

Girls Sports & Leadership Camps

- Ages 11-14
- \$10/week
- Monday - Friday, 9am - 3pm
- June 21 - 25: North Commons (#119935)
- June 28 - July 2: Bottineau (#119936)
- July 19 - 23: Powderhorn (#119937)
- July 26 - 30: Whittier (#119938)



SCAN TO REGISTER

This is not your average sports camp. Along with physical activities, we will incorporate the **Her Next Play: Play Bold!** program to help athletes grow as players and leaders.

Questions? 612.499.3060
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PLAY BOLD LEADERSHIP WORKSHOP DETAILS



Creating a Brave Space

This workshop sets the foundation for the week, creating a culture of Bravery for the leadership development work the girls will participate in during the camp. Girls will work through exercises on creating a brave space, and participate in activities that demonstrate the connection between sports and leadership skills. Goal setting will be introduced, and each girl will set a Sports Goal and a Play Bold Leadership Goal for the week.



See US Workshop

SEE US is a Her Next Play program that spreads awareness about female athletes being underrepresented, sexualized, and judged on appearance rather than ability. Giving girls space to talk about the challenges they face as athletes and girls, the SEE US Workshops include activities focused on media coverage, confidence, body image, social media, and societal expectations. SEE US Workshops help girls realize that they are strong, real, confident, and enough.

Play Bold Pitches

Play Bold pitch that includes their strengths, passions, mental skills, and big bold dreams. They'll practice with a partner and then volunteers will give their 30 second pitches to the group.

Play Bold

Mental skills are critical to success in sports and in life. Developing a strong mental framework to play bold, take risks and adapt to constantly changing environments will help girls to play bold in sports and life. This workshop focuses on building mental toughness through resilience and self-talk.

Leading Authentically

- Girls are most effective as leaders when they can lead authentically. There are so many ways to lead! This workshop will give girls the opportunity to explore different parts of their identities, and how they can tap into their intersecting identities as they build their leadership skills.
- Using an Identity Wheel, girls will reflect on all the key roles and identities that make them who they are, and discuss how they can fully embrace the different parts of their identity as they grow as leaders.

Confident Communication Skills

Girls will learn:

- The importance of non-verbal communication and how body language can impact confidence in sports and life
- How to project confidence when communicating
- How to listen, be present, and improvise in communication situations
- How to find their voice to advocate for themselves
- How cultural differences can impact communication

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