

## **PHASE 3 - LEADERSHIP DEVELOPMENT COURSE**

Our phase 3 program for 9th grade is our recently constructed Leadership Development Course (LDC) located at Volk Field Air National Guard Base, Camp Douglas, WI. This course is our final of the three phases offered your students and focuses on responsibility, self control, integrity and delayed gratification.

The LDC features 12 mentally and physically challenging events. Five of those events are situated above a three-foot deep pool that provides a substantial consequence for making a negative decision! We require that all participants on our LDC bring a change of clothes and towel in case they fall into the pool. Separate changing rooms are available for males and females.

The LDC offers events that are extremely challenging and will require teamwork, leadership and communication to complete.

Safety on our LDC is highly emphasized. Participants receive a detailed safety brief and also must wear a safety helmet and gloves. Optional elbow and knee pads are available to our participants if requested. The wet side of our course has floatation devices and poles that can be used if a participant falls into the water.

A typical event lasts 3 – 4 hours. At the beginning of the event all participants sit together and receive an opening message from our team of National Guard facilitators. The message will discuss who we are, why we are there and what we intend to talk about. Our main emphasis is on drugs and alcohol, but we also discuss the importance of positive decisions, the importance of support groups and having a plan for the future.

Participants are then split into groups of 10. Each group is assigned a National Guard facilitator that will take the participants through several activities. At the end of each event the facilitator will process the experience and discuss the successes and failures of the activity. The processing of an activity is extremely important. This processing will help the youth understand how the positive and negative decisions made during the activity can relate to real-life situations. Each group will typically complete 5 – 8 events based on time available.

When all activities are complete participants again sit together and receive a closing message. This message wraps together all that was discussed throughout the day and focuses on those aspects that will help youth live a life free of drugs and alcohol.

Our program is extremely unique in that we use experiential education to help youth acquire the decision making, self-esteem, leadership skills and knowledge necessary to combat the dangers of drugs and alcohol. The Wisconsin National Guard takes great pride in our ability to serve youth throughout the state in our drug demand reduction efforts. **Requests or for more information should be made to the Drug Demand Reduction Administrator via email on the website or at (608) 242-3543.**



Students attempt to lift a barrel over a wall on the Leadership Development Course.



A student takes a plunge while attempting to cross the water obstacle.