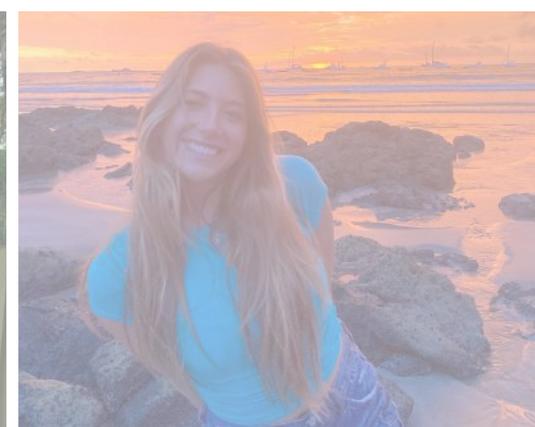




# GLASS

COSTA RICA  
2022





## WHAT IS GLASS?

The Girls Leadership Academy for Service & Sport (GLASS) is an international leadership development program designed for high school female athletes. Led by a team of former college athletes, GLASS empowers, transforms, and inspires female leaders. Each session includes sports-performance training, service-learning projects, leadership development workshops, and adventure!

## WE ARE EMPOWERING FEMALE LEADERS THROUGH SPORTS, SERVICE & GLOBAL ENGAGEMENT

### STUDENTS RETURN HOME WITH:

- An enlivened sense of independence and confidence
- An enhanced understanding of the leadership skills and values learned through sport
- Greater awareness of other communities and cultures
- A dynamic network formed with like-minded peers and mentors
- A stimulated sense of adventure



## THE GIRLS LEADERSHIP ACADEMY FOR SERVICE & SPORT

[www.beyondsportsglass.com](http://www.beyondsportsglass.com)



# WHY GLASS?

1. Experience a program designed by female athletes, for female athletes
2. Invest in your own life-changing, personal growth
3. Embark on a safe and inspiring international adventure



## Adella D. • Birmingham, MI

"GLASS improved me as a person, and I notice, even in everyday life, how I absolutely am a better, more confident leader. You cannot get a life-changing experience this amazing anywhere else. It also taught me a ton and was SO FUN!"



## Dani D. • Tewksbury, NJ

"I was so graciously surprised with the leadership focus and how much I learned about myself and others. I feel much more confident in my own skin, and reflecting back, I see how much my character developed and will continue to develop because of GLASS."



## Marissa L. • Bordentown, NJ

"The trip was really life-changing! I met so many incredible and inspiring people, stepped out of my comfort zone, and learned so much from just the 10 days I was there. It was the perfect mix of sports, service/volunteer activities, leadership, and FUN!"



## Parent of Erin D. • Penfield, NY

"GLASS was transformative for Erin. The whole experience allowed her to step outside of her comfort zone and learn so much about herself and her potential. The mentors were amazing role models. She returned energized and confident. Worth every penny!"



## Parent of Kate K. • Sugar Land, TX

"At first we were apprehensive about the safety of sending our daughter across the world. However, the mentors were very professional and responded quickly to any questions, comments, or concerns. This helped put our fears to rest."

# THE GLASS MENTORS



Parent of Maddy M. • Frisco, TX

*"The mentors truly poured into these girls and I'm so grateful that my daughter will forever benefit from the leadership and growth this program provides!"*

## Who are the GLASS Mentors?

Our GLASS Mentors serve as our program staff. We leverage our vast network of college coaches and athletic directors from top universities across the country asking for All-Americans, Dean's List honorees, and team leaders who have left their marks on athletic departments and their broader university communities. Each year our team is comprised of standout women from a variety of sports, NCAA Divisions, and academic backgrounds.

## Why mentorship?

GLASS is intentionally structured around a mentorship model because we are keenly aware of the lifetime impact a mentor can impart. Going above and beyond your average "camp staff", our Mentor team is dedicated to helping our students unlock the potential inside them—as leaders, students, and athletes.



Track  
Baylor Univ.



Lacrosse  
Univ. of Vermont



Softball  
UConn



Volleyball  
Fairfield Univ.



Swim  
UC Berkeley



Soccer  
Jackson St. Univ.



Track; XC  
BYU

## FORMER GLASS Mentors



XC; Tennis  
Bradley Univ.



Track  
Dickinson College



Volleyball  
Bard College



Rowing  
Univ. of Tennessee



Softball  
Univ. at Albany



Basketball  
Cal St. Northridge



Lacrosse  
Univ. of Louisville



Basketball  
Dartmouth

# DAILY SCHEDULE

## DAILY THEME

Each day is structured around one of our eight leadership themes: authenticity, confidence, connection, positivity, purpose, service, courage, and empowerment. These themes are incorporated into our sports training, service-learning, excursions and leadership workshops.

