

LIFE - LEADERSHIP - LACROSSE



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.

Foxcroft School

Middleburg, VA

Responsibility | Respect | Confidence

Integrity | Resilience

August 1 - 5

Girls Ages 10 - 16

Parent Testimonial

"This camp is one of a kind. The coaches taught my daughter how to be a better player and showed her the necessary steps to become a leader in all aspects of her life."



Camp Location

Foxcroft School

Middleburg, VA

- Overlooking the Virginia country side, numerous turf fields and state of the art athletic center and climbing wall
- Outdoor swimming pool and water activities, hikes and bonfires
- Share nutritious farm fresh local meals, attend leadership workshops & sleep in the comfortable dorms



Paige Messersmith, Director

- Head Coach, Ohio Wesleyan University
- Former Asst. Coach, Dickinson College
- 2x Captain at McDaniel College
- All-American and All-Region Selection

Our Mission

Develop as a lacrosse player and student athlete

Learn the meaning and importance of being a great teammate

Cultivate and define how to become a more affective leader in all aspects of the game and in life

Allow your daughter the opportunity to use her love of lacrosse as an avenue to future success

Enjoy the surroundings and opportunity's presented, enjoy just being a "kid"

Leadership Workshops

- Defining Leadership
- Listening & Trust Exercises
- How Compassion Cultivates Leaders
- Cultivating Resilience & Courage
- Importance of Sisterhood
- Paying it Forward

Schedule

Begin with a Leadership Theme of the Day

Be a Great Teammate, Communicate, Set an Example, Self Awareness, Motivate Each Other

7:30 am - Breakfast

8:30 am - Camp Meeting - *Outline Daily Goals, Coaches Speech and Reflection on the Day*

9:00 am - Individualized Skills Training

Footwork- Situational and Spatial Awareness

Situational Dodging-Mechanics - Sliding - Positioning

11:00 am - Position Specific Training

Focused on special awareness and team dynamics

12:00 pm - Lunch

1:00 pm - Leadership Activity

Small Group Activities, Review Quote of the Day, Daily Inspirational Videos

3:00 pm - Outdoor Games, Lake Swimming, Cabin Games

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

Daily Inspirational Guest Speakers, Camper

Reflections, Q and A Panel with Staff and Speakers

Outdoor Adventure Wellness:

Swimming, Hiking, Yoga

Group Challenges:

Talent Shows, Charades, Scavenger Hunts

Social Sports:

Kickball, Capture the Flag, Frisbee Golf