

Registration

Register before June 1 and save \$20 off enrollment!

Please select Camp Session:

Day Camp (five days) \$450

Weekend Retreat Camp (three days/two nights) \$400

Camper's Name _____

Date of Birth _____

Parent/Guardian _____

Address _____

Phone _____

Email _____

\$100 Deposit & Registration due by June 1, 2016.

Deposit must be received by June 1 for discount to apply.

Camp confirmation will be sent upon receipt of deposit.

Full tuition balance is due by June 15th, 2016.

Mail Registration and Deposit to:

Moving Leaders ForwardSM
60 LedgeWood Place, Rockland MA 02370



For further information, visit our website or contact

Bee or Jessica at: 781.561.5268

braymond@movingleadersforward.org

jkiely@movingleadersforward.org

For Scholarship information contact Bee Raymond.



MovingLeadersForward.org

Our Team



Bee
Raymond
Director

Bee is the Co-founder of **Moving Leaders ForwardSM** and currently serves as a personal trainer and holistic health coach for Mind-Body-X-training (in Norwell, Massachusetts), where she was the former Director of Community Outreach. She holds a degree in Psychology from the University of Vermont and is a certified Holistic Health and Nutrition Coach through the Institute of Integrative Nutrition. Bee is on the Advisory Board for the Young Women In Sport Foundation and coaches in a Women's Leadership Program for Entrepreneurs run by Harvard University. Throughout her career, Bee has held posts in the fields of business, leadership, and health and wellness. She enjoys helping women of all ages find fulfillment in reaching their potential.



Jessica
Arendol Kiely
Director

Jessica is the Co-founder of **Moving Leaders ForwardSM** and is a Doctoral Candidate in the Urban Education, Leadership, and Public Policy Studies Programs at the University of Massachusetts, Boston. She holds a Master's in the Art of Teaching from Tufts University and a certification in Holistic Health and Nutrition Coaching through the Institute for Integrative Nutrition. About.com named Jessica a "Woman to Watch in Business" in 2010. Jessica is a former NCAA collegiate athlete, High School Teacher, Mentor, and Coach. Her passion for nutrition and education is at the center of her love for mentoring young women and girls in self-care and self-confidence building practices.

Beyond Leadership Camp

After their one-week experience, girls can elect to take part in a year-long leadership-focused mentoring program. Some of our female mentors include:

- Former and Current College Athletes
- Health Care Practitioners
- Teachers and Coaches

Girls Summer Leadership Camp



Developing Strong Leaders



MovingLeadersForward.org

Camp Programs Descriptions

At **Moving Leaders Forward**SM it is our mission to create self-confident and strong (both in mind & body) future leaders. We currently offer campers a choice of two different camp experiences for both middle and high school girls:

First our **Day Camp**, held at Derby Academy in Hingham, MA is a unique five-day experience for girls entering 6th, 7th & 8th grades. During these five days, girls will be exposed to guest-speakers, team and leadership building activities, public speaking, journaling, meditation, and various forms of physical movement, including self-defense. Our five-day leadership camp strives to aid in building on girls' understanding and appreciation of the importance of a strong mind-body connection.

Our second option is a **Weekend Overnight Retreat**, in collaboration with Kripalu Center for Yoga & Health in Stockbridge, MA. This experience is geared toward rising 9th, 10th, 11th and 12th grade girls. The goal of this program is to equip campers with leadership skills, knowledge, and the self-confidence needed to help them develop into strong future leaders. For more information and to see a list of our daily and weekend schedules, please go to our website: www.MovingLeadersForward.org

Register by June 1st
and **save \$20**
off your enrollment!

Day Camp

Session Dates: **July 18 - 22**

Hours: **9:00am - 3:00pm**

Location: **Derby Academy
56 Burditt Ave., Hingham, MA**

Price: **\$450**

Ages: **Incoming 6th, 7th, and 8th graders**

Includes: **Snack and Lunch**

Weekend Retreat Camp

Session Dates: **July 8 - 10**

Location: **Kripalu Center for Yoga & Health, Stockbridge, MA**



Price: **\$400**

Ages: **Incoming 9th, 10th, 11th & 12th graders**

Includes: **Room, Board, and Transportation**



Testimonials:

“ Our girls need more of this and I am so grateful that you thought to continue the mentoring process beyond the week of camp. Bravo to all of you! My husband and I are thrilled that our daughter had the opportunity to benefit from such a well thought out and appropriate camp for young women. You have opened the door for these girls to gain lasting, important and relevant information all while having fun through positive encouragement from the team. Yes, yes, yes to next year! ”

- Jen H., parent

“ This is quite an amazing program you have created to help build confidence and strength for mind and body. We feel so fortunate that Sydney is part of it all. ”

- Beth C., parent

“ This was one of the best camps I have ever been to! The people and activities were all amazing. I feel like this camp helped me find my voice as a leader. ”

- Camper