

# INSIDE OUT

## FUN, FRIENDSHIPS, ADVENTURE & DISCOVERY

### *Inside Out Camps Junior Leadership Programme 2025*

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#### ***What is Inside Out Camps?***

Inside Out Camps is a residential summer camp purposely created to give 12-15 year olds a much needed 'time out' from their norms and daily routines to learn and develop essential life skills in an experience-based environment.

Incorporating a host of activities and workshops, Inside Out Camps is designed to challenge its participants creatively, physically and mentally. The personal rewards and benefits for the young individuals who experience an Inside Out Camp can be truly life-changing.

The camps take place in [St Columba's College](#) at the foot of the Dublin mountains and will run from Monday 30<sup>th</sup> June to Friday 4<sup>th</sup> July and Monday 7<sup>th</sup> July to Friday 11<sup>th</sup> July 2025.

## ***The Junior Leadership Programme***

This year, we are offering a new, unique “Junior Leadership Programme” to those who have completed an Inside Out camp in the last 3 years and are 16 years of age or older.

The Junior Leadership Programme is designed for enthusiastic young adults to gain invaluable experience in a dynamic multi-activity environment.

At the end of the programme, Junior Leaders will be awarded a certificate of completion along with a monetary reward.

Please note that the Junior Leadership Programme **does not include residential accommodation**. All Junior Leaders will be asked to make their way to and from St Columba’s College for the duration of the camp.

## ***Programme Schedule and Outline***

Camp activities commence at 9am and finish around 9.30pm daily. Junior Leaders are requested to be onsite for the duration of these activities (approx. 15 minutes before the beginning of the first activity) however their participation will be managed in order to ensure they have adequate break times and will not be ‘on duty’ throughout. The Junior Leadership Programme Lead should be made aware if participants need to start later or finish earlier on a given day to ensure efficient running of the programme.

During the programme, Junior Leaders will gain experience and learnings in the fields of :

1. **Session planning** - understand and upskill in preparation and organisational skills.
2. **Collaboration and Workplace Adaptability** - assisting coaches in the day-to-day activities of camp.
3. **Communication** – how Inside Out coaches communicate in order to facilitate the day-to-day life of camp.
4. **What it takes to be a leader at Inside Out** – understanding the commitment needed to push for the best experience for campers.
5. **Accountability and Responsibility** – ensuring that roles and responsibilities of each day are completed.

## ***Director/Lead***

The Leadership program will be overseen by our Operations Director Hillary Nets in conjunction with our Leadership Director Alex Kiernan. Leaders selected for this programme will report to Alex for any issues/problems which have occurred.



### **HILLARY NETSIYANWA - DIRECTOR OF OPERATIONS**

Hillary is a Training and Development Specialist with a Bachelor's degree in physical education teaching and coaching. He is the regional director of operations at HoopsLife, a sports development coordinator with the NEIC, a youth basketball coach and coordinator for Eanna Basketball Club and the head coach for teams at Colaiste Eanna and Trinity College.

Hillary is also an artist who specialises in poetry and digital media having published and performed on various platforms.

### ***Who can apply?***

Applicants over the age of 16 (at the time of camp 2025) and who have also attended at least one summer at Inside Out Camps can apply for the Junior Leadership Programme.

Junior Leaders we are looking for should display the skills of communication, decision – making and leadership as well as possessing characteristics of having an active mindset along with being enthusiastic, energetic and flexible.

### ***Submitting your Application Form***

Please submit your application form via the link provided [here](#).

Once applications have been reviewed, successful applicants will be contacted with information regarding the next stage of the application process.

Please note that the **deadline for applications is March 16<sup>th</sup>, 2025.**



**ALEX KIERNAN - LEADER**

Alex is one of the current top Irish Basketball coaches in the country as well as being one of Ireland's top young Super League Referees. He is currently the Underage Academy Lead in two well-known basketball clubs where he looks to develop the next generation of top Irish players.

In 2024, Alex took on the role as Director of our Junior Leader Programme and will be working closely with our new leaders this summer making sure they get the most out of their camp experience!

Currently studying Law, Alex hopes to pursue a career in the Legal sector while also seeking to gain valuable insight by coaching overseas in the near future.

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