

# You Can Run A Student-Led Leadership Camp! We Can Help!

*Unless you walk into the unknown,  
the odds of making a profound difference in your life are pretty low.  
~ Tom Peters*

Leadership Camp is a student-led program that develops and practices the knowledge, skills, attitudes and spirit required by student leaders! **SAY WHAT?** Leadership Camp is a student-led program that develops and practices the knowledge, skills, attitudes and spirit required by student leaders! Hey, that's starting to sound familiar. At camp, students participate in workshops, adventures, teambuilding, and activities *run by their peers*. The skills learned at camp are used in the ongoing improvement of student organizations and the development of a positive, collaborative culture at school. Camp raises school spirit, celebrates successes, lets everyone learn from mistakes, and allows teachers and students to work and play together.

## Who?

*The future belongs to those that believe in the beauty of their dreams.  
~ Eleanor Roosevelt*

Leadership Camp brings together:

- students who are active members in all of the school's leadership organizations including Ambassadors, Athletic Council, Music Council, Environment Club, Students Together Against Racism, Gay/Straight Alliance, Port Against Impaired Driving, Aboriginal Student Advisory Council, Me to We.
- grade 9 and 10 students who are not yet involved in leadership organizations but have demonstrated their leadership potential in the classroom or in the participation in school activities and spirit events. Students may be nominated by teachers. Grade 9 students may also self-nominate.
- club advisors, administrators, and other interested teachers.

**Last year Port Perry H.S. took 130 students to Leadership Camp!**

# Who Runs Camp?

*Never doubt that a small group of thoughtful, committed people can change the world.  
Indeed, it is the only thing that ever has. ~ Margaret Mead*

Leadership Camp is planned and presented by a Camp Committee of approximately 20 students who work throughout the year with a staff advisor to make it happen. We're supported at camp by the camp staff. They run high care activities such as the waterfront and the high ropes course and join in the fun of games and campfires! We've learned a lot from them.

## What Happens at Leadership Camp?

*To know the road ahead, ask those coming back. ~ Chinese Proverb*

Strap on your seat belt!! Start the engines!! We're going on a whirlwind tour of a successful leadership camp. Here's a brief description of the major components.

Kick Off Assembly: The Camp Committee runs a Kick Off Assembly during lunch about a week before camp. It's an energizing experience and an opportunity to share details that participants need in order to get ready for camp.

Bus Rides: Don't think of bus rides as wasted time! Each bus should contain a couple of energetic Camp Committee members who are willing to help the group sing and clap their way to camp.

Large Group Theme Activity: Large group activities involve everyone at camp. There is a large group activity on the first afternoon to generate energy and stretch people's legs after their bus ride. It could be superhero training, the amazing relay race, a slip-n-slide, or a massive scavenger hunt for buried treasure. It all depends on the camp theme.

Camp Tour: As soon as we get off the bus, students are divided into teams. Team leaders take them on a tour of camp that is filled with cheers, songs and opportunities to learn each other's names.

Official Opening: This is a welcome to camp that introduces the theme, gives teams a chance to perform a cheer and sets the stage for what is to come.

Camp Theme: A good camp theme as links to leadership and provides lots of great ideas for activities and banquet decorations. A few recent camp themes have included: Superheroes, Clue, and Mission Possible.

Meals: Every camp has their own dining hall procedure which needs to be followed to make life pleasant for the kitchen staff. Meals are also a time when everyone is together so they involve announcements, singing, and cheers.

Early Morning Events: These are optional activities for the very brave. They often include an early morning polar bear dip or aerobics.

Campfires: There is something special about campfires that draw people closer together. Often a four day camp includes both an opening campfire full of fun and silliness and a closing campfire that is quiet and reflective.

Workshop Rotation: To get the most out of your *student-led* workshops it's best to have a group of participants that is around 20 to 25. If the group gets larger than that it becomes more difficult to manage. The easiest way to accomplish this is to have groups rotate among two, three or four workshops depending on the number of students at camp.

Teambuilding or Team Planning Time: You may choose to set time aside at camp for individual clubs to meet and take time to plan or have fun together.

