



FOXCROFT SCHOOL



MIDDLEBURG, VA
JULY 29TH -
AUGUST 2ND

AGES 10-16

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 and field hockey instruction with off-field camp activities designed to promote teamwork and teach leadership skills.

FHCAMPS.COM

800-944-7112

SUPPORT@FHCAMPS.COM

PARENT TESTIMONIAL

"This camp is one of a kind. The coaches taught my daughter how to not only be a better player but also teammate and friend. I would recommend this camp to anyone!"

Typical Daily Schedule

8am- Breakfast
8:30am- Leadership Workshop
9:30am- Field Session (skills)
11:30am- Lunch
1pm- Paddle Boarding, Swimming, Lake Activity
3pm- Leadership Activity
5pm- Dinner
6pm- Field Session (scrimmaging)
8pm- Camp Talent Show
10:30pm- Lights Out

OUR MISSION

- Develop as a 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 sports and life

LEADERSHIP WORKSHOPS

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