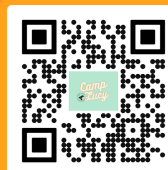
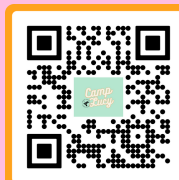


# Camp Lucy



REGISTER!



GET INVOLVED!



## WHAT IS CAMP LUCY?

Camp Lucy is a free learn-to-row camp for girls, inclusive of non-binary, transgender, and gender non-conforming youth, that uses rowing as a way to learn social-emotional skills and life skills.

Camp Lucy uses fitness and interactive activities to help young women learn about themselves as individuals and as part of a greater team. As Camp Lucy participants learn to try new things, they will gain an "I Can Do That!" mentality, and recognize the many ways that they are strong, powerful, supported, and brave!





# SUPPORTED.

## BY TEAMMATES

At Camp Lucy, campers will recognize and grow their own strengths, and learn to lift up and celebrate their peers.

## BY COACHES

Camp Lucy Coaches foster consistent and caring relationships with campers in order to create a space for campers to challenge themselves in safe and healthy ways.

## BY YOU

Camp Lucy depends on support from donors and volunteers like you! Visit [bit.ly/VolunteerCampLucy](https://bit.ly/VolunteerCampLucy) to get involved and [bit.ly/SupportCampLucy](https://bit.ly/SupportCampLucy) to support our work!

## STRONG.

Camp Lucy emphasizes empowering campers physically and mentally to move through life with confidence and tools for coping when things get hard.

## POWERFUL.

Through rowing, campers will learn about healthy habits and practice gratitude for our bodies and everything they do for us! Campers will learn how to row, how to care for their bodies, and tools for self-love.

## BRAVE.

Sometimes it takes courage to learn new things, sometimes it takes stepping out of your comfort zone to grow. We instill campers with an "I Can Do That!" mentality.



## OH YEAH....IT'S ALSO FREE!

Camp Lucy is entirely grant- and donor-funded, and includes transportation support, food, and gear. **Simply sign up, and show up.**

Visit [www.pocockfoundation.org/camp-lucy](https://www.pocockfoundation.org/camp-lucy) to learn more.



Camp Lucy aims to address the inequities in rowing. We want to intentionally increase access for girls, people of color, and those facing socio-economic barriers, just a few of the populations that have been historically excluded from rowing.