Teacher Event: This is an opportunity for your teachers to strut their stuff by planning and leading an activity. It's a great way to involve them in camp and to give the Camp Committee an opportunity to step off the stage and play.

Adventures: Adventures are active activities that challenge the body and the brain in a different way than workshops. Adventures may include craft activities, initiative tasks, canoeing or kayaking, massive water-gun fights, or field games like ultimate Frisbee.

Alabama Breakdown: This is fast becoming a tradition. It's a famous football cheer created by Bear Bryant. Teams line up and go through a series of drills including running on the spot and leap-frogging their partners. They answer questions from a drill sergeant who wants to know just how much fun they are going to have at camp. HUH!

Free Time: There is very little free time at camp but it's important to have some to allow people to plan a talent show event, play a pick up game of basketball or have a quiet conversation with a friend.

Talent Show: You never know what hidden talents creative or comedic are beneath the surface of staff and students. This is your chance to get everyone up on stage and find out. Camp Talent Shows are a great place to step out of your comfort zone.

Banquet: The banquet is an opportunity to honor leadership contributions to your school.

Dance: Camp dances are awesome. Everyone knows everyone else. It's just fun.

Think Tank: A think tank is brainstorming and problem solving session that allows everyone at camp to tackle a school improvement issue that is important to everyone at camp.

Beads: Throughout camp, students can earn beads for good deeds! They can also lose them for silly reasons. The team with the most beads at the end of camp wins treats for the way home. Students can nominate people to earn or to lose beads. Two teachers award and remove beads at their whim! Lots of laughter ensues.

Warm Fuzzies: Warm Fuzzies are fun little notes of thanks that people write to each other. They are sorted into individual envelopes, carefully stored, and returned to people sometime after camp. They provide continuity. A reminder of the fun of camp, lessons learned, and the goals that people wanted to achieve after camp.

Official Closing: Unfortunately the time comes when you have to leave camp behind and head back to the school. This is a time to say reflect on the time you have had together at camp and look forward to how you will take what you have learned back to school.

Late Night Movie: Who wants to go to sleep on the last night? Nobody! Well actually a few people who know they're going home to a busy schedule of part time jobs, or sports, or calculus tests. We've started a movie night as a late night tradition at the end of camp to provide a place for those who want to stay up so it's quiet for those who need to sleep.

Camp Slide Show or Video: Pictures speak a thousand words. It's definitely worthwhile to have camp photographers. Digital cameras allow pictures to be taken throughout camp and presented as part of the official closing. Everyone who goes to camp wants to be part of its legacy. Seeing yourself on the big screen celebrates your involvement.

## A Sample Leadership Camp Schedule

Every camp looks really different because it has its own creative theme..... but really... all we do is slide new workshops, adventures, and activities into this general schedule. It works because it provides a balance of learning and laughter.

<b>Time</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>
<b>Morning Activities</b>		Aerobics Polar Bear Swim Jog	Aerobics Polar Bear Swim Jog	PACK & CLEAN-UP
<b>8:00 AM</b>		<b>Flagpole BREAKFAST</b>	<b>Flagpole BREAKFAST</b>	<b>Flagpole BREAKFAST</b>
<b>9:00 AM – 10:30 AM</b>	Meet in Cafeteria Pack & Depart  Bus Songs & Games	<b>Workshops</b> A Conflict Resolution B Problem Solving C Communication D Character Education	<b>Workshops</b> C Conflict Resolution D Problem Solving A Communication B Character Education	<b>School Clubs Present &amp; Encourage New Members</b>  <b>Final Bead Count</b>
<b>10:45 AM – 12:15 PM</b>	Unpack at Camp <b>Camp Tour</b> Plan Team Cheer	<b>Adventure</b> A High Ropes B Initiative Task C Craft Activity D Waterfront	<b>Adventure</b> C High Ropes D Initiative Task A Craft Activity B Waterfront	<b>Warm Fuzzies</b>  <b>Slide Show</b>
<b>12:30 PM</b>	<b>LUNCH</b>	<b>LUNCH</b> (Beads)	<b>LUNCH</b> (Beads)	<b>LUNCH</b>
<b>2:00 PM – 3:30 PM</b>	Practice Team Cheer  <b>Official Opening</b>	<b>Workshops</b> D Conflict Resolution A Problem Solving B Communication C Character Education	<b>Workshops</b> B Conflict Resolution C Problem Solving D Communication A Character Education	<b>Official Closing</b>  Pack & Depart
<b>3:45 PM – 5:15 PM</b>	<b>Large Group Theme Activity</b>	<b>Adventure</b> D High Ropes A Initiative Task B Craft Activity C Waterfront	<b>Adventure</b> B High Ropes C Initiative Task D Craft Activity A Waterfront	<b>Bus Songs &amp; Games</b>
<b>5:30 PM</b>	<b>DINNER</b>	<b>DINNER</b>	<b>BANQUET &amp; AWARDS</b>	
<b>7:00 PM – 10:30 PM</b>	Keynote Speaker Snack  Opening Campfire	Teacher Event Snack  Talent Show	Theme Dance Snack  Closing Campfire  Late Night Movie Option	
<b>11:00 PM</b>	<b>LIGHTS OUT</b>	<b>LIGHTS OUT</b>	<b>LIGHTS OUT</b>	

