

HOW CAN I LEARN THE ROPES OF STUDENT LEADERSHIP?

Our program integrates theory into practice.

It's adaptable to your group, and **IT WORKS!**

You'll learn how to learn and how to lead.

You'll experience teamwork free of competition
and begin to act from courage instead of fear.

Just give us the time of day. Trade boring lectures
for hands-on learning and higher grades.

Trade peer pressure for team spirit and self-esteem.

Trade manipulation for self motivation
and personal leadership. But don't wait...

your tomorrow starts today.

WHAT IS IT?

Hang on. You're in for the educational *adventure*
of a lifetime. When you **HIT THE ROPES** course it will

challenge you to balance on, climb over

and maneuver around a state-of-the-art series
of low and high experiential learning initiatives.

These individual and group activities are definitely
hands-on. And they're definitely exhilarating!

They teach self-reliance *and* teamwork.

Constant supervision by expert facilitators
maintains a high level of safety at all times.

It's truly a learning **EXPERIENCE**.

WHO IS IT FOR?

Our ropes program *pulls* together high school students
from all walks of life and teaches them to lead.

First, themselves. And then others. Is it for everyone?

It can be. All we ask for is your time and cooperation.

We'll give you the tools to **KICK IT IN**,
but you have to want to use them.

KICK IT IN AND HIT THE ROPES! KICK IT IN AND HIT THE ROPES!



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A Student Leadership Workshop Experience

June 20th 1995 9am-9pm at Dartmouth's Challenge by Choice Course

Spring 1995

KICK IT IN and HIT THE ROPES! THANK YOU for your interest in our unique and exciting STUDENT LEADERSHIP WORKSHOP EXPERIENCE! Your foresight yesterday will help today's students to become tomorrow's leaders. Our goal is simple. We want to make good students into great leaders. Our workshop is designed to give students the tools to lead themselves and others - first in school and ultimately in life. We'll show them how to learn, how to lead and how to work on a team - three crucial elements in the life of any young adult. Our means are simple. By combining theory with practice and powerful instruction with hands-on learning, our program allows students with the desire to KICK IT IN and LEARN THE ROPES! Our workshop can work wonders, but only YOU can make it happen.

WHO CAN PARTICIPATE? This unique student leadership workshop experience offers one of the finest one day programs available to HIGH SCHOOL STUDENTS. The goal of this program is to introduce an integration of theory into practice by applying the principles of leadership at a personal as well as organizational level and bringing them to life through experiential learning. The program is designed to be flexible as well as adaptable for your groups needs. Various approaches to student leadership and involvement are supplemented and enhanced by this program's curriculum. All areas of student leadership are applicable including:

Student council, class leadership, and student government

Honor society members

Club and organization leaders

Team captains, co-captains, and participating athletes in all sports

Speech and debate teams as well as drama club

Band, choir, orchestra leadership and active members

Peer counselors and tutors

Youth group members

Active members of co-curricular and extra-curricular activities

Movers & shakers as well as other individuals who MAKE THINGS HAPPEN!

You do NOT have to have a leadership title or official position in some organization or group to attend this program. ANYONE who exhibits a "make things happen" kind of attitude, involves themselves in group participation, or displays a potential for leadership should attend this event.

WHAT'S THE BEST WAY TO SHARE THIS INFORMATION WITH STUDENTS?

We can provide you with additional brochures for you to pass along to other principals, counselors, coaches, activity sponsors, faculty advisors, parents and/or students. One of the best ways we've seen is having a personal letter of invitation written by YOU and given to selected students explaining why you think they would get a great deal out of this type of program. Other schools have taken this idea even further by selecting entire groups (like the student council executive board) to attend. As far as finances and budgeting are concerned, some have asked the students to simply pay the deposit and the school picked up the balance due. Still others have had the school pick up the initial deposit and asked the students to pay the rest. With grant money and various funding sources VERY supportive of this type of program, there are many possible ways to subsidize this worth while experience. Many schools have used grant money to pay the entire fee for twelve students to go on a "full ride leadership scholarship." And remember, with every twelve students registered you're invited to send one faculty/staff member FREE!

HOW DOES IT WORK? The program is a full day, high intensity, jam packed, educational, entertaining, and experiential workshop that is a FUN, INFORMATIVE, CHALLENGING, and REWARDING *adventure* in LEADERSHIP! By progressively alternating and layering the curriculum content as well as experiences, students take part in a multidimensional learning program. The schedule design shifts from indoor workshop sessions which are motivationally informative entertaining presentations to outdoor rope course initiatives that are insightfully challenging fun adventures. This allows for a variety of developmentally increasing activities and supportive reinforcing information to interact with each other. The program works by building self motivation, cooperation, communication, problem solving, interdependency and teamwork along with self realization, personal growth, and a sense of accomplishment. Using both the workshop sessions and the ropes course initiatives a balanced interactive approach is created.

