

BIRDCAMP 2023

"BE ALL THE WAY YOU!"



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This year's camp theme is a promise to ourselves: to embrace who we are authentically, to celebrate what makes us unique, and to approach our relationships with others, with ourselves, and with our own bodies with empathy and an open mind. Our session leaders will guide us to reconnect with the joys of childhood play, grow our creative confidence, and examine the stigmas and assumptions that impede how we feel about ourselves as diverse women. We want to destress, empower vulnerable and authentic self-examinations and discussions, encourage holistically healthy lifestyles... and most importantly, have fun!

JOIN US FOR THE ULTIMATE WOMEN'S SUMMER CAMP!

With activities ranging from running and canoeing, to dance parties, inner tubing, and yoga, Camp IHC has every activity imaginable. Plus, did we mention the fabulous food? This will be a weekend to remember, filled with opportunities to connect and build relationships with the Volée community. In addition to the Volée, Oiselle's athlete team will also be in attendance - Lauren and Jenna, to name a couple- as well as many Oiselle staff members. And, beginning this year, Volée members are invited to bring a friend to introduce them to what Birdcamp is all about. Birdcamp will be one giant gathering of women who love to connect, move, learn, and hang out together!

Birdcamp 2023 takes place August 24th-27th in Equinunk, Pennsylvania at Camp IHC. Camp IHC is located approximately 60 mins from Scranton, PA and 2.5 hours from New York City.



GET EXCITED!

HERE ARE JUST A FEW OF THE SESSIONS WE'RE PUMPED ABOUT



WILD WRITING + GOOD FOR A GIRL WRITING WORKSHOPS

// Lauren Fleshman

Wild Writing is a writing practice where we learn to free ourselves up to get our truths on the page and witness the workings of our minds. At Birdcamp, the prompts of my Wild Writing Workshops will work alongside the themes of my book Good for a Girl, encouraging emotional movement in areas we tend to get stuck, allowing us to take up more space in our own lives and peek at who we can be when we are more free. It is not a requirement to have read the book to participate.

Book talk: a talk and Q&A on the book with no limit to attendance. Lauren will talk about the community response and share anonymously some of the things she's heard from readers that she thinks would benefit our community.



DESIGN THINKING WORKSHOP

// Danielle Katz

Danielle is an avid recreational runner and a product design engineer at Apple. She was part of the Stanford cross country/track and field class of 2017 and is currently a community member of Peninsula Distance Club in the San Francisco Bay Area. She has taught Design Thinking workshops for Stanford Pre-Collegiate Studies/International Institutes since 2019. She loves creative writing, learning new instruments, questing for gluten free pastries and making friends on public transit.

Design isn't just for designers. This workshop serves as a reminder that you have the power to leverage your empathy, endurance, and exploratory spirit to help design a better world. We will engage our creative and analytical selves in turn as we identify and tackle hidden challenges in our outdoor lives. The iterative process of need finding, ideation, rapid prototyping, and field testing often yields unexpected results. This condensed survey of Design Thinking will give you tools to act as a catalyst for change.





EXPLORING IDENTITY THROUGH MULTIMEDIA ART// Camille Vance

Camille is the Art Director at Oiselle, passionate about the marriage of photography and graphic design. Outside of her work at Oiselle, she enjoys working with her hands + exploring analog craft — film photography, ceramics, collage, etc. Camille loves her daily running loop around Seattle's famous Green Lake, hosting dinner parties, indoor rock climbing, fly-fishing, and a rare vintage clothing find.

Who are you at your core? Get in touch with your child-self with this 90-minute session, exploring topics around identity with multimedia art. Dive into a myriad of mediums—paint, writing, and multimedia collage—to express your true inner self and who you were made to be. No prior background in fine arts needed!



MASSAGE THERAPY // Bridget and Rosalie Franck

Rosalie has had a private massage therapy practice since 2008, with a focus on therapeutic sports massage, myofascial release, and deep tissue. She is on the USATF volunteer medical staff, and has worked with collegiate and post-collegiate athletes throughout her career.

Bridget is a 2012 Olympic Finalist in the steeplechase for Team USA, and has since earned both her massage license and personal trainer certification. She has a home massage practice and focuses primarily on sports and relaxation massages.





WOMEN'S HEALTH/BREAST HEALTH

// Chrysanthemum Lawson and Carrie Anne Becker

Does dense breast tissue or wearing deodorant increase your risk for breast cancer? Should you follow the new guidelines to have a mammography performed less often? What exactly do the breast cancer risk stats listed on your results mean? What can you do to decrease your risk for breast cancer? Learn the answers to these questions along with more important details about breast cancer awareness and prevention to guide your breast health decisions. This session will also include fellow Volée member Carrie Anne Becker sharing her courageous journey with breast cancer and the importance and power of being active.

