



# GLASS

GIRLS LEADERSHIP ACADEMY FOR SERVICE & SPORT

## Costa Rica 2020

**LEAD • TRAIN • SERVE • EXPLORE**





# What is GLASS?

The Girls Leadership Academy for Service & Sport (GLASS) is an international leadership development program designed specifically for high school female athletes. Led by a team of former college athletes, we empower, transform, and inspire female leaders. Each eight or ten-day session includes sport-specific training, service-learning projects, leadership development workshops, and adventure!

**Our mission is to empower the next generation of female leaders through sports, service, and global engagement**

## STUDENTS RETURN HOME WITH:

- An enlivened sense of independence and confidence
- An enhanced understanding of the leadership skills and values learned through sport
- Greater awareness of other communities and cultures
- A dynamic network formed with like-minded peers and mentors
- A stimulated sense of adventure



**THE GIRLS LEADERSHIP  
ACADEMY FOR SERVICE & SPORT**

[www.beyondsportsglass.com](http://www.beyondsportsglass.com)



# WHY GLASS?

1. Experience a program designed by female athletes, for female athletes
2. Invest in your own life-changing, personal growth
3. Embark on a safe and inspiring international adventure



## Adella D. • Birmingham, MI

*"It has improved me as a person, and I notice, even in everyday life, how I absolutely am a better, more confident leader. You cannot get a life-changing experience this amazing anywhere else. It also taught me a ton and was SO FUN!"*

## Juliana C. • San Angelo, TX

*"GLASS is a once-in-a-lifetime experience that no one could ever regret! Young, strong women surrounded by more strong women forms an environment of empowerment and creates a fantastic learning atmosphere."*

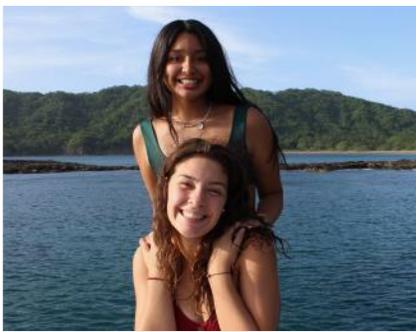


## Marissa L. • Bordentown, NJ

*The trip was really life changing! I met so many incredible and inspiring people, stepped out of my comfort zone, and learned so much from just the 10 days I was there. It was the perfect mix of sports, service/volunteer activities, leadership, and FUN!*

## Parent of Erin D. • Penfield, NY

*"GLASS was transformative for Erin. The whole experience allowed her to step outside of her comfort zone and learn so much about herself and her potential. The mentors were amazing role models. She returned energized and confident. She absolutely loved the experience. Worth every penny!"*



## Parent of Kate K. • Sugar Land, TX

*"At first we were apprehensive about the safety of sending our daughter across the world. However, the mentors were very professional and responded quickly to any questions, comments, or concerns. This helped put our fears to rest."*

# YOUR MENTORS



We leveraged our vast network of college coaches and athletic directors from top universities across the country asking for All-Americans, Dean's List honorees, and team leaders who have left their marks on athletic departments and their broader university communities.

## **Ashlee Guay - Basketball** Cal State Northridge University



Ashlee started every game of her college career and made her conference's All-Big West Honorable Mention roster in her freshman season, Second Team in her sophomore season, and First Team in her junior and senior seasons. The two-year captain also led her team to win back-to-back conference championships and earn a seat in the NCAA tournament. Ashlee also played professionally in Germany and then returned to her alma mater as an Assistant Coach. This past summer she played professionally in Costa Rica while working with the Beyond Sports college programs.

## **Bari Bossis - Volleyball** Bard College



Bari was known at Bard for her involvement as a leader and student-athlete on campus. A captain in her senior season and a 3-year Liberty League All-Academic Scholar, she also served as a Residential Assistant and a campus tour guide. Bari's efforts for her school and in leadership earned her the Charles and June Patrick Scholar award and the college's Dr. James Brudvig Athletics Achievement Award. Bari was also a member of Student-Athlete Advisory Committee and a four-year team manager for Bard's men's volleyball team.

