

# 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.

## Hotchkiss School

Lakeville, CT

Responsibility | Respect | Confidence

Integrity | Resilience

July 24 - 28

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

### Hotchkiss School

Lakeville, CT

- Overlooking Lake Wononscopomuc, numerous turf fields and state of the art athletic center
- Lake front swimming and water activities, hikes and bonfires
- Share nutritious farm-to-table meals, attend leadership workshops & sleep in the comfortable dorms



### Kim Williams, Director

- Head Coach, Wesleyan University
- 2017 NESCAC Coach of the Year
- 2017 IWLCA Berkshire Region Coach of the Year
- DIII National Champion at CW Post
- 3x All-American
- National Defender of the Year

## 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