



GLASS

GIRLS LEADERSHIP ACADEMY FOR SERVICE & SPORT

COSTA RICA 2023

LEAD • SERVE • TRAIN • EXPLORE





GLASS 2023 AT A GLANCE

DATES

Session 1: June 21-30, 2023

Session 2: July 5-14, 2023

PROGRAM TOTAL

\$2995

LOCATION

Costa Rica

- San Jose - 3 Nights
- La Fortuna - 2 Nights
- Playa Potrero - 4 Nights

HIGHLIGHTS

- Athlete-focused leadership workshops
- Service-learning experiences in three different Costa Rican locales (urban, rural, and coastal)
- Train for your sport while traveling abroad
- Mentorship from former college athletes
- Zip-lining and hiking through the rainforest
- Surf lessons
- Catamaran tour along the Pacific Coast

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.

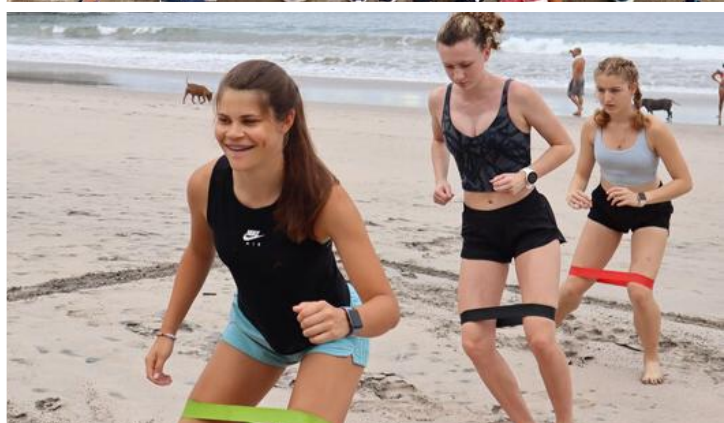
Hosted in Costa Rica, each 10-day session includes sports-performance training, service-learning, leadership development workshops, mentorship from former college athletes, and adventure!

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

Enrollment is open to student-athletes from all sports, all levels. The program is designed to help student-athletes recognize and cultivate the leadership skills learned through sports.

GLASS is provided by Beyond Sports—the world leader in international enrichment programs for student-athletes since 2010.



**THE GIRLS LEADERSHIP
ACADEMY FOR SERVICE & SPORT**

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



"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!"

Adella D. • Birmingham, MI



"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."

Dani D. • Tewksbury, 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 activities, leadership, and FUN!"

Marissa L. • Bordentown, NJ



"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 Erin D. • Penfield, NY



"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."

Parent of Kate K. • Sugar Land, TX



View more testimonials or request to connect with a program alum at:
www.beyondsportstours.com/testimonials

2023 PROGRAM ITINERARY

- Day 1** | **San Jose** - Arrival day! Students arrive to San Jose International Airport. Our staff will be at the airport awaiting students' arrivals.
- Day 2** | **San Jose** - Our first full day will start with typical Costa Rican breakfast—gallo pinto, fresh fruit, and eggs—then meet for Welcome & Orientation. In the afternoon, we'll complete our first group workout and wrap-up the day with a leadership workshop.
- Day 3** | **San Jose** - We'll workout in the morning and then host our first sports clinic for local youth. Later, we'll depart for a guided city tour of San Jose. We'll round out the day with a leadership workshop and salsa lessons!
- Day 4** | **La Fortuna** - We leave early in the morning for La Fortuna—location of the famous Arenal Volcano! Upon arrival, we'll host our second sports clinic for local youth. In the afternoon, our staff will lead our daily workout and leadership workshop. In the evening, we'll visit Baldi Hot Springs for dinner and relaxation!
- Day 5** | **La Fortuna** - In the morning, we'll zip-line and hike through the rainforest! We'll conclude the day with downtime and leadership.
- Day 6** | **Playa Potrero** - Morning road trip to Playa Potrero—a local Costa Rican beach town. Once we arrive, we'll acclimate ourselves to our final home base with a town tour and beach visit! We'll soak up the last hour of sun with a sunset beach workout and round out the day with leadership.
- Day 7** | **Playa Potrero** - In the morning, we'll volunteer at Barbara's Cat & Dog Shelter. In the afternoon, we'll host our third sports clinic. During our leadership for the day, our Mentors will facilitate a service-learning reflection to capture key learnings from the service component of the program.
- Day 8** | **Playa Potrero** - We'll start with morning surf lessons! Our Mentors will host our leadership workshop in the early afternoon.. We'll conclude with souvenir shopping, dinner, and sunset viewing in a nearby town called Playa Brasilito.
- Day 9** | **Playa Potrero** - We'll begin with our last leadership workshop and workout. In the afternoon, we'll set sail on a catamaran tour. Our program will conclude with a GLASS Wrap-Up, hosted by our staff.
- Day 10** | **Departure Day** - Students will be accompanied by staff to Liberia International Airport for departure.

