

CSF/CJSF Northern California Regional Conference 2019

A Journey of a Thousand Miles Begins with a Single

Step...

Join Us! Saturday, March 30, 2019 8:00am - 3:00pm
Del Oro High School-3301 Taylor Rd. Loomis CA 95650

Keynote Speaker: Steve March

In the fall of 1959, Del Oro High School opened its doors. Steve March was a freshman that year, and began his storied career as a student athlete; for which he was later inducted into the Del Oro Sports Hall of Fame, to be followed by 39 years as a teacher and coach at his alma mater. In 1960, he scored the first touchdown for the Del Oro football program. Steve participated as a torch runner for the 1960 Squaw Valley Olympic Games, with three other Del Oro classmates. He was coached by the future 49ers coach George Seifert at Westminster College in Utah where he played football and basketball while earning his degree. In 1968 he returned to Del Oro as a coach and a teacher. March coached track, football and basketball during his career. As a coach his inspirational speeches motivated players as well as students, and he was often called upon to get students fired up at our rallies. He taught history and PE and led students by his example of a strong work ethic and positive health choices. March was selected as Teacher of the Year by the Auburn Rotary twice. He is a lifelong runner and completed the Western States Endurance Run in 1983 and 1985. The Steve March Relays, held each spring, and the Steve March track at Del Oro are both named for Mr. March. He has had an enormous impact on Del Oro culture through his time as a student-athlete, as a coach, and as a teacher.

Workshop Preview

Video Production

This workshop will focus on the basics of video editing. Students will learn how to import footage, cut/edit sequences, add text, manipulate audio, and utilize other industry standard video editing techniques using Adobe Premiere.

Fireworks and the Science Behind Them

Have you ever wondered where all of the colors for fireworks come from? Have you ever been curious about what colors actually are from a scientific standpoint? Come learn more about how chemistry, energy, and light all interact and how visible light begins at the microscopic level. A short lecture and demonstration will be followed by a hands-on lab where you will explore the chemical properties of reactions involving light, and how we can use fire to determine the identity of an unknown sample!

Mental Health Awareness and Coping Skills

Come learn about the difference between useful and harmful levels of stress. We will identify ways to quantify your level of stress, then practice ways to decrease it. Activities include breathing, visualizing, and cognitive techniques, and may include making stress balls!

Former CSF Members: Where are they now?

Do you ever wish you could ask students about their current college experiences? Get advice on what classes to finish up in high school and does it really matter what college

you attend. Which college is best for a particular major? Come ask questions in person or via Google Hangout with former Del Oro CSF officers.

College Fair

The college fair will include 20 colleges and incorporate UC's, state, and community colleges, as well as some private universities. College representatives will be on site during sessions and during lunch for students to ask questions about the college and the college application process. College representatives will have sessions on financial aid, career trends and more.

Dance

In the dance workshop you will explore movement in various dance styles and have the opportunity to not only learn, but create and share dances with your peers. Absolutely no dance experience is required, just a willingness to try and an open mind! Come listen to some great music and get your body moving!

Watercoloring

In this workshop students will use several watercolor techniques to create a Sierra landscape without drawing. Watercolor techniques will include underpainting, wet on wet painting, color lifting, and wet on dry painting.

Medical

Do you have an interest in any area of Medicine? Come and check out this one hour workshop where you can explore a variety of skills! Discover and see if taking a CPR class is right for you. Learn simple ways to identify whether a person is in trouble or how to stop a bleed and much more!!

