

BE INSPIRED. BE EMPOWERED. BE A LEADER.



- ✓ Build Confidence
- ✓ Establish goals
- ✓ Make good decisions
- ✓ Be part of a team
- ✓ Develop real friendships
- ✓ Make a positive difference

Catapult Camp is FUN and High Energy

A leadership camp focused on enhancing your skills as you enter high school.

World-Class Instructors

At Catapult we will help you take your leadership skills to the next level and realize your full potential.

Leadership Development

You will learn problem solving techniques, decision making skills and the benefits of effective teamwork. The program is a combination of inspiring presentations and exciting adventure activities set in an atmosphere of fun and friendship. This is an experience you will never forget.

Boost your self-confidence

Become a more active participant in your school and community with the leadership skills and techniques you will learn at Catapult.

WHO CAN ATTEND?

To attend Catapult, you must **be nominated by an educator or youth worker** who sees true leadership qualities in you! You must live in Nova Scotia and be due to start Grade 10 in the fall. A selection committee will choose 50 lucky participants. Selection will focus on youth who would not normally have the opportunity to take part in this type of experience.

If you are a successful nominee, your nominator will deliver your Catapult registration package to you in May!

HOW MUCH DOES IT COST?

Zip, nada, nothing! Enjoy the free registration, transportation, accommodations, and meals. It's all being provided to you by the generosity of Nova Scotia's top business leaders. Leaders with the vision to invest in you – our leaders of tomorrow.

LOCATION

Catapult is held at Acadia University in Wolfville, NS every August. It's a chance for you to experience the college campus life. You'll stay in residence and share a dorm room with a fellow camper (and potential new best friend). The Catapult counselors will also live in residence. You'll eat in Acadia's student dining hall - cafeteria style. Recreational and adventure activities will be held with qualified instructors on the university's grounds as well as other nearby sites.

TESTIMONIALS

“After attending Catapult, I finally had the courage to go for what I wanted. I became involved with other groups and activities that led me down an amazing path to be a real leader. And I owe it all to this awesome program called Catapult.” – Liam

“It surpassed all of my expectations!” – Melissa



DISCOVER YOUR POTENTIAL

CATAPULT PLUS

Open to youth who participated in Catapult Camp, **Catapult Plus is designed to encourage and support further leadership growth.** Participants can access programs, resources, and tools to help them transition into post-secondary education or the workforce while gaining a greater understanding of themselves as leaders. The program promises to be an interactive learning experience where Catapulters will return to Acadia University for 2 summer leadership conferences. There, they will create new friendships and support networks while strengthening confidence, gaining skills, and accessing resources to continue to make positive changes in their lives and communities. And it's all FREE!

WHAT'S INVOLVED?

Youth can participate in the Catapult Plus program following Catapult Camp by committing to focus on four core leadership areas over the course of the next school year. But don't worry, you will be guided along with a handbook and templates to help you achieve your personal success. Each summer youth submit a brief final report on their progress and present their community project at the conference.

TIME COMMITMENT?

The quick answer is...it all depends! Many of our youth are already doing everything we're asking. However, for those that aren't, the time and effort expected will be very reasonable and will not interfere with studies or other commitments. Our youth choose the time and effort they want to put into their leadership development – it is an opportunity to discover new interests and develop leadership talents while giving back to their community.

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