

The SuperSTARS Summer Leadership Academy is an amazing and FREE 8-week summer program providing high school girls with many opportunities to:

1. Participate in a variety of sports
2. Develop workplace and life skills for success
3. Interact with women in a variety of careers
4. Engage in health and wellness learning
5. Explore the college admissions process
6. Participate in STARWorks mini-internships

How we do this:

Sports and Fitness: 2 hours of sports and fitness each day spent engaged in physical activity, including basketball, volleyball, soccer, lacrosse, weight training, cardio machines, and more.

Life Skills: Time management, goal setting, oral communications, group dynamics, written communications, financial literacy, leadership training, resume writing, computer skills, online research, body image, nutrition.

Workplace Skills: “Dress for success”, office etiquette, phone skills, filing, office equipment use, project participation, interview skills.

College Prep: How to think about applying to college, the college application process and timeline, how to research schools/programs/scholarships/financial aid.

Group Projects: Newsletter, Video Yearbook, Social Action Project, “PowerPlay Talk Show”

Role Models for Success: The Academy is the first opportunity for most participants to experience firsthand professional workplaces and to meet successful businesswomen and professional women, so we invite speakers and guest instructors to come to the Academy. The girls also go on field trips to businesses and organizations to see women in their work environments.

Special Programs:

- Row NY – A Queens-based program that teaches the fundamentals of rowing/crew using barges on the water in Queens.
- New York Sharks Football Clinic

Field Trips:

- Columbia University College Fair
- Liberty Basketball /Madison Square Garden corporate offices
- National Senior Women’s Grass Court Championships – Forest Hills

Internships:

We offer two week internships with female mentors in a variety of businesses and organizations providing the opportunity for Academy participants to do the following:

- Start envisioning their own future in a very specific, goal-directed manner
- Develop the confidence to pursue their dreams and aspirations