

Sasamat Outdoor Centre Leadership Program Information package 2023

Hello, and welcome to Sasamat's Leadership Programs

What is Sasamat's Leadership Program?

Sasamat Outdoor Centre Outdoor Centre is a place for all. We are a community-based non-profit organization that offers summer camps, outdoor education, leadership programs, and community rentals. We believe that time spent outdoors is time well spent, especially when we have the privilege of doing so together.

With over thirty years of experience running our Leadership One and Two program we have created a fun and engaging experience that compliments and supports high school students as they grow and challenge themselves to create a positive foundation for their future experiences and pursuits.

The two programs run over the course of five months (January – May) with a combination of weekly workshops and practical weekend events. During the five-month program students get to explore and practice leadership theory and skills, community engagement, teamwork and personal challenges, as well as participate in optional certification courses such as food safe, first aid, and high five. Our programs provide a fantastic opportunity that is separate from school and helps build confidence and community that are stepping stones for future education, job, or community leadership pursuits.

Many of Sasamat's staff members, leaders, and instructors have participated in the leadership programs that have resulted in creating lifelong friendships and opened the doors to many wonderful opportunities. We are excited and looking forward to sharing our experience and passion with this year's leadership students!

To learn more about Sasamat itself visit us at <https://www.sasamat.org/who-we-are>

Leadership One and Two for High School Students

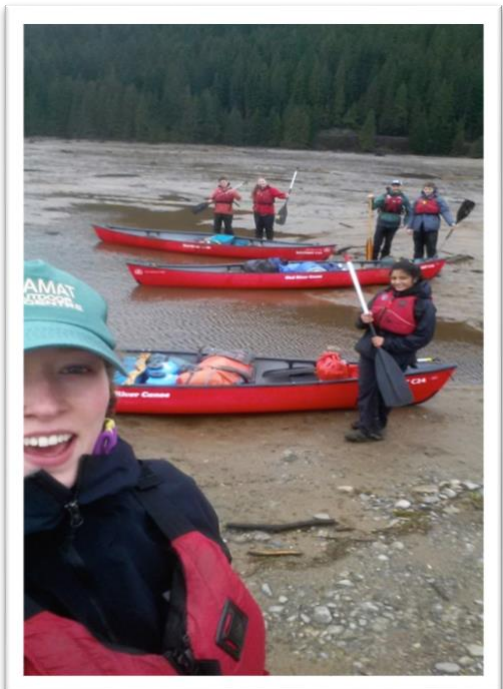
Leadership One (Grade 10 or 11): Leadership One is the first of the two-year leadership program. It is catered to students in grade ten or eleven, and introduces participants to the foundational components of leadership.



The program runs from January until April each year, and is comprised of ten weeks of classroom learning, complemented by weekend excursions at Sasamat Outdoor Centre and in the community. Students typically meet weekly in a local community centre for engaging and interactive classroom sessions with our instructors. Through applied learning, Leadership One students will practice their skills in areas like instructional communication, conflict resolution skills, and job preparedness.

A highlight of the program for many students is the various weekend excursions to Sasamat Outdoor Centre and other community locations. Through weekend events, students will have the opportunity to learn and practice outdoor skills, gain volunteer hours, as well as obtain certification in First Aid, Food Safe, Recreational Canoeing Association of BC Flatwater Canoeing Levels, and High Five.

This program aims to provide a well-rounded introduction to leadership, supporting each student to develop their own style and confidence as they pursue new endeavours in their senior high school years or post-secondary years. Working through these skillsets with a cohort of twelve peers, students inevitably form a tight-knit group each year, walking away from the program not only with new skills, but a close group of friends.



Leadership Two (Grade 10 or above): Leadership Two is the second year and final year of the two-year Leadership program. This program is aimed at students who have completed the Leadership One (L1) program, or have a similar level of experience through alternative programs, schooling, work or volunteering.



Leadership Two students will apply the foundational leadership skills taught in Leadership One to camping trips and community leadership initiatives, practicing their skills with their peers. The program features ten weeks of classroom learning, complemented by weekend excursions at Sasamat Outdoor Centre, and wilderness camping trips in Whistler and Stave Lake.

Running from January until April each year, students typically meet weekly in a local community centre for student-driven

classroom sessions. Leadership Two students will be challenged in many areas, including group collaboration and creative problem solving, children and youth instruction, and outdoor wilderness camping.

