it last time he went), sleep under the stars, and head back on Sunday (we’ll get back around 8-9pm). Patrick and Adam both teach meditation and yoga and hope to share these experiences with their lucky trail companions. We’ll start out mornings and end our days with meditation and yoga, listening to the crashing waves.

6 students
Cost: $100
PE credit available

What we get from climbing is just sheer joy. And joy is after all, the end of life. We do not live to eat or make money. We eat and make money to be able to enjoy life. That is what life means and what life is for.

George Leigh Mallory

Thursday-Saturday
April 28-30, 2011

ABALONE DIVING ON THE SONOMA COAST
John & Karen Hicks

Have you ever eaten abalone? It is a very tasty shell fish that can be caught by divers who can hold their breath and pry them from the rocks. This outing is for certified SCUBA divers only. We will leave for the Sonoma Coast on Thursday after school and return Saturday,
arriving at M.A. at about 5:00 PM. (If you are on a team, we can probably leave after practice on Thursday). There will be one free dive for abalone and an optional SCUBA dive on Friday. If our abalone dive is successful we will have an abalone feed on Friday night.

N.B.: the cost of this outing does not include the rental or purchase of snorkeling equipment or the required fishing license and abalone report card.

6 students  
Cost: $150  
PE credit available

Thursday–Saturday  
April 28–30, 2011  
MENDOCINO MYSTERY OUTING VIII (with kayaking!)  
Randi Martin & Liz Gottlieb

Come join Randi Martin and Liz Gottlieb for this eighth annual special overnight adventure. We’ll drive up to mysterious Mendocino and hike... camp at Van Damme State Park... walk along the bluffs... explore the pygmy forest... play football/Frisbee/fly kites on the beach... make fun meals... and explore the wonders of the coast... There will be numerous opportunities to run on the trails with Liz. On Friday we’ll kayak in the gorgeous Noyo River. We’ll leave Thursday at 3:00 pm and return Saturday afternoon (1-3 pm). This trip is one not to be missed!

13 students  
Cost: $130  
PE credit available

You cannot stay on the summit forever; you have to come down again. So why bother in the first place? Just this: What is above knows what is below, but what is below does not know what is above. One climbs, one sees. One descends, one sees no longer, but one has seen. There is an art of conducting oneself in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know.

Rene Daumal
Friday–Saturday
April 29-30, 2011
BEGINNER’S BACKPACKING IN BEAUTY: PT. REYES NATIONAL SEASHORE
Jen Coté & and another backpacking aficionado

Any alumni will tell you that you HAVE to do an outing during your time at MA. Whether you’re new to outdoor adventures, or are a backcountry regular, this one-night trip is open to anyone who wants to experience the joys of backpacking!

Fortunately you can enjoy beginning backpacking in one of the most beautiful places on earth: Pt Reyes National Seashore! Amazing vistas of redwood groves overlooking the pacific, secluded beaches, dramatic rocky cliffs, water falls, and lakes are some of the features that dot the landscape. Cozy tents, gourmet food, light packs, warm sleeping bags, and good company are some of the luxuries we’ll be enjoying while out in the wilderness.

This is a 1-night backpack. We will plan to leave MA early on Friday morning and return in the evening on Saturday. If you don’t already know how, you will learn to plan a food buy, choose gear and pack a backpack, read a map, set up camp, make yummy backcountry meals, and have fun getting outside. If you are interested in (or already know you love) hiking, camping, or being outdoors and want to learn more, this is the outing for you!

6 students
Cost: $35
PE credit available

Saturday
April 30, 2011
MT SAINT HELENA ROCK CLIMBING
Peter Poutiatine & another intrepid climber

From the flanks of Mount St. Helena, in Robert Louis Stevenson Memorial State Park, near Calistoga, you can see the entire Napa Valley dramatically laid out before you, lush and fertile. I mean, if you like that sort of thing. If not, you can climb. St Helena offers an assortment of moderate to hard sport routes on several different crags. It is a beautiful drive, a pleasant walk, and a painfully aesthetic climbing experience. We will leave MA Saturday morning, climb all day, and return to campus in the evening, after gaining sustenance
at the burger joint in Napa. So, pack a lunch and bring a little pocket change for a milkshake. No experience or personal gear is necessary; we will teach you everything you need to know and lend you all the gear to enjoy this gateway sport safely. In case of rain, we will have to cancel – humans just can’t climb in the rain.