## When & Where?

*The universe is made up of stories not atoms. ~Muriel Rukeyser*

Many summer camps operate in the spring, fall, and sometimes in the winter with school groups and youth organizations. When you begin to investigate camps in your area you'll find that there are substantial differences in the costs. Distance from your school must be considered because it affects the cost of transportation. Think about how much fund raising you want to do as a committee and what students can easily afford to pay. Eliminate camps that are outside your price range and then plan to visit the others before making a decision. Here are some things to consider.

- Camper Cabins
- Staff Cabins
- Shower/Washroom Facilities
- Dining Hall
- Recreation Hall
- Workshop Spaces
- Recreation Facilities
- Waterfront Facilities
- Ropes/Initiative Courses
- Media Equipment
- Campfire Circle
- ATTITUDE & SKILL OF CAMP STAFF!

A *student-led* Leadership Camp may be new to some facilities where the camp staff is used to running the entire program. Make sure you discuss your program carefully with the program director before making a decision. The best possible relationship is to work with a camp staff that understands the power of student role models. They should be willing to coach student leaders, to step in and run high care activities when needed (ropes & waterfront), and to step back and let the students lead in all the right places. We tried several different camps before we found our "HOME." You'll know the right partner when you find them. (The people are more important than the facility.) Then you can begin to build a story together. Choose carefully. Once you find a home for your program, students will develop so much ownership that they won't want to change.

We go to Leadership Camp in May. By May we're able to select Grade 9 students with leadership potential to join us, it's warm enough (most years), but not too buggy, and it doesn't interfere with exams. Camp is a celebration of the year and an opportunity to hand over responsibility to the new student executives for the following year.

# Why?

*The function of leadership is to produce more leaders, not more followers.  
~Ralph Nader*

Leadership Camp is based on fundamental beliefs regarding young people, leadership and the power of collaborative cultures like the ones you would find at summer camp.

## **Leadership Camp worked for us and will work for you because:**

- ❖ Young people need to be involved in something that holds personal meaning;
- ❖ Leadership consists of personal qualities as well as knowledge, skills, attitudes, and spirit that can be learned;
- ❖ Learning to be a leader is an experience and requires opportunities to lead;
- ❖ Working in the service of others is intrinsically rewarding;
- ❖ Experienced student leaders provide excellent role models and coaches for younger peers;
- ❖ Participation in a high performance group helps individuals to set personal goals and standards for excellence;
- ❖ Teambuilding requires time for laughter and play as well as work;
- ❖ Living and working in a residential setting breaks down social barriers, provides an opportunity to experience new roles, and increases interaction and cooperation;
- ❖ A large community of students and teachers from the same school share in the experience;
- ❖ The lessons learned within the supportive environment of Leadership Camp will resonate and have the power to enhance the development of a collaborative culture within a school.

