



## A Girl Empowerment Camp

### I. Camp Overview

STAR Girlz signature program, B.L.I.N.G (Beauty. Leadership. Image. New you. Goal digging) is a 5 day overnight residential empowerment camp for girls 6-12 grade. This camp brings self-awareness to a variety of unspoken challenges girls suffer within and teaches proven strategies that will help build confidence and overcome those obstacles that are in the way.

BLING provides a five-day workshop that presents an age appropriate, mental and behavioral health curriculum on a variety of topics with a strong focus on self-discovery. It is designed to distribute individual empowerment in a fun group setting. The following topics will be discussed during the week:

Behaviors/Attitude  
Leadership  
Image  
New You (Who am I)  
Goal setting

### Why is BLING Important?

We are seeing a growing number of young girls struggling to cope with many changes happening around them. From losing someone close to them, family issues, unspoken abuse, and so much more, such challenges can lead to low self-esteem, confusion, thoughts of self-harm, and other mental/behavioral issues. BLING assists each participant on their journey of self-discovery and healing.

### Why attend the BLING Camp?

1. Gain tools to handle stress, anxiety, and difficult emotions
2. Learn strategies to apply in your daily life beyond the camp
3. Be accepted for who you are
4. Get support from a mentor (group leader)
5. Have FUN

### II. Camp Details

**Who:** Girls entering 6-12 grade for 2021-2022 school year.

**Where:** YMCA of the Rockies: Estes Park

**When:** Sunday July 25, 2021-Saturday July 31 2021

**Time:** Departure Sunday July 25 at 2pm HHHH Center 2360 Dayton St. Aurora, CO 80010  
Return Saturday at 9am for Be Inspired Community BBQ and Resource fair. Pak TBD



*“Empowering teen girls to overcome life’s challenges by bringing awareness to behavioral and emotional transitions”*

**Price:** The camp fee is \$450 and covers your 6 day 5night residential stay, 3 buffet style meals (breakfast, lunch, dinner) daily, camp shirt, backpack w/supplies, and workbook. There is a \$100 registration fee for the camp which will be applied to the full balance to save your daughter's spot. Payments must be paid in full by July 19, 2021

#### **Application Deadline:**

All applications are due by July 12, 2021 5pm. Applications received after this will be put on a waitlist.

### **III. Frequently asked questions:**

#### **Are there any COVID safety measures?**

Yes, each day participants will get temperatures checked prior to engaging in daily activities. Masks will be required to be worn in our big group sessions but not while engaging in outdoor activities.

#### **How many people will share a room?**

Rooms are dormitory style rooms and will be shared with 5 people. Each person will have a bed to themselves

#### **What happens at the camp?**

The daily camp schedule includes workshops, group activities, mentoring, and more. Participants move in and out sessions by following our camp itinerary. Here is the following sample daily camp schedule.

#### **Day 1 (Behaviors and Attitudes)**

7:00am-9:00am - Breakfast  
9:00am-10:00am - Big Group Fitness Exercise (ex. Zumba, hiking)  
10:00am-10:30am - Ice breaker/Morning Welcome from Host  
10:30am-11:30 - Workshop Facilitator  
11:30am-1:00pm - Lunch  
1:00pm-2:00pm - Empowerment Activity (Big Group)  
2:00pm-2:30pm - Free Time (Break)  
2:30pm-3:30pm - Small Group Activity  
3:30pm-5:00pm - Team Building Activity (Field Day)  
5:00pm-7:30pm - Dinner  
7:30pm-8:15pm - Big Group Activity  
8:15pm-8:35pm - Guiding Light Reflection Session (Small groups)  
8:30pm-10:00pm - Free Time in dorm  
10:00pm - Lights out

#### **How are volunteers selected:**

Volunteering for any of STAR Girlz Empowerment, Inc programs, events, or activities, requires a background check through the CBI/FBI system for the safety of all participants and staff. Those interested in volunteering must submit an application and a signed consent for STAR Girlz to conduct a background check. Backgrounds must be approved and will be placed on file before volunteer will be allowed to interact with participants.

#### **How are participants selected:**

Participants come from a variety of resources. We do not select participants for this event. It is a first come first serve registration process that is open to participants locally and out of state. Registration must be completed by a parent or guardian giving permission for their child to participate. We also accept referrals from local agencies and organizations who are interested in having their female clients participate.

#### **Who are the facilitators:**

BLING workshop facilitators are women volunteers who are experienced in specified workshop topics and share similar beliefs in our mission. Our organization partner with businesses locally and out of state to offer a variety of facilitation personalities that best fit the needs of the girls. All facilitators undergo a background check and are trained to teach our curriculum



**Parent/Guardian Consent Form**

My daughter \_\_\_\_\_, may participate in the STAR Girlz Empowerment, Inc. BLING 2021 Girl Empowerment Camp, which will take place July 25-July 31, 2021 at YMCA Estes Park. In consideration of the advantages of participation in this camp, I agree that STAR Girlz Empowerment, Inc. and its staff, volunteers shall be released and exempt from any liability for damages for bodily injuries or property damages that may occur as a result of participation in the program, except to the extent of insurance liability as provided by law.