6 students
Cost: $10
PE credit available

MAY 14-15, 2011

Saturday
May 14, 2011
NATURAL BUILDING AT VILLA SOBRANTE
Jen Coté and the women of Villa Sobrante

Join us at Villa Sobrante, an in-process East Bay urban permaculture community, for a day of earthen art and natural building. We'll be working on some really cool cottages, focusing on the preparation, mixing, and application of earth plaster over earthen and clay/straw walls. This is an amazing opportunity for anyone who wants to learn more about sustainable living practices and witness a remarkable example of an urban eco-dwelling. Come ready to work and get dirty! Lunch is included. Check out the site at: www.villasobrante.blogspot.com.

14 students
Cost: $35

Thursday-Saturday
May 12-14, 2011 (also May 3 or May 4 – see below)
UNDERWATER PHOTOGRAPHY SPECIALTY CERTIFICATION
John & Karen Hicks

Are you passionate about photography and SCUBA? Me too! If you would like to learn the basic approaches to taking pictures underwater this outing is made to order. Participants should be certified SCUBA divers and have an understanding of the principles of photography. Digital cameras and underwater housing will be provided.

There will be one pool session on May 3 or May 4 at the Pinnacles Dive Center in Novato. The challenges of lighting, composition and white
balance in the underwater world will be evident after our pool session.

Minimizing impact on the environment will be a recurring theme as you perfect your buoyancy skills and follow all the standards of being a safe diver. After our pool session we will be ready to practice our skills in Monterey aboard the Beach Hopper dive boat for two day dives and then look for octopi on some night dives.

N.B.: the cost of this outing included boat charter, SCUBA rental (not snorkeling), Underwater Photographer specialty certification, and outings costs.

| 6 students |
| Cost: $350 |
| PE credit available |

**M A Y  2 1 - 2 2 ,  2 0 1 1**

Friday-Sunday
May 20-22, 2011

**FLOOD RESEARCH: High Water Rafting on the South Fork American**
Seth Chanin and another intrepid rafter

Every spring the Sierra goes through a swift transition as the warmth of summer rapidly melts away snowpack and floods foothill rivers. For the South Fork American, this inundation transforms the rocky, technical river into a fast-moving rollercoaster with massive waves and churning holes. Teamwork will be an imperative as we attempt to navigate this cold and exhilarating run.

The Details:
After traveling up to Coloma on Friday afternoon, we'll spend Saturday and Sunday rafting down the “Chili Bar” and “Gorge” sections of the South Fork. Wetsuits will be a necessity, as swims could be long and cold. Both nights will be spent posted up at the swanky Camp Lotus, where we'll BBQ and play music around the campfire before retiring to tents and sleeping bags. We will be back at MA on Sunday by 8pm at the latest.

Please note: trip participants should possess strong swimming skills and be comfortable in cold water for extended periods of time.

| 14 Students |
| Cost: $200 |
| PE credit available |
Saturday-Sunday
May 21 – 22, 2011

OUTDOOR PHOTOGRAPHY IN SANTA CRUZ
Evelyn Tseng & another intrepid photographer

California beach town, Santa Cruz, is one of the few places where an unbroken trail begins in redwood-covered mountains and ends on the rugged, windswept beaches of Pacific Coast. We will be hiking and taking photos in the redwoods state parks. We will take Santa Cruz Beach Train from Roaring Camp and enjoy our day visiting Beach Boardwalk, Breakwater Lighthouse, and a nearby cute town, Capitola where there are some unique architecture. If you like being outdoor and taking photos, come with us!