## WEEKLY ITINERARY

Our specific weekly itineraries vary moderately each session, however they all include the same core components. Students and families will receive a more detailed itinerary—specific to their session—prior to travel.

## CORE COMPONENTS

- Sports-performance training
- Service-learning projects
- Leadership development workshops
- Group excursions

## SAMPLE ITINERARY

**7:30 AM** - Rise & shine! Grab a quick snack and head to the workout of the day. Workouts take place on campus or at the beach! All students will train together during our sports-performance training sessions. There will be scheduled time throughout the week for students to train for their individual sports.

**8:30 AM** - Journal and reflection time with your mentor. We'll introduce you to the leadership word of the day.

**9:15 AM** - Breakfast! All meals are provided throughout GLASS and prepared by our in-house chef. A typical breakfast includes cage-free eggs, gallo pinto (seasoned rice and beans), bread, and fresh fruit!

**10:00 AM** - Departure for a group excursion: surf lessons in Playa Grande, catamaran tour, visit the nearby town of Tamarindo, zip lining at Diamante Eco Adventure Park, or downtime at the beach.

**1:00 PM** - Lunch on campus. There will always be time before and after meals to shower and relax in your bunks.

**2:00 PM** - Free Time—hang out with your GLASSmates, play pick-up sports, or participate in one of our elective workshops (i.e Selecting a College; College Athletes & Recruitment; Local Fruit Tasting; etc.)

**4:30 PM** - Sports clinic with one of our community service partners.

**6:30 PM** - Dinner on campus prepared by our campus chef. Meals at GLASS are fresh and healthy.

**7:30 PM** - Leadership workshop led by our GLASS Mentors.

**10:30 PM** - Quiet in the dorms and lights out.

# SPORTS TRAINING

WE TRAIN...

ALL { ATHLETES  
LEVELS  
SPORTS

Our sports-performance training is designed for athletes from all sports and all levels. Each workout is structured around a key athletic aspect (i.e. speed, agility, balance, etc.) Students return with a greater understanding of their strengths and opportunities for growth as an athlete.

**"Will I train for my individual sport(s)?"**

Yes! There will be time to train throughout the week for your individual sport. Mentors will be available for sport-specific coaching!



WE WORKOUT WITH PURPOSE



## NORTHSTAR SPORTS

We are partnered with **NorthStar Sports Performance** to provide high quality training that accommodates to the positional needs of our athletes. As NorthStar Crossover Trainers, our team of GLASS Mentors ensures that each athlete understands how exercises and drills directly translate or "crossover" to her sport(s).

Our mission is to help each athlete achieve her full potential on and off the field of play.

Learn more about NorthStar Sports at [www.nssportstraining.com](http://www.nssportstraining.com)

Our workouts focus on:

- Efficiency
- Meeting the individual needs of each athlete
- Purpose
- Attention to detail

PLAYA FLAMINGO, COSTA RICA

# PROGRAM LOCATION



## BEYOND SPORTS CAMPUS

Our private, 3-acre Beyond Sports Campus is located minutes away from one of Costa Rica's most beautiful beaches. It is situated in the quiet, coastal town of Playa Flamingo. During GLASS, our campus is our home away from home. Amenities include WiFi, air-conditioned dormitories, a dining area, basketball gym, open-air yoga studio, and a strength and conditioning facility.

## SERVICE - LEARNING

We are partnered with two local non-profits in the greater Playa Flamingo area—CEPIA and Abriendo Mentes—to ensure that our work is sustainable and accommodating to the fluctuating needs of the community. With our GLASS students, we will run sports clinics for local youth, help out at a local animal shelter, and participate in environmental clean-ups.

## CULTURAL IMMERSION

During GLASS, students enjoy a variety of Costa Rican adventures and cultural immersion experiences! Each GLASS session includes a full day of zip lining at Diamante Eco Adventure Park, surf lessons, a four-hour catamaran tour, and time to explore several picturesque beaches. All sessions also include visits to local communities and culturally-focused elective workshops.



# HEALTH & SAFETY

OUR NUMBER ONE PRIORITY.

## 6:1 Student-to-Staff Ratio

Students are accompanied by staff at all times.



## COVID Safety Measures

Our program is operated according to guidance from the CDC and American Camp Association (ACA). More details can be found on our website:



[www.beyondsportsglass.com/health-safety](http://www.beyondsportsglass.com/health-safety)

## Family Communication

We prioritize transparency and accessibility. Prior to departure, family members receive:



- Staff contact information
- Access to a private Facebook group to stay up-to-date on the daily activities at GLASS

## Safety Orientation

Students participate in a health and safety orientation upon arrival.