**The ultimate goal is to provide young people  
with leadership training and opportunities to lead.**

# How?

*The only real training for leadership is leadership.*  
*—Anthony Jay*

The Camp Committee meets throughout the year. We have a great time. We always try to have some food and a game or song at our meetings to build our team and celebrate what we're doing. We plan for a spring camp. That timeline is TRIED AND TRUE! It's also possible to run a camp in the fall. Here's an outline of how to get organized.

<b>Major Tasks</b>	<b>Spring Camp</b>	<b>Fall Camp</b>
<ul style="list-style-type: none"> <li>- Teambuilding with new committee</li> <li>- Training for the Camp Committee at a retreat</li> <li>- Overview of the camp schedule</li> <li>- Contact camp/send deposit</li> </ul>	September	December
<ul style="list-style-type: none"> <li>- Go over the evaluations for last year</li> <li>- Discuss overall schedule</li> <li>- Brainstorm Themes</li> <li>- Pitch Themes (Look at all the positives!)</li> <li>- Decide on the major theme</li> </ul>	October	January
<ul style="list-style-type: none"> <li>- Design a cool camp T-shirt</li> <li>- Brainstorm jobs</li> <li>- Brainstorm possible workshop topics/Gather information/Survey clubs</li> <li>- Set overall camp schedule</li> <li>- Delegate the major responsibilities</li> </ul>	November	February
<ul style="list-style-type: none"> <li>- Begin workshop planning</li> <li>- Consult with experts/supports wrt workshops</li> <li>- Brainstorm other events: games, campfires, adventures</li> <li>- Prepare forms &amp; information package</li> </ul>	December	March
<ul style="list-style-type: none"> <li>- Finish workshop planning</li> <li>- Plan other events: games, campfires, adventures</li> <li>- Meet with teacher advisors – registration/schedule</li> <li>- Have teachers nominate students from their first semester classes</li> </ul>	January	April
<ul style="list-style-type: none"> <li>- Major fundraiser</li> <li>- Camp Committee presents to Grade 9 Homerooms</li> <li>- Hold a special lunch meeting for Grade 9 students</li> <li>- Permission forms go out &amp; first deposit</li> <li>- Order buses</li> </ul>	February	May

<ul style="list-style-type: none"> <li>- Individual fundraiser</li> <li>- Talk to camp staff &amp; discuss specific needs</li> <li>- Run off awards</li> <li>- Order T-Shirts</li> <li>- Meet with teacher advisors – teacher event</li> <li>- Practice workshops</li> </ul>	March	June
<ul style="list-style-type: none"> <li>- Gather and label materials in boxes</li> <li>- Practice workshops</li> <li>- Cabin lists/Workshop groups</li> <li>- Finish booklet and make copies</li> <li>- Final deposit</li> <li>- Create decorations for the Banquet</li> </ul>	April	September
<ul style="list-style-type: none"> <li>- Kick off assembly</li> <li>- What to Bring to Camp</li> <li>- Guidelines for getting along at camp</li> <li>- Camp Advisor reviews medical forms</li> <li>- Go through everything one more time.</li> </ul>	Before Camp in May	Before Camp in October
<ul style="list-style-type: none"> <li>- Send up an early team</li> <li>- Work hard &amp; have fun</li> <li>- Camp Committee meets briefly after each meal</li> <li>- Motto: "We laughed, we cried, we moved furniture."</li> </ul>	At Camp	At Camp
<ul style="list-style-type: none"> <li>- Put everything away</li> <li>- Pay bills</li> <li>- Thank you letters</li> <li>- Newspaper/newsletter articles</li> <li>- Book rooms/ gyms/ etc for next year's events</li> </ul>	After Camp in May	After Camp in October
<ul style="list-style-type: none"> <li>- Celebration campfire or BBQ</li> <li>- Evaluation of camp</li> <li>- Selection of new committee</li> <li>- Teambuilding with new committee</li> </ul>	June	November

## Leaving a Legacy!

*As we look ahead into the next century,  
leaders will be those who empower others. —Bill Gates*

We want to help other schools get started with Leadership Camp. In Durham Region we have started an **Annual Leadership Camp Committee Retreat** in the fall to bring together student leaders who are running camp. It's a great place to share and learn from each other. **If you have questions we're here to help!**

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