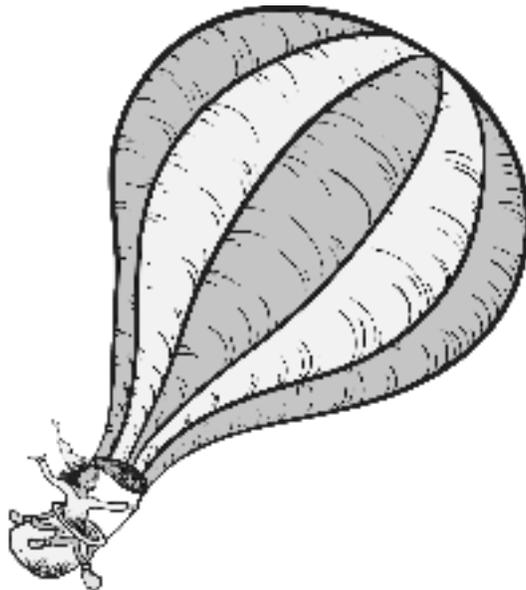
Outdoor Skills

In the first session you will learn how to set up a tent and all of the ways to make a secure tent that will stand up against the elements and provide a safe shelter. In the second session you will learn how to pack a backpack for any camping trip and how to get the right fit with the right weight in your backpack preparing you for any adventure. You will also learn about the unique advantages of taking a gap year before college.

And More...

Our Service Project

We have decided to support the Gold Rush Chapter of Canine Companions for Independence this year at our regional conference. Their Prison Puppy Raising Programs at the Folsom Women's Facility and Stockton Health Care Facility utilize inmates to train some of their puppies. We will accept cash or check donations (made out to Del Oro CSF) in order to buy supplies for this wonderful program.



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Conference Registration

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Saturday, March 30th, 8:00am to 3:00pm
Del Oro High School 3301 Taylor Rd. Loomis, California 95650
Advisors: Anna Luci, Julie Melbourne-Weaver, Morgan Zerwas

Registration Form

CJSF/CSF Northern California Regional Spring Conference

Chapter (Circle One): CSF CJSF

School Name: _____

Advisor Name: _____

Advisor Phone: _____

Advisor Email: _____

Number of Advisors/Adults: _____ @ \$25 each= _____

Number of Students: _____ @ \$25 each= _____

Grand Total: \$ _____

**Please make checks payable to Del Oro CSF*

Mail Registration and Fee to: Del Oro High School

Attention: Anna Luci

3301 Taylor Rd. Loomis, California 95650

***Registration & Fees must be in by March 8, 2019*

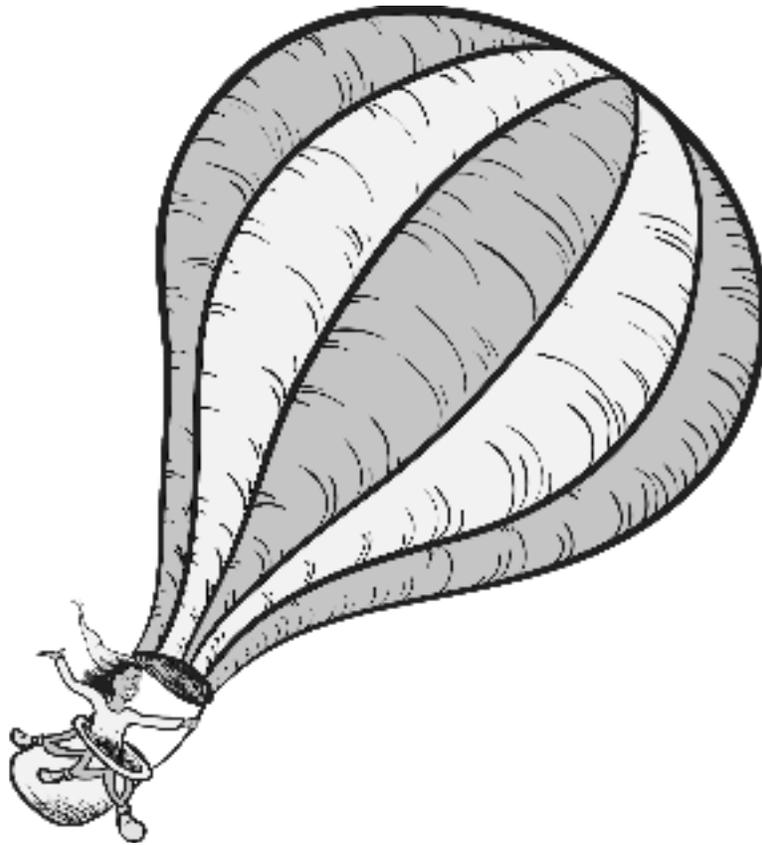
No refunds after March 15, 2019

Questions?

Contact Anna Luci:

aluci@puhsd.k12.ca.us

(916)652-7243 ex. 1404



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