

# WELLFIT GIRLS PROGRAM APPLICATION



PERU 2016

## PROJECT OVERVIEW

The mission of Wellfit Girls Program is to create a healthy, empowering group culture that inspires each girl to climb high in all areas of life.

The project begins with the introduction of the *Wellfit Curriculum*. We will choose 10 teen girls, grades 9-12 grade, to participate in a five-month empowerment program, led by Colby Robertson and Andrew Miranti. The final weeks of the program will include the preparation of a journey to Peru.

The 10-day trip to Peru will include a three-day community service project, a three-day/two-night hiking excursion above 15,000 feet, adventures to sacred sites and a final trek to Machu Picchu.

## OBJECTIVES

The objective of Wellfit Girls Program is to inspire each girl's personal growth and *transformational leadership*.

### **What is empowerment?**

Empowerment happens when you start from where you are, create a vision for what you want and consciously move toward fulfilling that vision for the life you desire.

### **What is Wellfit Expedition Mentality?**

Wellfit Expedition Mentality is a commitment to self and others, with a daily practice of holistic wellbeing and interpersonal relationships.

## PROGRAM COMMITMENT

The girls will meet twice weekly after school for five months. Girls must commit to making all workouts and group sessions. The program culminates with an international 10-day trip to Peru. All participants must secure a passport and commit to traveling outside the United States as part of the final challenge.

## BEHAVIORAL COMMITMENTS

Behavioral commitments will be read at the beginning of each leadership group. **Anyone that does not follow the behavioral commitments or applicant requirements may be asked to leave the group and will not be able to participate in the final trip to Peru.**

- Serve the mission and goals of the Wellfit Girls Program
- Be committed to your individual success and the success of the group
- Treat everyone with dignity and respect
- Support leadership and growth in everyone
- Respect all cultures and backgrounds
- Be kind and open-hearted to yourself and others
- Do your share, stay organized and be on time
- Take a stand for others, but don't routinely let them off the hook
- Model integrity by being honest and accountable
- Admit and correct your mistakes
- Be willing to try something new every day

## APPLICANT REQUIREMENTS

Applicants **MUST**:

- Be girls in High School (Grades 9-12)
- Be enrolled in a Lee or Collier County School, Home School or Charter School
- At a **MINIMUM** fundraise to pay for donation to Peru's Challenge (\$500), airfare (Approx. \$1,000), personal expenses, clothing and passport. \*\*
- Attend at **LEAST** three fundraising events
- Complete 20 hours of community service (1 hr./week) – Program staff will assist in arranging community service opportunities
- Arrange own transportation to and from all group meetings and workouts
- Attend all group meetings/workouts\*
- Follow **ALL** behavioral commitments
- Be willing and able to travel outside of the United States without parents

\*We know things come up (trips, illness, etc.) and we will consider individual cases. Girls will not be allowed to have more than **THREE EXCUSED ABSENCES** over the course of the five-month program.

\*\*Full Scholarship Recipients are excluded from paying for airfare

### STUDENT INFORMATION

First, Middle and Last Name:		
Date of birth:	SSN:	Home Phone:
Cell Phone:	Email:	
Home address:		
City:	State:	ZIP Code:

### SCHOOL INFORMATION

Current School:	District: Collier Lee	
Current Grade:	GPA (if applicable):	
Advisor:	E-mail:	Phone:
What Time Does Your School Get Out?		

### PARENTAL/GUARDIAN INFORMATION

Mother's Name:		
Address:		Phone:
City:	State:	ZIP Code:
Mother's Email:		
Father's Name:		
Address:		Phone:
City:	State:	Zip Code;
Father's Email:		

### PASSPORT INFORMATION

Do You Have a Passport? (Circle one)    Y    N		
Full Name on Passport:		
Passport Number:	Expiration:	

## MEDICAL HISTORY

All medical information will be kept confidential, but is required to participate in Wellfit Girls Program. If you have any questions or concerns, please do not hesitate to contact Jill Wheeler directly at (239) 595-3199.

