



# Military Teen Future Leader Camp

Norwich University

Saturday, July 13 – Sunday, July 21, 2024

Saturday, July 27 – Sunday, August 4, 2024

Registration and more information available at:

<https://go.uvm.edu/flc-register>



FLC is available to rising high school sophomores, juniors, and seniors. High School graduates will only be allowed to attend FLC if accepted and committed to attending Norwich University. They must have made the first-year enrollment deposit prior to enrolling in FLC. The camp anticipates enrolling 100 campers per session with approximately 15 scholarships available per session on a first-come basis.

## What is FLC?

**PART 1:** A typical day begins at 5:30 a.m. and includes morning physical fitness followed by training sessions focusing on individual and team skills. Evening sessions focus on interactive classroom instruction on the methods, traits, and principles of leadership and effective communication. Initial instruction on rappelling, rock wall climbing, map reading, and a compass course.

**PART 2:** Participants confront the physical challenges of hiking, climbing, and rappelling outdoors. They practice wilderness survival skills during an overnight camping exercise and then test what they've learned during the Search and Rescue Exercise (SAREX). Teams spend their final days competing in the Olympic Challenge Course, a drill competition, and a leadership exam. There will be a graduation ceremony on the final day, prior to checkout.

Contact UVM Extension 4-H Health and Wellness Program Coordinator Anthony Sgherza at [asgherza@uvm.edu](mailto:asgherza@uvm.edu) or 802-656-7606 with questions.

*A \$300 deposit is required and will be reimbursed (processed) the first day camp begins.*

To request language interpretation/translation assistance and/or a disability-related accommodation to participate in this program, please call or email 4-H Health and Wellness Program Coordinator Anthony Sgherza at [asgherza@uvm.edu](mailto:asgherza@uvm.edu) by Friday, June 21, 2024, so we may assist you.

[www.uvm.edu/extension/youth](http://www.uvm.edu/extension/youth)