



# The Kent School

Kent, CT

Directed Executive Camp Director: Christine Kemp,  
*Head Coach, Wesleyan University Hockey Coach*

1700 Post Rd  
Suite D-5  
Fairfield, CT 06824

Presort Standard  
US Postage  
**PAID**  
Permit #  
Fairfield, CT

**July 18 -  
21, 2021**

**FIELD HOCKEY  
& LEADERSHIP  
ACADEMY**



## STAFF

### EXECUTIVE CAMP DIRECTOR CHRISTINE KEMP

Current Head Coach, Wesleyan University. Conference Coach of the Year - Castleton Univ. '18. Skidmore '11 All-American, Captain & 2 sport athlete (basketball). Joining Christine will be a collection of NCAA Coaches + Players.

### WOMEN'S LEADERSHIP SPECIALIST

**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 teaches girls the skills needed to be self-aware, confident individuals who know their value and are prepared to lead through authenticity.



## FACILITY

The Kent School in Litchfield County Connecticut with vista views of the Appalachian Trail, Mountains and Housatonic River. These 1200 acres are the perfect site for this camp. The school offers numerous turf fields as well as a state-of-the-art athletic center. Waterfront activities will include endless summer fun - recreational swimming, paddleboarding and bonfires. Wellness hikes 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 To You

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

## Our Promise To You

We promise to deliver the best there is in field hockey training, one-on-one coaching with a collection of inspirational coaches to guide you on a journey to grow lifetime leadership traits in the locker room and beyond.

We have created a balanced environment of competitive scrimmages and drills where you are encouraged to use the character skills you've learned in the classroom. Whether you are navigating trust exercises, demystifying offensive corners or enjoying a swim in the river - our academy is for you!

## Leadership Workshops

### We Defining Leadership

1. Listening & Trust Exercises
2. Leadership Focus & Role Models
3. Importance of Authentic Presence
4. Cultivating Resilience & Courage
5. Importance of Sisterhood
6. Paying it Forward

## Outdoor Adventure

Wellness Hikes Swimming, Paddleboarding, Yoga // Group Challenges Talent Shows, Charades, Scavenger Hunts // Social Sports Beach Volleyball, Capture the Flag, Frisbee Golf

REGISTER ONLINE

FHLEADER.com | 800.944.7112