



LINDSEY VONN  
FOUNDATION  
**STRONG  
GIRLS CAMP**



Baltimore, MD  
September 28 & 29, 2019

# PROJECT OVERVIEW



## WHAT:

One 2-day camp (Baltimore)  
125 girls (capacity)  
25 Leadership Team Members

## DELIVERABLES:

- Custom ZGiRLS Curriculum™ workbooks
- Mentor and staff member training
- Overall camp plan & schedule
- Registration, check-in, activities, huddles, closing ceremony
- Participant and parent evaluations
- Custom video & graduation ceremony

## GOAL:

125 STRONG & CONFIDENT girls!



# PROJECT OVERVIEW



## SUMMARY

**125 GiRLS**

Registered - **64 girls**

Cancellations - **9 girls**

Participated (Saturday) - **52 girls**

Participated (Sunday) - **44 girls**

No Shows (Saturday) - **17 girls**

No Shows (Sunday) - **25 girls**

Completed Girls' Surveys - **45 girls**

Completed Parent Surveys - **26 parents**



# GIRLS SURVEY

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**100%** of participants thought the LVF STRONG GIRLS Camp was fun!

**100%** liked their ZGiRLS Mentor



# GIRLS SURVEY

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## WHAT'S THE BIGGEST THING YOU LEARNED AT CAMP?

- How to work as a team and don't doubt yourself and think positive
- To be strong and I learned the 3 step method & I learned more about Lindsey
- They are so nice. They took the time out to make this camp possible
- I need to have a more positive mindset.
- How to turn negative thoughts positive.
- That I can do great things. And I can get through any challenge in my way.
- Keep doing what you need to do and never give up.
- Being self confident in all I do. And that I'm STRONG!
- Team Building bc the activities involved team work.
- I learned that being confident in myself can make me so much better at everything I do.
- I learned that a mindset can change everything bc it can also impact your performance.

# GiRLS SURVEY



## FAVORITE ACTIVITY:

1. Shapes **(28%)**
2. World Cup Challenge **(26%)**
3. Team Building **(21%)**
4. Other **(9%)**
5. Lip Sync Battle **(7%)**

## FAVORITE PART OF CAMP

1. Games **(33%)**
2. Lindsey Vonn **(16%)**
3. Everything **(16%)**
4. New Friends **(14%)**
5. Lip Sync Battle **(9%)**

## LEAST FAVORITE PART OF CAMP:

1. Nothing **(50%)**
2. Other **(18%)**
3. Writing (Book) **(15%)**
4. Food **(10%)**
5. Sitting **(5%)**

## GiRLS' SPORTS PARTICIPATION

SPORT	# of GIRLS	%
lax	9	16%
skiing	9	16%
swimming	7	12%
basketball	6	11%
running	5	9%
other	4	7%
dance	4	7%
soccer	4	7%
volleyball	4	5%
gymnastics	3	5%
tennis	3	5%

**95%** of participants believe...

**"I have the mental skills to navigate any challenge in my way."**

**WOULD YOU COME TO ANOTHER STRONG GIRLS CAMP?**

**4.89**  
(out of 5)

# PARENT SURVEY



88.5%

**My daughter is noticeably more confident after camp**

My daughter liked her ZGiRLS Mentor	100%
I feel like the skills my daughter learned are useful	100%
My daughter felt included & supported	100%
Communication with ZGiRLS was just right	100%
My daughter would like to attend another LVF Camp	100%
The closing ceremony was educational and helpful	100%

**How likely are you to recommend LVF Programs to a friend?** 4.92  
(out of 5)

# PARENT SURVEY

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## WHAT DID WE DO WELL?

- She really felt connected with everyone that things were targeted directly at her interests
- Two days after camp she shared an experience with me and how she used what she learned at camp. She was clearly listening and internalizing what you all were teaching. Thank you!! These are skills that she can carry with her forever and help her to be in charge of how she views the world and how she reacts when things don't go her way.
- My daughter thought the camp was wonderful. She enjoyed interacting with Lindsey, and all the counselors and making new friends with the other girls. She enjoyed the exercises and seeing the skills of the other girls.
- I truly believe that this experience will impact her for life.
- My daughter loved being surrounded by a diverse group of strong female peers. She liked learning practices and skills that help make her stronger physically, mentally, and emotionally in a supportive non-judgmental environment. I think she felt seen and safe at camp.
- As a parent I think the most valuable thing she learned was how to change negative feedback into positive feedback. In being a competitive athlete she trains with closely with coaches that are constantly giving feedback. It is easy to see how constant correction can take a toll on self esteem. During the camp and after, she processed through some of her negative experiences and was able to let things go and not take it so personally as well as appreciate coaches that coach in a style that fits her needs. I think that this will be very helpful as she continues in competitive sports.

# PARENT SURVEY



## WHAT CAN WE IMPROVE ON?

- Connections - encourage the kids to connect afterwards or to build relationships
- Mixing up the girls a bit more. Lots of focus on the lip syncing the last day sounded like a bit much.
- Not sure, you nailed it.
- I believe she said she would like a better snack.
- She really loved the camp! Maybe a longer term connection with her mentor, maybe through email.



# PARENT SURVEY

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**If you were talking to a parent who was considering signing their daughter up for an LVF Program, what would you tell them about your daughter's experience?**

- My daughter learned to work with people she'd never met from all different backgrounds with different interests and had a wonderful time and really felt she benefited from the program. She cant wait to do it again.
- My daughter absolutely enjoyed her experience. I've watched her come out of her comfort zone a little more.
- That she had a great experience and this would be the perfect opportunity for your tween/ preteen to have a mentor for them to look up to and help them to build confidence. Sometimes, it good for them to hear the same message from someone else outside of their parents.
- A great way to help daughters step out of their comfort zones, meet new friends, challenge themselves physically and mentally, while creating a great mindset for success and confidence for reaching their goals.
- It was a wonderful, memorable experience for my daughter. There was a lot of camaraderie with other girls and it was a good experience for her to work with other athletes. As so many of her sports involve individual performance.
- I would share that [my daughter] learned and grew from positive strong women role models and from working with strong female peers on cognitive and physical exercises that she can use for her entire life.