Height (ex. 5ft 3 in)	Weight (in pounds)	
Do you have asthma?	Yes	No
Do you have cardiac issues?	Yes	No
Do you have a seizure disorder/epilepsy?	Yes	No
Do you have a bleeding or blood disorder? If yes, please specify:	Yes	No
Do you have any current orthopedic (bone/joint) issues? If yes, please describe:	Yes	No
Have you been in counseling in the past year? If yes, what is/was being addressed?	Yes	No
Please list any medication that you are currently taking:		
Within the past year, have you been in trouble at school or with the law? If yes, please describe:	Yes	No
Is there any other information that would be helpful to the Wellfit Girls Program staff?		

## EXTRACURRICULAR ACTIVITES

Please List All Current Extra Curricular Activities (if applicable)	
Extracurricular Activity:	Days/Time:
Extracurricular Activity:	Days/Time:
Extracurricular Activity:	Days/Time:

## SOCIAL MEDIA ACCOUNTS

Facebook:
Twitter:
Instagram:
Snapchat:
Other:

## REFERENCES

Name:	Phone:
Relationship:	Email:
Name:	Phone:
Relationship:	Email:

## IMPORTANT 2016 DATES

JANUARY 26 - JUNE 16  
Tuesdays | Total Athletic Performance | 4:30 - 6:00 PM  
Thursdays | Location TBD | 4:30 - 6:00 PM

PERU TRIP  
MONDAY, JUNE 20 - THURSDAY, JUNE 30

## WELLFIT GIRLS PROGRAM SCHOLARSHIPS

Thanks to our generous donors, we have a limited number of partial and full scholarships available for 2016. We believe that all teen girls should have the opportunity to participate in Wellfit Girls Program despite ability to pay.

The Wellfit Girls Program selection committee will evaluate all Financial Aid requests and applications.

Full scholarships cover the full \$5,000 tuition and airfare, but participants will need to fundraise a MINIMUM of \$500 to cover donation to Peru's Challenge. Partial scholarships will cover half of the \$5,000 tuition, but participants will need to pay for airfare and fundraise a minimum of \$500 to cover donation to Peru's Challenge. Scholarship awards do not excuse participants from required community service time, fundraising requirements, or certain travel expenses (passport fee, clothing and gear, personal expenses in Peru)

Scholarships will be awarded on the following criteria:

- Financial need
- Community involvement (volunteer history, extracurricular activities, aspirations, motivation, etc.)
- Psychological readiness
- Physical readiness

Wellfit Girls Program is committed to teaching participants the valuable lessons of social entrepreneurship. There will be a number of opportunities over the course of the five-months to raise money on your own, whether it is through car washes, a Go Fund Me page, personal requests and more.

I am applying for (PLEASE CHECK ONE):

- Full Scholarship
- Partial Scholarship
- No Scholarship

## BACKGROUND INFORMATION

Please answer the following questions on a separate sheet and attach to application. These questions are only meant to provide us with some of your background.

- 1) Please write a short biography, including your areas of interest, family (parents, siblings, etc.), hobbies and school history.
- 2) Have you or are you currently experiencing any hardships/crisis in your life?
- 3) How did you hear about Wellfit Girls Program?
- 4) Why do you want to be a part of Wellfit Girls Program - Peru 2016?
- 5) What do you hope to get out of the five-month program?
- 6) Have you ever traveled outside of the United States? If yes, where?
- 7) Please attach the following:
  - A current photograph of yourself (family members optional)
  - A letter of commitment to the program, agreeing to: commitment to attend ALL workouts and meetings, commitment to follow ALL behavioral commitments and commitment to secure passport and travel internationally with group (without parents)
  - A letter of recommendation from a counselor, teacher, coach or mentor

\*If applying for a scholarship please request a financial aid application by contacting Colby Robertson at [colby@wellfitinstitute.com](mailto:colby@wellfitinstitute.com) or (239) 529-0366.

## APPLICATION DUE TUESDAY, OCT. 13

SCAN/EMAIL: [colby@wellfitinstitute.com](mailto:colby@wellfitinstitute.com)

MAIL: Colby Robertson  
Wellfit Girls Program Application  
7505 Cordoba Circle  
Naples, FL 34109

- In person applicant interviews will take place between Oct. 19-Nov. 6
- **Applicants will be notified by Tuesday, Nov. 10**