## **Jenna Campbell - Swimming** University of California, Berkeley



Jenna's leadership and commitment to both academics and her community at Cal Berkeley led her to becoming a team captain senior year. The Bears then took second-place at the NCAA championships. She was a 4-time NCAA All-academic second team member and a first team Pac-12 All-Academic in her senior season with a 3.74 GPA. In her final two years at Cal, she led a community-service program that provided socioeconomically disadvantaged elementary school students access to science education.

## **Jenny Caoili - Lacrosse** University of Vermont



Jenny earned All-American Honorable Mention and All-Section honors in the State of New York before continuing her lacrosse career at NCAA DI University of Vermont. Her athletic success continued in college and during her senior season, the attacker ranked third on the team with 26 goals and 30 points. Jenny majored in public communications and earned a spot on UVM's honor roll. During summer breaks, she worked as a life guard at New York's Bear Mountain State Park registering 30 saves over four years.

## **Kathryn Adelman - Track & Field, Cross Country, Tennis** Bradley University



While at Bradley University, Kathryn competed in track & field, cross country, and tennis. She was given All-Conference honors in the 800m and the 4x400m relay for her 2018 and 2019 track seasons. Kathryn received the Missouri Valley Conference (MVC) Commissioner's Academic Excellence Award as well. Not only was she a member of the first team in the school's history to win an Indoor DMR Conference title, but her team went on to win Bradley's Women's Team Performance of the Year Award later in the 2019 year.

## **Lexi Caira - Soccer** Wisconsin Lutheran College



Lexi graduated Summa Cum Laude from Wisconsin Lutheran College where she majored in Spanish Education. She was a 2-year captain for the WLC Warriors and a 3-year NACC Scholar-Athlete. Off the field Lexi coached youth soccer and served as a camp administrator for the Milwaukee Wave professional indoor soccer team. She also studied abroad in Costa Rica, where she took the opportunity to travel to Panama, Nicaragua, and Cuba. Prior to joining the GLASS team, Lexi volunteered in Zambia for 3 months teaching English and sports to the local youth.

## **Naji Thompson - Track & Field** Dickinson College



In her time at Dickinson, Naji was a Centennial All-Academic honoree, a 3x All-Region honoree, and a 2x Academic All-American honoree. Naji was the conference champion in the 60m and 100m in her sophomore season and the 60m champion again in her senior season. She worked as a student-interviewer with the admissions office and interned with the Dickinson and Slavery Project. Based on her academic and athletic excellence, Naji was inducted into Dickinson's Hera Society for female athletes who have demonstrated senior leadership. Naji studied abroad in Cameroon and Tanzania.

## **Vicky McFarland - Softball** University of Albany



After her freshman season at the University of Albany, Vicky received the America East Rookie of the Year conference award. As a captain her senior year, she broke her school's records for both hits and steals in a single-season. Vicky went on to continue her career playing abroad in Germany, Italy, and twice in Australia. She also coached a youth team in Australia. Vicky is pursuing her masters in teaching, concentrating on special education and general education grades 1-6.



**Annika Wachtman**  
GLASS Program Manager



**Megan Theiller**  
Community Outreach Manager



**Marissa Floyd, PhD**  
Professor-in-Residence

# DAILY Schedule

## DAILY THEME

Each day is structured around one of our eight leadership themes. These themes are incorporated into our sports training, service-learning, and excursions. The GLASS Mentors guide our students through a self-reflective, interactive workshop for each leadership theme.

## WEEKLY ITINERARY

Our specific weekly itineraries vary moderately each session, however they all include the same core components. Each itinerary is built around the days of the week, as well as the needs of our service partners.