SCHEDULE

9:00am	Start
10:00am	Low Icebreaker Initiatives
12:00pm	Workshop Session
12:30pm	Lunch
1:00pm	Workshop Session
1:30pm	Low Trust Initiatives
3:30pm	Workshop Session
4:00pm	Dinner
4:30pm	Half in Workshop Session/Half on High Initiatives
6:30pm	Half on High Initiatives/Half in Workshop Session
8:30pm	All in Final Workshop Session
9:00pm	End

WHAT ARE ROPES COURSE INITIATIVES? The ropes course is a series of low and high initiatives designed to build teamwork and encourage group activity in problem solving through experiential learning. Each activity presented to the group is a hands-on opportunity to recognize skills that are essential in improving communication and building trust levels. The course is also designed as a personal adventure experience which helps enhance self esteem, encourages risk taking, and build confidence. Participants are taught to apply the skills, concepts and attitudes they learn to leadership as well as life situations.

There are LOW INITIATIVES (from 1 to 3 feet off the ground) and ground game elements that are designed for group activities involving icebreaker, cooperation, and paying attention type exercises. These initiatives gradually increase in building trust, teamwork, and risk taking. There are also HIGH INITIATIVES (up to 33 feet high) which are elements geared to individual experiences but still rely on group support. After each activity, time is spent giving the group an opportunity to share thoughts about the experience. This is also a time when a participating faculty/staff member from your group may focus the group and relate the experience to real life situations. And because the program is non-competitive, the course is a safe and exhilarating learning experience for everyone.

HOW SAFE IS IT? The challenges are totally safe and allow individuals to work together to communicate and to trust each other. Nationwide safety studies and local experience indicate that ropes course initiatives have fewer injuries than competitive sports and physical education classes. That's according to the International Safety Network (ISN), which keeps statistics on reported injuries and near misses in ropes course initiative training programs. The program is designed to be enjoyed by anyone in average physical condition. None of the activities are tests of fitness. Less fit persons often excel in activities just fine. Unhealed injuries (such as broken bones), physical limitations, or illnesses typically require some adaptation in certain activities and we would need to be notified in advance. If in doubt or you have any specific questions, simply call.

WHAT ABOUT WEATHER & WHAT TO WEAR? The program is set up to run RAIN OR SHINE so be advised to be prepared for both if needed. Watch the weather forecast the night before and use your best judgment. Bring a waterproof shell parka or poncho if it looks like rain. We do suggest casual, loose fitting clothes. Avoid really tight jeans and leather-soled shoes or boots. Tennis shoes, sneakers, running shoes, etc...work best.

HOW DOES THE APPLICATION PROCESS WORK? To register your school's group of student leaders please have each student and their parent/legal guardian completely fill out a copy of the INDIVIDUAL APPLICATION FORM. (Feel free to make additional copies as needed) Then have the students return the forms to YOU in order to complete the GROUP APPLICATION FORM(s). Once you have all the students INDIVIDUAL APPLICATION FORMS, attach copies of their school EMERGENCY MEDICAL FORMS. Enclose the full payment or \$25 application fee deposit for each participant. Add the GROUP APPLICATION FORM(s) and send it all in to the address listed on the bottom of the group application form. Upon receipt of your application(s), a confirmation letter will be sent to YOU with all final details, directions, times, and contact information. An invoice statement will be included for final payment of any balance due, which must be made payable at registration on the day of the program.

THANKS again for your interest! We're excited about working with you and your students, and we're ready to make the most of your workshop experience. I hope the brochure and this information have answered most of your questions concerning the who, what, when, where and how of our program. And I hope you'll join us. If you have any questions, please call. The sooner we hear from you, the sooner we can KICK IT IN!

APPLICATION FORM

School: _____

Principal/Sponsor/Faculty Advisor: _____

Participant's Name (first and last): _____

Grade completed June 1995: 8 9 10 11 12

Parent/Guardian Name: _____

Relationship to participant: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____

Parent/Guardian Work phone (only in case of EMERGENCY): _____

PLEASE ATTACH EACH PARTICIPANT'S APPLICATION FORM TO A COPY OF THEIR SCHOOL EMERGENCY MEDICAL FORM.

Program fee is (please check one) \$99 for an individual *or* \$83 per person when registering with a group of 12 or more participants from the same school.

Full payment *or* a \$50 non-refundable deposit for each INDIVIDUAL PARTICIPANT applying must be included with the application. This deposit will be applied towards the individual participant's program fee. If an individual participant is unexpectedly unable to attend this program another student may attend in their place, provided that any balance due is paid upon registration. Please make all checks payable to Instruction & Design Concepts.

I understand that all possible precautions are taken to insure that all programs and activities sponsored by INSTRUCTION & DESIGN CONCEPTS and DARTMOUTH HOSPITAL are conducted by mature and qualified personnel in a safe and responsible manner. However, I further understand and agree that FRAN KICK, DARTMOUTH HOSPITAL, and their employees cannot be held liable for any accident which might occur. I understand that acceptance and participation is conditional upon our student's willingness to abide by program rules.

Signature of Principal/Sponsor/Faculty Advisor: _____

Signature of Parent/Guardian: _____

My signature below indicates a genuine desire on my part to participate in the program.

Signature of Participant: _____

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