

# Julia's Summer Leadership Journey

**Graduation Project 2017-18**

**Last summer I had the amazing opportunity to be selected to participate in ACES (After School Community Enrichment Strategy) Leadership Team. I worked with kids, ages 5-15, Monday through Friday from 8:30-1 teaching them the sport that I love.**

**Each week was filled with fun activities and featured special themes like crazy hat day, super hero day, and book exchanges.**



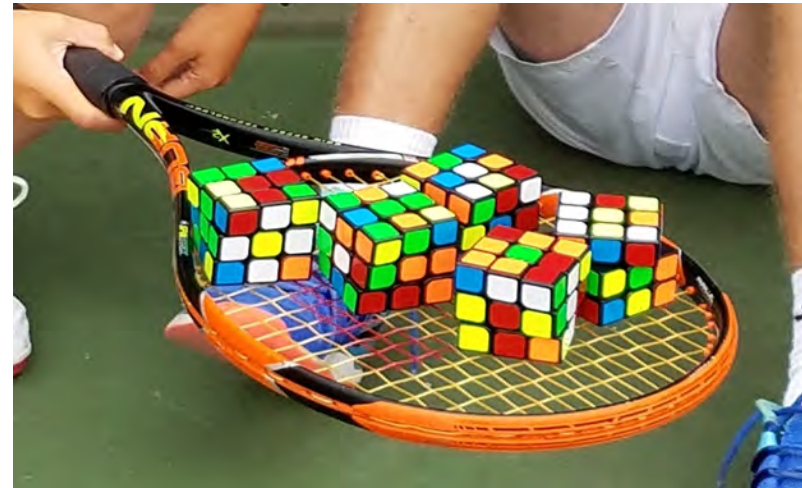
# Week 1- Caring and Citizenship

- Created care packages and wrote letters to local soldiers serving overseas.
- A local retired soldier who writes children's books came and read to them.
- The kids did weekly essay contests and this week's focus was on how tennis is a life-long sport and how they should continue playing for as long as they can.



# Week 2-Sportsmanship and Respect for others

- Lastings Milledge- former professional baseball player
  - talked to the kids about being a professional athlete and played with the kids.
- Learned to help each other solve rubik's cubes together.
- They wrote essays about why education is important and how sports can help them achieve their academic goals.





# Week 3 and 4-Health and Fitness

- Good health is a big responsibility.
- St. Joseph's Children's Hospital sponsored a health fair and spoke about achieving good health
- What impacts health?-exercise, emotions, eating work together
  - Different activities to do with different emotions