## CORE COMPONENTS

- **Sport-specific training**
- **Service-learning projects**
- **Leadership development workshops**
- **Group excursions**

## SAMPLE ITINERARY

**7:30 AM** - Rise & shine! Grab a quick snack and head out to the workout of the day, either a NorthStar group training session or a sport-specific workout led by the Mentor from your sport. Workouts take place on campus in our gym facilities, at a nearby private school with fields and a swimming pool, or by the beach!

**9:00 AM** - Journal and reflection time with your mentor. We'll introduce you to the leadership word of the day.

**9:15 AM** - Breakfast! All meals are provided throughout GLASS and prepared by our amazing Chef Veronica. A typical breakfast includes cage-free eggs, gallo pinto (seasoned rice and beans), bread, and fresh fruit (watermelon, mango, bananas, pineapple, and more!)

**10:00 AM** - Departure for a group excursion: surf lessons in Playa Grande, catamaran tour, visit the nearby town of Tamarindo, or downtime at the beach.

**1:00 PM** - Lunch on campus. There will always be time before and after meals to shower and relax in your bunks.

**2:00 PM** - Free time to get to know your GLASSmates – card games, walk to the beach, or relax around campus.

**3:30 PM** - Yoga on campus at our outdoor yoga studio.

**4:45 PM** - Sports clinic with one of our community service partners.

**6:30 PM** - Dinner on campus prepared by Chef Veronica. Veronica keeps the meals fresh, simple, and healthy.

**7:30 PM** - Leadership workshop lead by our GLASS Mentors.

**10:30 PM** - Quiet in the dorms and lights out.

# SPORTS TRAINING

"Sports are our **foundation**"

We train with...

all { **athletes**  
levels  
*sports*

Sports are the backbone of our leadership curriculum. We recognize the important life skills and values learned through sport. Our sports training sessions, led by former college athletes, place a high emphasis on working out with purpose.

**"What if my sport isn't represented by the team of GLASS Mentors?"**

We will still provide you individualized, sport-specific training. We will plan a week of NorthStar Sports performance workouts, designed to help you reach your full potential on the field of play.



WE WORKOUT WITH **PURPOSE**



# NORTHSTAR **SPORTS**

"Performance is a **mentality**"

We are partnered with NorthStar Sports Performance to provide high quality training that accommodates to the positional needs of our athletes. As NorthStar Crossover Trainers, our team of GLASS Mentors ensures that each athlete understands how exercises and drills directly translate or "crossover" to her sport.

Our mission is to help each athlete achieve her full potential on and off the field of play.

Learn more about NorthStar Sports at [www.nssportstraining.com](http://www.nssportstraining.com)

Our workouts focus on:

- Efficiency
- Meeting the individual needs of each athlete
- Purpose
- Attention to detail

# PROGRAM LOCATION

📍 Playa Flamingo, Costa Rica



## OUR CAMPUS

Our 3-acre Beyond Sports Campus is located minutes away from one of Costa Rica's most beautiful beaches. It is situated in the quiet, coastal town of Playa Flamingo. During GLASS, our campus is our home away from home. Amenities include WiFi, air-conditioned dormitories, a dining area, basketball gym, yoga studio, and a strength and conditioning facility.

## SERVICE - LEARNING

We're partnered with two local non-profits – CEPIA and Abriendo Mentes. Our GLASS Mentors work year-round with our service partners to ensure that our work is sustainable and accommodating to the fluctuating needs of the community. With our GLASS students, we will run sport clinics for local youth, help out at a local animal shelter, and participate in environmental clean-ups.

## GLASS EXCURSIONS

GLASS students will enjoy a variety of Costa Rican adventures! We'll spend a day at Diamante Eco Adventure Park zip lining and observing local wildlife. One afternoon, we'll set sail on a 4-hour catamaran tour, complete with snorkeling, paddle boarding, and kayaking. Our location is perfect for exploring the nearby, picturesque beaches. Lastly, we'll put our athleticism to the test with surf lessons.



# ABOUT COSTA RICA



**Costa Ricans consistently rank among the happiest people in the world!**

This will come as no surprise when you experience the incredibly friendly and welcoming local people and a culture that emphasizes the important things in life!