As a more focused program, Leadership Two students will enjoy a winter out-trip with a snowshoeing component, a spring multi-day paddling out-trip, volunteering with Sasamat's children's March break day camps, and running their very own children's day camp on the April Day Camp Weekend. Leadership Two students can also participate in certification course offerings, including First Aid, Food Safe, Recreational Canoeing Association of BC Flatwater Canoeing Levels, and High Five certifications.

Graduates of Leadership Two often carry their skills onto post-secondary education, part-time jobs in leadership positions in their communities, or even seasonal employment with Sasamat Outdoor Centre. After two years of playing and learning with their peer cohort, Leadership Two students often graduate the program having formed a special community of long-lasting friendships.



2022 Leadership Graduation Night



2018 April Day Camp weekend

Program structure and calendar

Both Leadership One and Two will work through ten weekday sessions. These sessions and the supporting material provided in the participant leadership manuals, are covered using interactive workshops at the locations outlined below.

Leadership Class locations: Weekly sessions run on repeating weeknights from 7:00pm – 9:00pm.

- Leadership One Vancouver: Mount Pleasant Neighbourhood House
- Leadership One Port Moody: Port Moody Recreation Centre (7:15pm – 9:15pm)
- Leadership Two: Cameron Recreation Centre

Calendar and upcoming Dates:

- Parent and Student Info Night – December 12th, 2022 (6:00pm on Zoom)
- Leadership Two Pizza Night – December 13th, 2022 (6:00pm in person)

L2	L1 Vancouver	L1 Port Moody	All Leadership	L1 (Port Moody & Vancouver)
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January						
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1.	2.	3.	4.	5.	6.
7.	8.	9.	10.	11.	12.	13.
14.	15.	16. L2 Week 1	17.	18.	19.	20.
21.	22.	23. L2 Week 2	24. L1 Vancouver Week 1	25. L1 Port Moody Week 1	26.	27.
28. L2 Winter Camping	29. L2 Winter Camping	30.	31. L1 Vancouver Week 2			

February						
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				1. L1 Port Moody Week 2	2.	3.
4.	5.	6. L2 Week 3	7. L1 Vancouver Week 3	8. L1 Port Moody Week 3	9.	10.
11.	12.	13. L2 Week 4	14. L1 Vancouver Week 4	15. L1 Port Moody Week 4	16.	17. L1 Skills Development Weekend
18. L1 Skills Development Weekend	19. L1 Skills Development Weekend	20.	21.	22.	23.	24.
25.	26.	27. L2 Week 5	28. L1 Vancouver Week 5			

March						
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				1. L1 Port Moody Week 5	2.	3.
4. Neighbourhood House Weekend	5. Neighbourhood House Weekend	6.	7.	8.	9.	10.
11. Leadership Hike Day	12.	13.	14.	15.	16.	17.
18.	19.	20. L2 Stave Lake Trip	21. L2 Stave Lake Trip	22. L2 Stave Lake Trip	23.	24.
25.	26.	27. L2 Week 6	28. L1 Vancouver Week 6	29. L1 Port Moody Week 6	30.	31.

April						
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1. Social Justice Weekend	2.	3. L2 Week 7	4. L1 Vancouver Week 7	5. L1 Port Moody Week 7	6.	7.
8.	9.	10.	11. L2 Week 8 L1 Vancouver Week 8	12. L1 Port Moody Week 8	13.	14. April Day Camp Weekend
15. April Day Camp Weekend	16. April Day Camp Weekend	17.	18.	19.	20.	21.
22.	23.	24. L2 Week 9	25. L1 Vancouver Week 9	26. L1 Port Moody Week 9	27.	28.
29.	30.					

May						
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		1. L2 Week 9	2. L1 Vancouver Week 10	3. L1 Port Moody Week 10	4.	5.
6. Leadership Paddle Day	7.	8. L2 Wrap up	9. L1 Vancouver Wrap Up	10. L1 Port Moody Wrap Up	11.	12.
13.	14.	15.	16. Leadership Recognition Night	17.	18.	19.
20.	21.	22.	23.	24.	25.	26.
27.	28.	29.	30.	31.		

