

# **LINX's GIRL Power Camp is More Than Just a Fun Week for Girls**

By Grace Tummino, LINX Marketing Specialist

GIRL Power Camp at LINX gives girls the tools and resources they need to function and stay on top of their game in a society in which equality is often challenged. With this in mind, I had the opportunity to chat with LINX Camps' Vice President Josh Schiering to learn more about the camp that starts on June 29th.

**Me: I understand LINX Camps is offering a new camp this year to empower girls in 4<sup>th</sup> through 8<sup>th</sup> grade. Can you tell me a little about why this specialty camp was introduced?**

Josh: As a dad of 3 girls and a camp executive, it is very important for me to make sure we are meeting the needs of the people we serve in the community. I really want my daughters to grow up in a world where they feel like the sky is the limit and the only limits they have are the ones they set on themselves. A valuable feature in this camp is having female leaders in our community share their experiences in and outside of the workforce. Christine Schuster, President and Chief Executive Officer at Emerson Hospital in Concord, is scheduled to speak to the girls during the camp day on June 30<sup>th</sup>. We've created a fun, emotionally safe vehicle, in which they can learn skills and make use of them in their daily lives as children, siblings, students, and as future leaders, doctors, and business owners, or whatever career path they choose.

**Me: Is GIRL Power Camp as exciting as the other camps offered?**

Josh: Yes, GIRL Power Camp is a very exciting, engaging, adventure-filled program. It's completely interactive. You won't see a counselor standing at a smart board with girls taking notes. It's outdoors and indoors, with running around and playing games that include role play, tag, theatrical improv, sports-related games, and craft projects. It is girl empowerment to the max in which they are immersed in camp traditions and culture with all the fun of camp. So

while the content is very heavy and serious, we've infused it with energy, passion, excitement and adventure. These girls are going to become proud of not only who they are becoming and how they are growing, but also what they just did that was so much fun!

**Me: I've heard that this camp explores a number of hot topics for girls in 4<sup>th</sup> through 8<sup>th</sup> grade. Can you give me some specific topics?**

Josh: Some of the topics will be peer mediation, conflict resolution, how to build a positive group dynamic, how to handle and address bullying and gossip, and more. They will learn, through role play, sports games and more. They will strategize on how to take the negative attributes they are surrounded by and turn them into positive traits. They will learn how to navigate through the social norms and cultures that are out there, and how to be a leader who is countercultural to change not just their actions and behaviors but those around them that are toxic or negative.

**Me: I can see how this camp would benefit a child who witnesses bullying and gossip, but what does it teach the child who is the victim of these acts? Would you say that the topics get addressed from all perspectives?**

Josh: This is a great question. When LINX Camps was founded, one of the big focuses of our staff training was not only training the aggressor and reeducating him or her, but to also train and empower the victim. We also teach this at camp. The goal is to get kids to not just be creative and critical thinkers, but to become problem solvers. We go through role play scenarios and give them the tools and strategies and vocabulary to stand up for themselves, reverse it, and make sure it doesn't happen going forward.

**Me: 4<sup>th</sup> through 8<sup>th</sup> grade is a pretty large age group. Do you split the groups according to age?**

Josh: We divide by age. The groups are 4<sup>th</sup> to 5<sup>th</sup> and 6<sup>th</sup> to 8<sup>th</sup> due to their maturity levels and the social norms that take place during those time periods.

**Me: Is the camp structured like the other specialty camps with traditional camp activities, a bonus camp period, and swimming lessons?**

Josh: There are 3 periods of GIRL Power curriculum, plus periods for swim, lunch and field games. As with all of the camps, there are opening and closing ceremonies.

**Me: I know the program is for girls only, but is there a coed portion of the day? Do boys and girls unite for opening and closing ceremonies as a camp community?**

Josh: All campers, no matter what program they are in, unite for opening closing ceremonies, lunch, and swim. This is the only non-sports gender-specific program we offer. All of the other offerings are coed.

**Me: Do you see more girl-centered programs in the future for LINX Camps?**

Josh: There are big pushes for other girls-only programs, such as Science, but I would not want to have a slate of girls-only programs, because that would be the complete opposite of what we are trying to do. Boys and girls should learn to respect and appreciate and work together in teams and on labs and projects, whether that's going to be our movie making, theater, dance, science, or spy curriculum. GIRL Power Camp is its own stand-alone exploded view of the skills we are trying to teach. Everything is full immersion, coed, and that's how they'll also learn from each other and gain a respect and appreciation for working together. This is an important life skill that will hopefully carry throughout their adulthood and professional life.

**Me:** Thanks for all the great information, Josh. At the end of the camp day, girls take away with them not that they are better than boys, but that they have the same rights to learn and reach their full potential in any field or activity in life they choose. If you'd like to learn even more of what Josh thinks on this topic, I encourage you to read his article which goes to the heart of [Raising Daughters](#).... 3 of his own!

For more information on LINX Camps' GIRL Power Camp, please visit <http://www.linuxcamps.com/SpecialtyCamps/GIRLPower> or call 781-235-3210.