## Travel Preparations

Prior to travel, we:



- Ensure that all students know how to navigate international travel
- Introduce students to the GLASSmates and Mentors who will be a part of their session
- Provide a detailed pre-departure guide

## Access to Health Care

Extensive international health insurance is provided for all students. Costa Rica's health care system consistently ranks among the world's best.



## 11 Years of Experience in Costa Rica

Beyond Sports has been safely operating programs in Costa Rica since 2010. We have staff who live in Costa Rica year-round. All program locations, service-learning partners, and excursion providers are vetted thoroughly.



# ABOUT COSTA RICA



**Costa Ricans consistently rank among the happiest people in the world!**

This will come as no surprise when you experience the incredibly friendly and welcoming local people and a culture that emphasizes presence, simplicity, and family.

## Fun facts:

- A population of 5.05 million people
- Roman Catholicism is the major religion
- 94% of the population is of European (Spanish) decent
- 65+ years of peaceful, uninterrupted democracy
- The only country in the Western Hemisphere without a military or army of any kind
- Costa Ricans enjoy Central America's highest standard of living (\$10,000 GDP per capita)
- The economy is driven by tourism, services, agriculture (bananas, pineapples, coffee), and manufacturing
- World leader in environmental conservation



# DATES & RATES

Session	Dates
Session 1	June 1st - June 10th, 2022
Session 2	June 13th - June 22nd, 2022
Session 3	June 24th - July 3rd, 2022
Session 4	July 8th - July 17th, 2022
Session 5	July 20th - July 29th, 2022
Session 6	August 1st - 10th, 2022

**Program Total: \$2995**

## Included:

- 3 Meals Per Day
- 9 Nights Lodging on the Beyond Sports Campus
- Transportation in Costa Rica
- GLASS Leadership Workshops
- Sport-Performance Training
- Service-Learning Clinics
- Zip Line Excursion
- Catamaran Tour
- Surfing Lessons
- GLASS T-Shirt
- GLASS Journal
- GeoBlue International Health Insurance
- COVID-19 Test Upon Return to the United States

## Not-Included:

- Round Trip Airfare
- Passport Fees (If Applicable)
- Baggage Fees on Flights
- Personal Expenses (i.e. Souvenirs and Snacks)

## Eligibility Requirements:

- Graduating classes of 2022 through 2026
- Student-Athlete (school or club-affiliated)
- Admitted to GLASS via our open application or nominee application

## Session Capacity:

Each GLASS session is capped at 24 students. Session availability is updated on our website: [www.beyondsportsglass.com/dates-rates](http://www.beyondsportsglass.com/dates-rates)

## Payment:

A non-refundable deposit of \$250 is due at registration to reserve your spot. The remaining balance will be paid in installments:

- \$915 — Due three months prior to the session.
- \$915 — Due two months prior to the session.
- \$915 — Due a month prior to the session.

Specific due dates are outlined in registration.

## Flights:

Students can purchase any flights that arrive in and depart from Liberia, Costa Rica (LIR) within the time frame windows provided by our GLASS team.

**Affordability:** As an organization, we strive to remove the financial barriers that prevent student-athletes from traveling. Fundraising and scholarship resources are available. Please inquire with your enrollment advisor for more details.

# JOIN OUR **GLASS** FAMILY



## Apply

Complete our Open Application or Nominee Application at [www.beyondsportsglass.com/apply](http://www.beyondsportsglass.com/apply). Our team will review your application within seven days.



## Connect with our Team

Once admitted, one of our enrollment advisors will connect with you to answer your questions. We know embarking on an international adventure is a big decision. Our team will work with you every step of the way!



## Pursue Fundraising & Scholarships

We strive to remove financial obstacles that inhibit a student from pursuing this transformative experience. Your enrollment advisor will share more details about our fundraising and scholarship resources.



## Deposit & Enroll

A \$250 deposit is required to reserve your spot in a session. Once admitted, you will receive registration instructions from our team. **Please note, space is limited. Enrollment is capped at 24 students per session.**

Grace C. • Cleveland, OH

*"It's an absolutely incredible program. I would do it again in a heartbeat. You grow as a player, teammate, leader, and person in general. The service is one-of-a-kind and will impact you for the rest of your life. GLASS was one of the best things that I've ever participated in."*



## Questions? Connect with us!

+1 (614) 391-1891

[mentors@beyondsportsglass.com](mailto:mentors@beyondsportsglass.com)

[www.beyondsportsglass.com](http://www.beyondsportsglass.com)



**BEYOND  
SPORTS**

Visit our parent organization at  
[www.beyondsportstours.com](http://www.beyondsportstours.com)



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Academy for Service & Sport**

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