Optional Weekend Program & Courses

Weekend Programs

- L2 Winter Camping Trip – Snow, snowshoes, and tents? L2 participants can participate in a one-night winter camping trip where they learn and put into practice winter specific camping skills and leadership.
- L2 Stave Lake Canoe Camping Trip – L2 participants set out on a three-day, two-night, canoe trip on stave lake practicing leadership skills and wilderness craft practiced during weekly sessions.
- L1 Skill Development Weekend – L1 students from both classes spend one – two nights at Sasamat Outdoor Centre practicing hands on leadership skills and have their communication, problem solving, teamwork, and comfort zones challenged. This is also an opportunity for students from both classes to come together as a larger community and create connections with other participants.
- Neighbourhood house Weekend – Focused on creating community volunteer experiences and creating networks with other youth programs, this weekend is a great opportunity for greater learning and connection with other groups.
- Social Justice Weekend – This weekend program focuses on providing workshops around relevant issues in today's society that affect communities and youth. The goal of this weekend is to provide a thought-provoking experience where students learn together and find tools to help navigate some of societies pressing social issues. Past workshops have included subjects such as bullying, racism, intolerance, safe internet practice and information gathering, community development
- April Day Camp Weekend – April Day Camp weekend is an opportunity for participants to help lead youth programs during two small day camp programs. Students have a chance to plan and prepare fun activities, with the help and support of their instructors, then run their activities with real campers! April Day camp weekend is also a great time to get additional volunteer hours or certification courses.
- Leadership Hike Day – Students have the opportunity to explore a scenic day long hiking trail with their instructors. The purpose of the hike day is a fun activity where participants learn and prep their experience, practicing safe backcountry practices and preparedness.
- Leadership Paddle Day – Students have the opportunity to practice water safety, canoe skills, and wilderness preparedness with a day of canoeing. This is a great day to get outside and spend the day with friends.

Optional Certification Courses

- Recreational Canoeing Association of BC basic tandem and solo canoe courses
- High Five: Principles of Healthy Child Development
- 8-hour Emergency First Aid Course with CPR-C
- BC Food Safe

Volunteer Hours

- Both of Sasamat's leadership programs are a great way to gain volunteer hours with both Sasamat programs and local community-based initiatives. Participants have the opportunity to volunteer with many Sasamat programs such as our April day camp weekend or spring break youth programs. Students have an opportunity to complete between 10 – 40 documented volunteer hours.

Leadership Program graduation Requirements

The leadership One and Two program are based on a well-established and intentional curriculum. While participants can still participate in the program without intention to graduate, completion of the graduation requirements allows students to walk away with a certificate of completion which is a great document to add to a resume or experience portfolio.

Leadership One Graduation Requirements:

- To attend and fully participate in 7 of 10 weekly sessions.
- To attend at least one full weekend program
- To attend at least 2 weekend day events in addition to one full weekend.
- Attend lesson 10 exit interview
- Complete a minimum of 12 hours of volunteer work through the program
- All course fees have been paid

Leadership Two Graduation Requirements:

- To attend and fully participate in 7 of 10 weekly sessions.
- Complete a minimum of 18 volunteer hours through the program
- Present a peer teaching topic
- Complete a canoe or camping experience
- Lead a children's activity or program through Sasamat Outdoor Centre's programs
- Complete Lesson 10 exit interview
- All course fees have been paid

How to Sign up / Register: Weekends. Trips, courses

How to sign up for leadership programs:

- To register for Sasamat's Leadership programs visit us at <https://www.sasamat.org/leadership-programs> and click the "learn more" link to review program details and access the registration portal through our website.

How to sign up for weekend events and Certification courses:

- Weekend programs, trips, workshops, and certification courses are registered separately from the core program. These can be signed up for separately from the base registration through your Sasamat account. Registration for additional events and courses will close one week prior to the start date of the event.

How to request for program subsidies:

- Sasamat Outdoor Centre provides case-by-case subsidies and financial assistance for all of our programs to those eligible.
- If you are interested in learning more about subsidies and financial assistance for any of our programs, give our office a call at 604 939 2268 or send us an email with your inquiry to info@sasamat.org.



Where Can Leadership Take You

Leadership graduates in the past have gone on to do many different types of careers and adventures. Some of which include:

- Working with Sasamat Outdoor Centre in both full time and seasonal roles
- As teachers
- Social Workers
- In business
- Working in and with various community organizations
- Community Development
- Recreation and tourism
- And so much more!

At Sasamat we have the pleasure of hiring our seasonal teams every year for outdoor education programs and summer camp. Summer camp provides a safe and positive environment for many first-time jobs and helps instil confidence and leadership through work and outdoor play. We always appreciate when an applicant has gone through leadership. It really helps prepare potential future staff for an interview and for the real work that follows. It definitely adds a competitive edge to an applicant's resume for us, and we believe other organizations feel the same way.

