



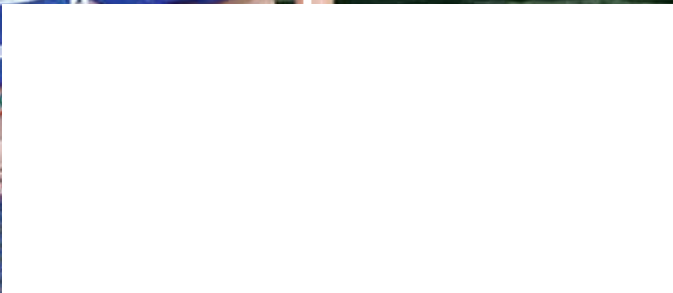
The Hotchkiss School

Lakeville, CT

Executive Camp Director: **Cheryl Canada**,
Assoc. Head Coach, Quinnipiac University

1700 Post Rd
Suite D-5
Fairfield, CT 06824

Presort Standard
US Postage
PAID
Permit # 106
Fairfield, CT



**July 14 -
18, 2019**

**FIELD HOCKEY
& LEADERSHIP
ACADEMY**

STAFF

EXECUTIVE CAMP DIRECTOR CHERYL CANADA

Current Assoc. Head Coach, Quinnipiac University.
USA FH Level II Certified, Selector & Futures Director
Joining Cheryl will be a collection of NCAA &
High School Coaches + NCAA Players.

WOMEN'S LEADERSHIP SPECIALIST

Heidi Kasevich Ph.D. is a well-known speaker, consultant, and author in the field of female leadership. Her workshops cultivate the traits of ambition, resilience, and courage, and teaches girls the skills needed to be self-aware, confident individuals who know their value and are prepared to lead through authenticity.



FACILITY

The Hotchkiss School in Lakeville, CT with vista views of the Berkshire mountains is the perfect site for this camp. Overlooking Lake Wononscopomuc, the school offers numerous turf fields as well as a state-of-the-art athletic center. Lakefront activities will include endless summer fun - recreational swimming, paddle boarding, beach volleyball and bonfires.

Ropes Courses & Rock Climbing will give players a chance to apply their leadership skills off the field and face new challenges. Campers will share nutritious farm-to-table meals in the dining-halls, attend leadership workshops in the fully-equipped media classrooms & sleep in the comfortable dormitories.

Typical Daily Schedule

| | |
|-------|-------------------------------------|
| 7:00 | Wake-up |
| 7:30 | Breakfast |
| 8:30 | Camp Meeting – Daily Goals |
| 9:00 | Skills Sessions – Individual Skills |
| 11:00 | Tactical Training – Team Drills |
| 12:00 | Lunch |
| 1:00 | Leadership Workshop |
| 3:00 | Free Time, Swimming, Hiking, Yoga |
| 5:00 | Dinner |
| 6:00 | Scrimmages |
| 7:30 | Evening Activities |

Our Promise To You

We promise to deliver the best there is in field hockey training, one-on-one coaching with a collection of inspirational coaches to guide you on a journey to grow lifetime leadership traits in the locker room and beyond.

We have created a balanced environment of competitive scrimmages and drills where you are encouraged to use the character skills you've learned in the classroom. Whether you are navigating trust exercises, demystifying offensive corners or enjoying a swim in the lake - our academy is for you!

Leadership Workshops

1. Defining Leadership
2. Listening & Trust Exercises
3. Leadership Focus & Role Models
4. Importance of Authentic Presence
5. Cultivating Resilience & Courage
6. Importance of Sisterhood
7. Paying it Forward

Outdoor Adventure

Wellness Swimming, Hiking, Yoga, Paddle boarding // **Group Challenges** Talent Shows, Charades, Scavenger Hunts, Ropes Course // **Social Sports** Beach Volleyball, Spike Ball, Tie-Dye, Rock Climbing

REGISTER ONLINE

FHLEADER.com | 800.944.7112