**Photo/Video Release**

I understand that STAR Girlz Empowerment, is a mentoring/empowerment program that hosts events throughout the year. During some of these events, photographs and or videos will be taken for purposes of website display, magazine/newsletter articles, brochure advertising, and other program related purposes.

I hereby grant permission to photograph/video my daughter for the reasons stated above. (Yes/No)

**Medical Authorization**

Should it be necessary for my child to have medical treatment while participating in this Summit, I hereby give STAR Girlz Empowerment, Inc. consent to use their best judgement in obtaining medical services for my child, and I give permission to the physician selected by STAR Girlz personnel to render medical treatment she deems necessary and appropriate. Permission is also granted to release necessary emergency contact/medical history to the attending physician, or to the workplace if needed.

\_\_\_\_\_  
STAR participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Contact other than Parent/Guardian

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Family Doctor/Physician

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Preferred Hospital

\_\_\_\_\_  
Phone

**Medical Information**

Please list any special accommodations due to medical limitations, disability, dietary constraints, or other restrictions.

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_ I hereby agree to all of the above authorizations and permissions.

\_\_\_\_\_  
Signature of parent/guardian

\_\_\_\_\_  
Date

All information provided below is confidential. It is possible to complete many STAR Girlz classes and/or events with a variety of medical conditions, however, STAR Girlz Empowerment must be aware of these conditions. Failure to disclose medical information could result in serious harm to you and/or other participants in our program. Please fill out this section to the best of your knowledge.

\_\_\_\_\_  
STAR participant

\_\_\_\_\_  
Date

Please answer the following questions.

Does your child have a history of heart conditions/problems? (heart attack, heart surgery, etc.).

Yes  No (If yes, please explain)

\_\_\_\_\_

\_\_\_\_\_

Please list any prescription medications your child is currently taking.

\_\_\_\_\_

\_\_\_\_\_

Please list any allergies.

\_\_\_\_\_

\_\_\_\_\_

Please list any other medical conditions (Ex. Diabetes, epilepsy, muscle joint, bone injuries).

\_\_\_\_\_

\_\_\_\_\_

In signing below, I agree that the medical info provided is to the best of my knowledge correct and complete.

\_\_\_\_\_  
Parent signature

\_\_\_\_\_  
Date



Registration Form

Date: \_\_\_\_\_

STAR Information

STAR Name: \_\_\_\_\_

Address: \_\_\_\_\_

Age: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: (if 12 years or older) \_\_\_\_\_

Name of School: \_\_\_\_\_

Grade Level: \_\_\_\_\_

T-Shirt Size (in adults): XS, S, M, L, XL

Parent/Guardian Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Relationship to applicant: \_\_\_\_\_

Would you like to receive information about upcoming events via email? Y\_\_ N\_\_

I am interested in volunteering for the following: (you may check more than one)

Camp Group leader \_\_\_ Backpack give away \_\_\_ Food Serving \_\_\_ Set up / Cleanup Crew \_\_\_

To be filled out by the organization

Participant Registration fee paid (\$100.00) \_\_\_ Y \_\_\_ N Fee Self paid \_\_\_ Sponsored \_\_\_

Payment Plan \_\_\_ Y \_\_\_ N

Fee paid in full: \_\_\_\_\_ (enter date)

Group Assigned \_\_\_\_\_

Group Leader \_\_\_\_\_



### Volunteer Information

Thank you for your interest in volunteering with STAR Girlz Empowerment, Inc. BLING's 2021 Girl Empowerment Camp. Volunteering for any of our events requires prior background checks for the safety of all participants and staff. Please provide us with the information below and in order for us to complete this step. You will then receive an email regarding next steps. You must complete this form before you are able to volunteer.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone #: \_\_\_\_\_ SSN: \_\_\_\_\_

Email: \_\_\_\_\_

Would you like to receive information about other volunteer opportunities with STAR Girlz Empowerment, Inc. via email? Y\_\_ N\_\_

I am interested in volunteering for the following: (you may check more than one)

Group leader \_\_\_ Backpack give away \_\_\_ Registration Table \_\_\_ Food Serving \_\_\_

Set up / Cleanup Crew \_\_\_

T-Shirt Size: XS, S, M, L, XL

**To be filled out by the organization**

Background Passed \_\_\_ Y \_\_\_ N

Area of volunteer work assigned \_\_\_\_\_