



GRADE 11 “CLASS TRIP” INFORMATION

As we have done in recent years, on Monday, September 17, we have designed a day to help Grade 11 students to reflect upon the interconnection between service, leadership, and teamwork as they prepare to pursue even greater opportunities as juniors in the Upper School. To accomplish that goal, King has once again partnered with The Program, a leadership development and team-building organization that works with corporations, athletic organizations, and schools across the United States, to create a day of activity, reflection, and discussion for the entire Class of 2020. We believe strongly that this program is quite valuable in developing students' leadership skills and in building a sense of community within the grade.

Cory Ross, the lead instructor from The Program, has helped to design a day that emphasizes *accountability* as a key factor in our own capacity to be effective teammates and leaders. The exercises and conversations on that day are devised to help students see that they are the ones primarily responsible for creating the school's culture through their energy and engagement. If they focus on being accountable to themselves and to each other, then they as individuals and we as a school can have an even richer experience next year!

For more information, please see this [video](#) from Cory as well as the FAQ sheet (attached below).

Below, please be sure to review the itinerary, as well as the permission and Health Service requirements/due dates.

ITINERARY

Monday, September 17

- 7:45-8:00 a.m. Arrive to the PAC at **King**
- 8:00-9:00 a.m. Opening keynote from The Program in the PAC theatre
- 9:00-12:00 p.m. Experiential training on King athletic fields
- 12:00-1:30 p.m. Lunch at food trucks at King
- 1:30-3:00 p.m. Discussion/debrief with The Program staff in dining hall
- 3:30-5:30 p.m. Fall athletic practices

CONTACTS:

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PERMISSION FORMS

- **MAGNUS:** Students will not be allowed to attend preseason, school or field trips without updated medical records within Magnus Health. **Please make sure you've completed all of your forms.**
- **PERMISSION FORMS:** Please return **ALL** permission forms to **Leslie Bruzik by Thursday, September 7. The permission forms include:**
 - **King Day Trip Permission Form** (*included below*)
 - **The Program's "Waiver and Release from Liability"** (*included below*)



KING
SCHOOL

TRIP PERMISSION FORM

Student Name _____ Grade 11

Destination The Program LLC. Dates 9/17/18

I agree that my child named on the form, is allowed to participate in the trip to:

The Progam LLC

I give my full permission for first aid and/or medical care as deemed necessary to be provided to my child, including transportation to a hospital for treatment.

I acknowledge that my child's participation in this trip is voluntary. King has provided a detailed itinerary for the trip. I understand the nature of the trip and the activities that my child will participate in while on the trip. I am aware there are risks associated with participation in the trip and with the specific activities my child will participate in while on the trip.

By signing below, I accept and assume any and all risks associated with my child's participation in the trip, whether such risks are known or unknown to me at this time. I release King, and anyone working on their behalf, from any action, expense, obligation and/or damages as a result of my child's attendance and participation in the trip including any claim that may result from negligent acts or omissions on the part of King, its employees, agents and/or activity providers. I understand, however, that I am not releasing any claim that may exist as a result of intentional misconduct or gross negligence.

Parent/Guardian Signature: _____ Date _____



The Program LLC Waiver and Release From Liability

I understand that participating in the physical exercises, training and activities (the “Activities”) put on by The Program LLC (“The Program”) are potentially hazardous activities and that there are risks of injury associated with participating in the Activities. I hereby acknowledge that as a participant in the Activities, I am participating at my own risk. By signing this Waiver and Release From Liability, I understand that I personally assume all of these risks and that I feel I am physically, mentally, and medically capable and properly trained to participate in the Activities. I understand that a condition of my participation in the Activities is my agreement to knowingly and willingly sign this Waiver, and I agree to assume full responsibility for any risks, damages or injuries, known or unknown, which I might incur as the result of such participation. I, on behalf of myself, my executors, administrators, heirs and assigns, hereby agree to hold harmless The Program and its heirs, successors and assigns, managers, members, employees, agents and representatives (“The Program Representatives”) from all liability of any type or nature on account of any injury, loss, claim or damage to my health, well-being or property resulting from this participation regardless of whether such injuries, losses, claims or damages are caused by The Program or The Program Representatives.