Students must supply their own camera and tripod, but we will learn together and share our favorite techniques in making beautiful images. We will leave Saturday morning and return Sunday afternoon around 6pm. We will be tent camping, cooking together and having a good time taking some special photographs.

6 students
Cost: $60
ELECTRONICS AND CELL PHONES
Use of cell phones and other electronics is not permitted on MA Outings without permission from the outings leaders. As a standing rule, students may not text or make calls or recieve calls from the vans or while on an outing. If communication with home or elsewhere is necessary, check with your MA Outings leader first.

SIGN UPS AND PERMISSION FORMS
MA outings are open to everyone, but each outing has a maximum number of students it can safely accommodate. To sign up for an outing, return a completed permission form to Peter Poutiatine, MA’s Director of Outings in the MA Outings Office in Thacher Hall. Sign ups are registered in the order in which the permission forms are received. Permission forms may be obtained online from the MA Outings webpages, the Outings bulletin board in the café, or the MA Outings Office.

Sign ups and waiting lists will be posted several times a semester on the MA Outings bulletin board in the café. However, sign ups and waiting lists change daily as permission forms trickle in. The best way to find out if you have a spot on an outing is to contact Peter directly via email or in person. Stop by the Outings Office in Thacher to check your status.

In most cases, you will be notified of your status - registered participant or wait listed - via email about two weeks before your outing departs. Nonetheless you are encouraged not to assume your spot on an outing but to verify your status officially.

TRIP FEES
MA Outings leaders make every attempt to be frugal in running outings and to price them as affordably as possible. Student trip fees are calculated to cover only the necessary expenses. These include food, fuel, equipment rental, and permitting.

Once you turn in your permission form, your availability and your commitment to going on the trip is assumed. We ask that you confirm your availability and your commitment before you turn in a permission form. Cancelations complicate logistics and can raise the cost of the outings we offer.

Financial aid is available for those students who qualify through the Admissions Office and Dan Babior, Director of Admissions.
CANCELLATIONS
Cancellations are permissible in the event of truly unavoidable circumstances that preclude a student’s participation on an outing. Such circumstances include illness, injury, death in the family, and other unforeseeable events. Such cancellations should be made with the Director of Outings directly. A change of heart, poor planning, or lack of scheduling foresight is NOT an acceptable reason to cancel going on an outing, and in some cases, where deposits have been made or prepayments levied, MA Outings may have to charge a family for an outing even if the student does not attend the outing in order to preserve the affordability of the outing for all students.

So, before you submit your permission slip, be certain that you are sure that you know that you can and want to go.

MISSING CLASSES AND PRACTICES
Students are responsible for pre-arranging their absences with their teachers and coaches. No prearranged absence form is required but clear communication prior to going on the outing is. Going on an outing is not an excuse for not completing one’s homework or missing tests, and extensions are not guaranteed. However, in the spirit of supporting MA’s cocurricular programs, teachers and coaches are asked to be as flexible as possible in allowing students to participate in outings.

Check with your teachers and coaches at least a week in advance and make every effort to complete required work ahead of time. You are still accountable for class assignments, assessments, and homework.

GEAR FOR LEND
The MA Outings Program maintains a collection of clean and quality gear available to students to borrow. Not owning the gear should not preclude a student from going on an outing. Talk to Peter about what gear you need and we will try to supply you with the necessary equipment. Borrowed gear should be returned promptly and clean. Students may be charged for lost, broken, or non returned gear.

PE CREDIT
PE credit is automatically granted for MA Outings carrying the “PE credit available” notation. Credit is awarded for outing with a strong skills basis and a clear athletic component. Credit is given at a rate of 0.25 credits for a qualifying multiday outing, 0.125 credits for qualifying day trips.
MARIN ACADEMY
OUTINGS

MARIN ACADEMY
1600 MISSION AVENUE
SAN RAFAEL, CA  94901
415-453-4550

PETER POUTIATINE
DIRECTOR OF OUTINGS
415-482-3286
PPOUTIATINE@MA.ORG