## Fun facts:

- Population of 5.05 million people
- Roman Catholicism is the major religion
- 94% of the population is of European (Spanish) decent
- 65+ years of peaceful, uninterrupted democracy
- The only country in the Western Hemisphere without a military or army of any kind
- Costa Ricans enjoy Central America's highest standard of living (\$10,000 GDP per capita)
- Economy driven by tourism, services, agriculture (bananas, pineapples, coffee), and manufacturing
- World leader in environmental conservation



# Dates & Rates

Session	Dates	Time of Year
Session 1	March 7th - March 14th, 2020	Spring Break
Session 2	March 14th - March 21st, 2020	Spring Break
Session 3	March 21st - March 28th, 2020	Spring Break
Session 4	March 28th - April 4th, 2020	Spring Break
Session 5	May 26th - June 4th, 2020	Summer
Session 6	June 5th - June 14th, 2020	Summer
Session 7	June 15th - June 24th, 2020	Summer
Session 8	June 24th - July 3rd, 2020	Summer
Session 9	July 8th - July 17th, 2020	Summer
Session 10	July 18th - July 27th, 2020	Summer
Session 11	July 28th - August 6th, 2020	Summer
Session 12	August 7th - August 16th, 2020	Summer
Session 13	August 17th - August 26th, 2020	Summer

## Payment:

The total cost of the program is not due immediately. You can decide between an installment plan or a monthly payment plan. A deposit of at least \$250 is due at registration.

## Fundraising:

As an organization, we strive to remove the barriers that prevent student-athletes from traveling abroad. Check out the fundraising page on our website to download our fundraising guide.

[www.beyondsportsglass.com/fundraising](http://www.beyondsportsglass.com/fundraising)

## Included:

- Round-Trip Airfare\*
- 3 Meals Per Day
- 7 or 9 Nights Lodging
- Transportation in Costa Rica
- Sport-Specific Training
- Service-Learning Clinics
- Zip Line Excursions
- GLASS T-Shirt
- GLASS Journal
- GeoBlue International Health Insurance

\*Continental US International Airports only, some exclusions apply

## Not-Included:

- Passport Fees (If Applicable)
- Baggage Fees on Flights
- Personal Expenses (i.e. Souvenirs and Snacks).

Spring Sessions  
\$2,995

Summer Sessions  
\$3,495

**Inquire about  
Early Bird Discounts!**

# Join our GLASS Family



## Complete your Nominated Student Form

Confirm your interest in GLASS by completing your Nominated Student Form. Once you've done so, we will connect you with one of our enrollment advisors. You find the form at this link: [nominees.beyondsportsglass.com](https://nominees.beyondsportsglass.com)



## Connect with our Team

Once confirmed, one of our enrollment advisors will connect with you to answer your questions. We know embarking on an international adventure is a big decision, which is why our team will work with you every step of the way!



## Pursue Fundraising & Scholarships

We strive to remove financial obstacles that would inhibit a student from pursuing this transformative experience. Your enrollment advisor will provide you with more detail about our fundraising and scholarship opportunities.



## Deposit & Enroll

A \$250 deposit is required to reserve your spot in a session. The remainder of the payment will be spaced out over time. **Please note, space is limited. Enrollment is capped at 144 spring break students and 324 summer students.**



Grace C. • Cleveland, OH

*"It's an absolutely incredible program. I would do it again in a heartbeat. You grow as a player, teammate, leader, and person in general. The service is one-of-a-kind and will impact you for the rest of your life. GLASS was one of the best things that I've ever participated in."*



## Questions? Connect with us!

+1 (614) 391-1891

[mentors@beyondsportsglass.com](mailto:mentors@beyondsportsglass.com)

[www.beyondsportsglass.com](http://www.beyondsportsglass.com)



**BEYOND  
SPORTS**

Visit our parent organization at  
[www.beyondsportstours.com](http://www.beyondsportstours.com)



**The Girls Leadership  
Academy for Service & Sport**

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