IN WITNESS WHEREOF, I have caused this Waiver and Release from Liability to be executed as of the date set forth below.

Signature: _____

Printed Name: _____ Date: _____

Signature of Parent or Guardian if under 18: _____

Printed Name of Parent/Guardian: _____ Date: _____



BASIC TRAINING LEADERSHIP CHALLENGE (BTLC)

PARTICIPANT FAQ

Sept 17, 2018 – The King School, Stamford, CT

WHAT IS THE PROGRAM?

The Program is a leadership development and team building company that works with corporations, athletic organizations, and schools across the United States. **Our mission is to develop better leaders and create more cohesive teams.** We believe in personal development, leadership development and team building through *shared adversity*, and that we don't get better as individuals or as a team until we get outside of our comfort zone. Our philosophy and training methodology are based on our Founder's and Instructors' collective experiences as members of elite US military special operations teams and as world-class athletes. Learn more on our website: www.theprogram.org.

WHAT IS THE BTLC?

The Basic Training Leadership Challenge is one of four versions of The Program's experiential leadership development and team building service. It is designed to push participants outside of their mental and physical comfort zones in order to give them an opportunity to develop their skills as good leaders and good teammates.

WHO WILL PARTICIPATE?

This service will be provided to all members of the King School's Junior class. Administrators, teachers, and coaches are invited to observe any or all of the event as their schedules permit.

WHERE WILL THE EVENT TAKE PLACE?

The event will occur on the athletic field near the auditorium and in the auditorium.



HOW LONG IS THE EVENT?

This is a one-day event occurring on Monday, Sept 17, 2018. An approximate timeline is below:

6:00-7:00AM	Site preparation (The Program team)
7:00-8:00AM	Pre-event meeting with school administrators & teachers
7:45-8:00AM	Students arrive
8:00-8:45AM	Keynote speech ("Leaving the Wire") delivered by Lead Instructor and former USMC Officer Cory Ross / Inbrief for experiential training
9:00AM-12:00PM	Experiential training
12:15-1:30PM	Lunch break
1:30-3:00PM	Debrief and classroom leadership training module
3:00PM	Students depart for after-school activities
3:00-4:00PM	Post-event meeting with school administrators & teachers
4:00PM	Clean up site and depart

WHAT SHOULD I WEAR?

Participants should be in weather-appropriate, athletic gear suitable for the time of year, including closed-toed sneakers.

WHAT SHOULD I BRING?

The following is recommended: 1) a water bottle, 2) sunblock, 3) clothes to change into after the experiential training so that you are comfortable for the classroom portion of training that afternoon, and 4) a notebook and pen.

HOW SHOULD I PREPARE FOR THE EVENT?

We recommend getting a good night's sleep and eating a healthy breakfast the morning of. For the classroom training portion of the event, please come prepared to discuss relevant leadership and teamwork issues at school, including positive and negative individual behaviors, morale, communication, team standards, etc.



HOW PHYSICALLY STRENUOUS IS THE EXPERIENTIAL TRAINING?

Regardless of current physical fitness or ability level, all attendees will be able to successfully participate.

IS THERE A CHANCE I COULD GET INJURED?

No participant has ever been seriously injured while participating in our experiential training and we hope to always be able to say that. However, as with any physically challenging activity, the possibility of injury does exist. To mitigate that possibility, recognize if / when you are injured or hurt and do not do anything to aggravate an existing injury / condition. The Program staff will stress this topic prior to any training commencing and will be on hand to discuss any personal questions you may have prior to training.

I AM INJURED AND / OR DON'T FEEL AS IF I CAN PHYSICALLY PARTICIPATE. WHAT AM I SUPPOSED TO DO?

Physical participation in the Basic Training Leadership Challenge is optional. We will explain to all participants that "not physically participating in the experiential training does not make you a bad teammate, but sitting on the sideline and sulking does." Participants who can't or choose not to physically participate will be encouraged to communicate, provide feedback and encouragement, and otherwise help their teammates who are participating physically however they can best do so.