

WHY LEADERSHIP MATTERS



Dear Parents and Campers,

I'd like to introduce our new Lacrosse & Leadership Camp for Girls to you. The origin of this camp is to address a void in the growing sports community. While players are spending time playing for sometimes multiple teams, there appears to be a lack of leadership and team building development. We have found the perfect facility for this lacrosse camp—the Hotchkiss School in Lakeville, Connecticut. This locale offers us the best of both worlds—a top-notch training environment with turf athletic fields, along with a natural summer setting that is ideal for a morning hike, afternoon swim and evening game of capture the flag.

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. At 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.

On behalf of our staff, I look forward to the opportunity to meet and work with you this summer.

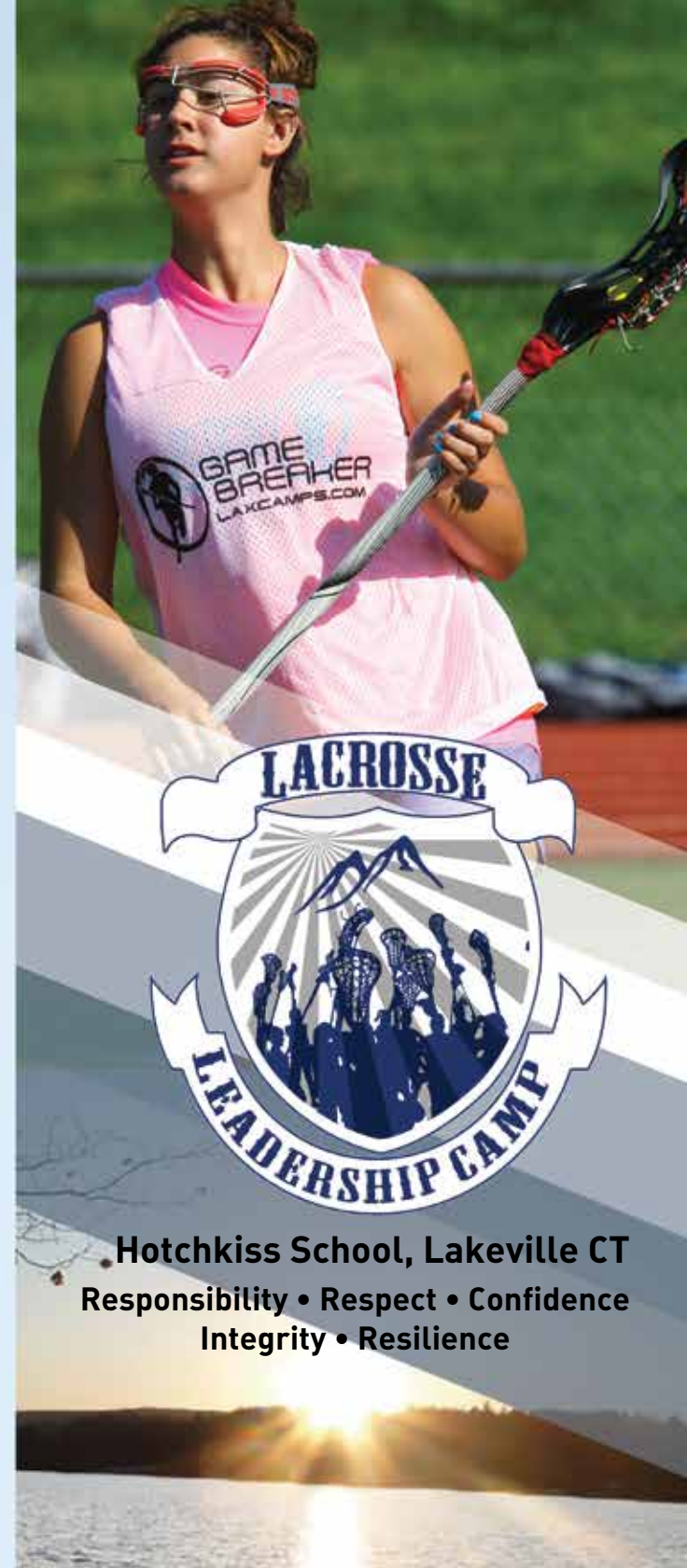
Best regards,

Kim Williams
Lacrosse Director
Wesleyan University Head Coach

Girls Lacrosse & Leadership Camp
1700 Post Road, Suite D-5
Fairfield, CT 06824



REGISTER ONLINE
GIRLSLAXANDLEAD.COM



Hotchkiss School, Lakeville CT
Responsibility • Respect • Confidence
Integrity • Resilience

STAFF



LACROSSE DIRECTOR Kim Williams

Head Coach at Wesleyan University
Won a NCAA DII title while playing at C.W. Post
3x All-American, National Defender of the Year

Joining Kim will be a collection of NCAA & High School Coaches and NCAA Players.

LEADERSHIP DIRECTOR

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 teach 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, fishing, kayaking and bonfires. Wellness hikes to Beeslick Brook Woods & Waterfalls will give players a chance to clear their heads and enjoy nature. 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

MISSION STATEMENT

Lacrosse & Leadership is a summer camp experience where your child will have the opportunity:

1. To develop her lacrosse skills.
2. To learn what it means to be a great teammate.
3. To learn how to become a more effective leader.
4. Finally, we will participate in several outdoor activities that will allow your daughter the opportunity to enjoy “being at camp.”

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 // **Group Challenges**
Talent Shows, Charades, Scavenger Hunts // **Social Sports** Kickball, Capture the Flag, Frisbee Golf

REGISTER ONLINE
GIRLSLAXANDLEAD.com | 800.944.7112

DATE & PRICE

July 12 - 16, 2020 / Overnight \$945 / Extended Day \$699
Closest Airport - Bradley Airport in Hartford, CT