

# GIRLS LACROSSE & LEADERSHIP CAMP



## Why Leadership Matters

At camp, we will help campers learn about being part of something - a team or cause - bigger than themselves. The camp will combine outstanding lacrosse instruction with off-field camp activities designed to promote teamwork and teach leadership skills

By the end of camp, we want all campers to not only be better lacrosse players, but also recognize how as leaders they can be more valuable to their team, their school, and their community.

## Hotchkiss School

Lakeville, CT

**Responsibility | Respect**  
**Confidence | Resilience | Integrity**

**July 14 - 18**

**Girls Ages 10 - 16**

## Camper Testimonial

Jessica B. - Camper

"This camp is one of a kind. The coaches emphasized the importance of leadership while teaching us life lessons than we can use both on and off the field."



## Camp Location

### Hotchkiss School

Lakeville, CT

- Beautiful campus with vista views of the Berkshire Mountains
- Multiple pristine turf fields
- Lake front swimming and water activities in Lake Wononscopomuc



#### Kim Williams

- Head Coach, Wesleyan University
- NESCAC Coach of the Year
- IWLCA Berkshire Region Coach of the Year
- 3x IWLCA All-American
- IWLCA Division II Defender of the Year
- Woman of Achievement Award at C.W. Post

## Our Mission

To develop her lacrosse skills

To learn what it means to be a great teammate

To learn how to become a more effective leader

Finally, we will participate in several outdoor activities that will allow your daughter the opportunity to enjoy just being a "kid"

## Leadership Workshops

- Defining Leadership
- Listening & Trust Exercises
- Leadership Focus & Role Models
- Importance of Authentic Presence
- Cultivating Resilience & Courage
- Importance of Sisterhood
- Impacting Your School & Community
- Becoming a Role Model
- Paying it Forward

## Schedule

7:30 am - Breakfast

8:30 am - Camp Meeting - Outline Daily Goals

9:00 am - Individualized Skills Training

Footwork- Situational and Spatial Awareness

Situational Dodging-Mechanics - Positioning

11:00 am - Position Specific Training

Focused on field play specific to 1v2, 2v3, 3v4, 4v5

12:00 pm - Lunch

1:00 pm - Leadership Activity

3:00 pm - Outdoor Games, Lake Swimming, Hiking, Yogaa

5:00 pm - Dinner

6:00 pm - Evening Scrimmages and Games

7v7- Clear, Ride and Full Field

Scrimmages-Camp Championship

7:30 pm - Evening Leadership Activity

## Leadership Director

#### Heidi Kasevich, PhD

- Leadership Curriculum Director
- Speaker, Consultant & Author
- The DEAK Group
- Quiet Revolution Educator
- Leads workshops focusing on teaching girls the skills needed to become self-aware and confident individuals.