



Foxcroft School

Middleburg, VA

Directed Executive Camp Director: Ashley Kishorn,
Head Coach, Eastern Men. University Hockey Coach

1700 Post Rd
Suite D-5
Fairfield, CT 06824

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US Postage
PAID
Permit #
Fairfield, CT



**Aug. 2 -
6, 2021**

**FIELD HOCKEY
& LEADERSHIP
ACADEMY**



STAFF

EXECUTIVE CAMP DIRECTOR ASHLEY KISHORN - "STICK"

Current Head Coach, Eastern Men. University with her masters in educational leadership. Former Assistant Coach at Williams College '16 & Lynchburg College '13-'15. Salisbury Univ. Defender '10, DIII National Champion '09, All-Conference & All-Region '10. Joining Ashley 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

Foxcroft School in Virginia's countryside just 45 minutes from Washington D.C. and moments from the Blue Ridge Mountains. These endless horse country acres are the perfect site for this camp. The school offers two brand new turf fields as well as a state-of-the-art athletic center and climbing wall. An outdoor pool will invite endless summer fun - recreational swimming and an evening pool party. 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 pool - 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, Ropes Course, Yoga // Group Challenges Talent Shows, Charades, Scavenger Hunts // Social Sports Beach Volleyball, Capture the Flag, Frisbee Golf

REGISTER ONLINE

FHLEADER.com | 800.944.7112