



NYA LEADERSHIP ACADEMY

AUGUST 12 – 16, 2019

Leadership is unlocking people's potential to become better.
Bill Bradley

Greetings!

We are pleased to announce the 2019 NYA Leadership Academy! Here is some information about the trip. Students may apply up until April 15.

What is the NYA Leadership Academy?

The NYA Leadership Academy is a program where NYA Middle School Students spend five days hiking across the high peaks wilderness of New Hampshire's White Mountains. During that time, students learn about, and practice, leadership. Students work together as a team to cross some of the most challenging and beautiful terrain in America. The group stays at the Appalachian Mountain Club's high mountain huts, above tree line, and learns about the unique history and ecology of the White Mountains. Each student will have a chance to lead the group, and to take on different responsibilities. Through individual conversations, daily journaling, group conversations, and facing challenges, students will learn about their own individual leadership styles and will leave the program with improved self-knowledge and goals that they will apply to the coming school year. This is not merely a fun hiking trip (though it is that also!), but is also a laboratory for students to develop personal grit and leadership skills.

Who is eligible?

The Leadership Academy is open to rising seventh and eighth grade students at NYA. Students should be physically and mentally capable of hiking for four strenuous days in the mountains.

What is the cost?

The Leadership Academy costs \$800. There is some financial aid available.

What kind of gear is needed?

A Gear list is included below. It is also possible to borrow some gear from the Appalachian Mountain Club.

Where will the group be staying?

We will be staying at the Appalachian Mountain Club's High Mountain Huts, which include bunkrooms and great food. Staying at the huts with people from around the world and learning about hut culture is one of the best parts of the trip. **We can accommodate individual dietary needs.**

What kind of trip preparation is involved?

Before the trip, students should be physically active and get out for some hikes, taking care to break in their hiking boots. On **Monday, June 3**, we will have a **pre-trip meeting** for the students from 12:00-3:00 p.m. where we will discuss the trip, gear, leadership styles, and teambuilding. Parents will be welcome to join us from 2:30-3:00 to learn about gear and other details.

What about the solo hike?

On our final day, students do a solo hike for approximately 30 minutes to reflect and build confidence, but they are never far from other students and faculty. We do it in such a way as to be completely safe.

How do I apply?

Students should fill out the application below by April 15.

Essentially, each student should write a paragraph that includes the following:

- **Why they want to participate**
- **What they hope to get out of the program**
- **How they hope to contribute to the group**

We ask for a \$350 down payment (submitted to Mr. Ramsey) by April 25, with the rest of the payment due by July 15.

Additional information: The White Mountains are a wonderful and dynamic place to hike! The temperature in late August on top of Mt. Washington can range from highs in the 50's to lows in the 30's with the possibility of everything from rain to sleet to snow! Please be sure that you have everything on the gear list, as there could be times when you are wearing every piece of clothing you bring. For more information, be sure to visit the following sites:

- <http://www.outdoors.org/lodging/huts/> - this is the Appalachian Mountain Club's Website
- <http://www.mountwashington.org/> - This is the Mt. Washington Observatory Site
- http://www.fs.fed.us/r9/forests/white_mountain/ - This is the Mt. Washington National Forest Site

THE LOGISTICS:

Monday, August 12:

- 1:00 p.m. Gather all gear and leave NYA Middle School parking lot
- 4:00 p.m. Arrive at the AMC Highland Center, Crawford Notch, NH – we will eat dinner and stay the night here; evening programs include trip preparation, packing instructions and Leave No Trace AMC staff presentation.
- 9:00 p.m. Bedtime

Tuesday, August 13:

- 7 – 8:00 a.m. Breakfast (**we will eat breakfast at the Highland Center*)
- 10:00 a.m. Begin hike up to Mizpah Hut (approx. 2.5 miles)
- 2:00 p.m.^{ish} Arrive at Greenleaf Hut; possible hike to summit of Jackson
- 6:00 p.m. Dinner at Mizpah Hut followed by evening program
- 9:00 p.m. Bedtime

Wednesday, August 14:

- 7 – 8:00 a.m. Breakfast and Prep for the day – Mizpah Hut
- 9:00 a.m. Begin hike over to Lakes of the Clouds Hut
- 3:00 p.m. Arrive at Lakes of the Clouds Hut; possible hike up Mt Washington
- 6:00 p.m. Dinner at Lakes of the Clouds followed by evening program.
- 9:00 p.m. Bedtime

Thursday, August 15:

- 7 – 8:00 a.m. Breakfast and Prep for the day
- 9:00 a.m. Begin hike over to Madison Hut.
- 5:00 p.m.^{ish} Arrive at Madison Hut
- 6:00 p.m. Dinner at Madison Hut followed by evening program.
- 9:00 p.m. Bedtime

Friday, August 16:

- 7 – 8:00 a.m. Breakfast and Prep for the day
- 9:00 a.m. Begin hike down to bus – via Airline Trail (2.8 Miles)
-This hike will be entirely student-led and will include solo hikes and individual conferences with the trip leaders
- 11:30 a.m.^{ish} Arrive at parking and go get Pizza for lunch!
- 4:00 p.m. Arrive back at NYA (students will call with exact time of arrival)

What to bring?:

- Sleeping sack or sheet
- Backpack that will carry four days of equipment
- 2 sets of warm under-layers
 - 2 winter hats
 - 2 polypro/synthetic long sleeve shirts
 - 2 polypro/synthetic underwear pants
 - 2-3 pairs wool socks
- 1 warm, insulating layers (fleece or down jacket, fleece pants - if you have them)
- 2 pairs of “light” clothing, shorts, T-shirts
- Water (at least 2 full water bottles – 1 liter each)
- Waterproof parka, wind or rain pants
- Hiking boots and casual “hut shoes” – light and comfy, Croc or Teva style work great.
- Other essentials...flashlight, personal snacks etc...
- Toiletries (whatever you may need, toothbrush and toothpaste a must!) and any medications you may have.
- Suntan lotion, Bug repellent, sunglasses, camera...
- Book/ journal (we will provide this)

Thanks so much! If you have any questions, feel free to reach out to the instructors:

- **Ian Ramsey**, Director of the Kauffmann Program and Chair of Fine Arts
iramsey@nya.org
- **Danielle Barschdorf**, Middle School Science Chair and Director of Middle School Experiential Ed
dbarschdorf@nya.org 846-9051 ext. 472

NYA Leadership Academy Application

Name:

Grade for 2019-20 School Year:

I hope to participate in the NYA Leadership Academy because:

(Please write a paragraph that tells us why you want to participate, what you hope to get out of the program, and what you hope to contribute to the group)