Note: Itinerary will change slightly based on the needs of our service partners. A final itinerary will be shared in the pre-departure guide.



DATES & RATES

SESSION 1: June 21st - 30th, 2023

SESSION 2: July 5th - 14th, 2023

PROGRAM TOTAL: \$2995

Eligibility Requirements:

- Graduating classes of 2023 through 2027
- Student-athlete (school or club-affiliated)
- Admitted to GLASS via our open application or nominee application

Please refer to the last page of our program guide for more enrollment details.

Session Capacity:

Each GLASS session is capped at 36 students. Programs are enrolled on a first-come, first-serve basis.

Flights:

Arrival - San Jose, Costa Rica (SJO)
Departure - Liberia, Costa Rica (LIR)

Students are responsible for arranging their own airfare to and from Costa Rica. Our team is available to assist students and families through this process. Please visit our flight booking page for detailed flight booking info:

www.beyondsportsglass.com/flights

Lodging & Transportation:

We will be traveling around Costa Rica via a private charter bus. At each destination, we will stay in hotels.

Students will share hotel rooms with other GLASS participants. All students will have their own bed.

PROGRAM PACKAGE

Included:

- 9 nights hotel lodging (3 nights in San Jose, 2 nights in La Fortuna, 4 nights in Playa Potrero)
- 3 meals per day
- GLASS Leadership Workshops
- Sports-performance training
- Service-learning clinics
- Zip-lining excursion
- Baldi Hot Springs
- Surf lessons
- Catamaran tour
- Transportation in Costa Rica
- GLASS t-shirt
- GLASS backpack
- GLASS journal
- International Health Insurance

Not included

- Round-trip airfare
- Snacks and souvenirs
- Passport fees (if applicable)
- Baggage fees on flights

Payment:

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

At Registration - *\$250 Deposit*
Three Months Prior - *50% Balance*
One Month Prior - *Remaining Balance*

Specific payment deadlines for each session are outlined in registration.

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 our enrollment team for more details.

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.

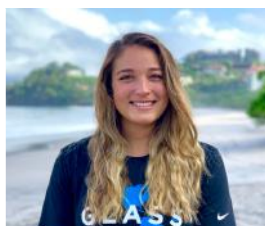
Our GLASS Mentors are selected and announced the spring before our summer sessions begin.

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 their potential—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

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

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.

12 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

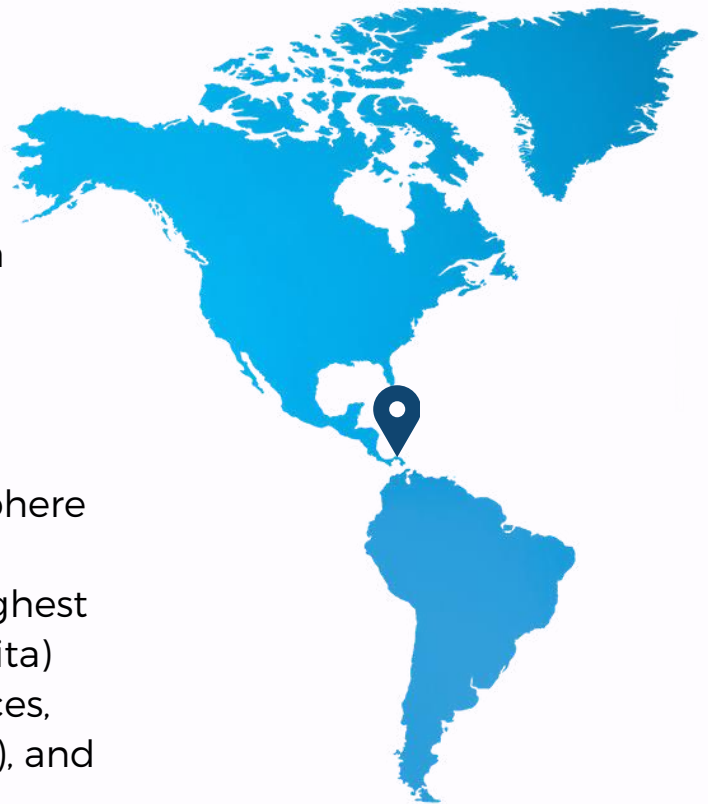


Costa Ricans consistently rank among the happiest people in the world!

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



GLASS ENROLLMENT

1. Apply



Complete our **Open Application** or **Nominee Application** at www.beyondsportsglass.com/apply. Applications are reviewed within seven days. We look for students who are invested in their personal growth and demonstrate an interest in learning about the transformative power of sports.

2. Connect with our Team



Once admitted, our enrollment team 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!

3. 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.

4. Deposit & Enroll



A \$250 deposit is required to reserve your spot in a session. Once admitted, you will receive registration instructions from our team.

Note: Space is limited. Each session is capped at 36 students.

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."



+1 (614) 391-1891

mentors@beyondsportsglass.com
www.beyondsportsglass.com



+1 (614) 391-1891

info@beyondsportstours.com
www.beyondsportstours.com

