

1st TRACKS

A PRE-ORIENTATION OUTDOOR ADVENTURE
FOR LEADERSHIP DEVELOPMENT

August 16-20, 2009

REGIS UNIVERSITY Denver, Colorado

AUGUST 16

- Orientation meeting at noon in the Student Center

AUGUST 17-19

- Four groups of 10 students will rotate between the following activities:
 - Ropes Course
 - Full day of Whitewater rafting
 - Hiking and rock climbing



AUGUST 20

- Return to Regis

GOALS OF EXPERIENCE

1. Meet classmates and other leaders before school starts
2. Experience a one-of-a-kind adventure—a memory to last a lifetime
3. Challenge yourself mentally and physically in a safe place and positive environment
4. See our beautiful state of Colorado in all its natural beauty
5. Develop leadership skills in teamwork, communication and self-awareness
6. Get a head start on completing the requirements for the Leadership Certification program



ADDITIONAL DETAILS

Cost: \$200

Deadline for sign-up and payment: July 15th, limited to the first 40 students that register

All camping gear (tents, sleeping bags, etc.) are available at no cost to rent. (Please indicate what equipment you need on the registration form.)

Release and Health forms will need to be filled out at the time when you sign up for the trip.

For information on the type of clothing and equipment to bring, please visit the Leadership website at: www.regis.edu/leadership

Questions?

Contact Sally Spencer-Thomas

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REGISTRATION

THE LEADERSHIP PROGRAM PRE-ORIENTATION TRIP

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Indicate Equipment needed:

Tent

Sleeping Bag

Sleeping Pad

Payment

Please enclose a check made payable to "Regis University," or

Visa MasterCard American Express Discover

Name on card _____

Card number _____

Expiration date _____ Total Amount _____

Signature _____

Date _____

Send Registration to:

Sally Spencer-Thomas, Psy.D.

Director, Leadership Development & Behavioral Health Promotion

Regis University F-12

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