



# LEADERSHIP STREAM

**3-DAY OVERNIGHT TRIP FOR GRADES 5-8**

**MAY & JUNE (MONDAY & WEDNESDAY ARRIVALS)**

## Overnight Spring Leadership Stream

Whether you are looking to focus on building teamwork and collaboration or are celebrating the end of a school year and the transition into a higher grade, our leadership camp offers activities that will challenge students to reach new heights while developing problem-solving and communication skills. Have an unforgettable time while challenging yourself at our adventure climbing course and exploring our beautiful campus through exciting team challenges and guided discovery, all while experiencing post-secondary life.

### Inclusions

During your stay, you will experience:

- University student mentors to lead programming from morning to night.
- An all-you-can-eat buffet in a residence dining hall provides a nutritious and delicious variety of choices for 6 meals during your stay. Our dining hall is vigilant about food allergies, and we are happy to accommodate vegan, Halal, nut-free, lactose-free, and gluten-free meals. Don't forget to fill out the dietary requirement form prior to your trip if you require any of these accommodations.

- A two-night stay in a University residence building. This residence is nestled in the heart of campus and provides a safe and manageable space for you to supervise your students on a locked floor. Rooms have twin beds with linens and pillows, towels, WIFI, and a shared washroom.
- Campus security monitors our campus 24 hours a day, and all exterior doors to the residence are locked each night.
- An opportunity to challenge yourself at our adventure climbing course. This course includes a 30-foot-high ropes course and an outdoor rock-climbing tower.
- A Youth University T-shirt to wear during your stay so that you and your school stand out as a team.

### Optional Features

Schools have the option to choose additional features to create an even more memorable trip:

- Swimming in Brock's Olympic-sized swimming pool, equipped with diving boards of various heights, a 5-meter jumping tower, and a swinging Tarzan rope.
- A visit to Niagara Falls' Clifton Hill (\$) An additional T-shirt for your stay (\$) An additional lunch upon arrival (\$)

# LEADERSHIP CAMP ITINERARY

## FIRST DAY

### ARRIVAL (11:45 A.M.)

#### Eat a packed lunch and move – In

Students will be moved into their residences and given the opportunity to grab any items they may need for the day.

\*Note move into rooms time occurs based on housekeeping completion anywhere between your arrival and 4:00 pm.

#### Opening Ceremonies & Group Time

Kick off your trip in a large theatre lecture hall. We then split into small groups and will meet your mentor. Campus Tour

Explore all that Brock's campus has to offer post-secondary students. Keep your eye out for Sir Isaac Brock along the way.

#### Team Building & Low Ropes

Solve puzzles, obstacles, and physical challenges while you practice collaboration, communication, problem-solving, and leadership as a team.

### DINNER (5:15 P.M.)

#### Evening Program

Large group games within your school promote collaboration, trust, communication and fun.

#### Evening Social Event (7:30 p.m.)

As a school, choose a hosted event: mini-games, dance, structured gym time, swimming, campfire, evening hike, or movie night.

## SECOND DAY

### BREAKFAST (7:15 A.M.)

#### Adventure Course & Rock Climbing

Experience our 30-foot-high ropes challenge course and our outdoor rock-climbing tower. These challenge-by-choice events are a great way to strengthen communication skills while pushing personal boundaries in a safe and controlled environment. Specialty staff coach and encourage students along the way.

### LUNCH (12:00 P.M.)

#### Geocaching

Calling all treasure hunters! Use your coordinates to help find all the hidden objects!

#### Leadership Styles

What type of leader are you? Find out in this hands-on activity that puts your leadership style to the test.

#### Hiking Niagara's Escarpment

Discover the beauty of the Bruce Trail, and the UNESCO Biosphere Reserve, and learn more about the ecology of the region, all in Brock's backyard.

#### Archery

Cheer each other on as you aim for the target!

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## THIRD DAY

### BREAKFAST (7:15 A.M.)

#### Escape room

Put your skills to the test! Find the path out of the room together in under 60 minutes.

#### Closing Ceremonies

Cheer with your friends and reflect on your experience as you enjoy a slideshow of pictures from your time at Brock.

### LUNCH (11:15 A.M.)

### DEPARTURE (12:00 P.M.)