Chrysanthemum (Chrys) has been a runner for 34 years, a nurse practitioner for 23 years, and a member of the Oiselle Volée for 7 years. She currently lives in Northwest Indiana and works in an Ob/Gyn office and runs a High-Risk Breast Clinic. She completed the World Marathon Majors this spring and is working towards her goal to run a marathon on each continent.

Carrie Anne became a runner later in life. She has been teaching yoga for almost 10 years as an RYT 200 (Registered Yoga Teacher) & MYT 100 (Mindful Yoga Therapy). She has been a Volée member for 4 years & is currently one of the MARI leaders.



UNCOVERING THE UNDERBELLY OF PRO TRACK AND FIELD

// Rebecca Mehra + Kendra Chambers

Kendra and Rebecca discuss the inner workings of the elite track and field world. Where does the money go? How do sponsorships work? Who decides who gets into races? All that and more...

Rebecca has been on the USATF Foundation board for 2 years, an organization that funds and supports American track and field athletes.

Kendra is the USATF Athletes Advisory Committee's Director of Professionalism (Officer) and is serving a 4-year term until 2024. Her role focuses on providing athletes with professional services, employment, internships and transitions out of sport. Kendra also serves as an event leader for the 800/1500 meter group and is on the executive committee on the Women's Track and Field committee.





MAT PILATES
// Heidi Greenwood

Feel confident working with an educated and experienced personal trainer and Run Coach. I have a Masters of Science in Kinesiology, Bachelors of Science in Physical Education, Exercise Science and Wellness, and I am a Certified Strength and Conditioning Specialist (CSCS-NSCA), Stott Reformer Pilates Instructor, Stott Mat Pilates Trained, and Pre & Post Natal Corrective Exercise Specialist (Fit for Birth). Along with my certifications I was a 2016 Qualified Olympic Marathon Trials Qualifier, and was a 2008 NCAA Div. II National Champion at 1500 meters.

Mat Pilates for Beginners

- Learn how to connect to the deepest layers of your abdominal muscles through breathing and focused movements. It is about precision and not about volume
- Suggested Equipment: Mat

Mat Pilates for Recovery

- Learn how connecting the breath to movements post run can facilitate recovery
- Suggested Equipment: Mat, hand towel to medium sized towel

Intermediate Athletic Mat Pilates

- Take your mat pilates game to a new level Learn how to assess yourself to maximize your time on the mat. We will also integrate athletic movements patterns with classic mat work.
- Suggested Equipment: Mat, hand towel to medium sized towel

Each Session will be 30 minutes in duration and limited to 30 campers at a time.





FUELING THE FEMALE ATHLETE// Nancy Gomes and Heatheranne Charlton

- Understand the rationale for a female-athlete specific nutrition strategy
- Learn about the key elements included in a comprehensive sports nutrition assessment and the current evidence-based nutrition guidelines for female athletes
- Have a hands-on opportunity to make your own energy bites! (nut free, allergen free, dairy free)

Nancy is a Certified Sports Nutritionist (CISSN) with a Master of Science (MSc) in Nutrition for Human Performance and is the Founder & Owner of Nutrify Performance Nutrition for Women which provides science-backed sports nutrition assessment and coaching for female athletes seeking to improve performance. Nancy completed Dr. Stacy Sims Women are Not Small Men and Menopause for Athletes courses and is an Adjunct Lecturer in the MS, Nutrition for Human Performance Program at Lasell University. She's an accomplished Ironman triathlete, an active member and former co-leader of the MARI Oiselle Volee and volunteers as a group ride leader at her local bike shop.

Heatheranne graduated with honors from The New England Culinary Institute in Montpelier, Vermont. She spent her culinary career in three and four-star establishments from New Haven, Martha's Vineyard, and in Maine. After she left the classical setting, she went on to lecture and counsel on the principles of vegan, vegetarian, and macrobiotic cooking theories. Heatheranne is retired professionally from the kitchen, but not personally as her love of health and fitness keeps her on the food+fuel=mood train.





DANCE AND MOVEMENT EXPLORATION// Ana Lopes Arechiga

Pathways into movement Come join us for a short dance warm up, followed by movement explorations with various movement dynamics and levels in space. No previous dance experience necessary!

Together in Movement A dance based workshop utilizing the written word as an entry point to explore movement and further explore our connections to one another. No previous dance experience necessary!

Ana is originally from Mexico, and began dancing at a very early age. She has a BA in Contemporary Dance and Psychology, having graduated with honors Summa Cum Laude in Psychology, Magna Cum Laude in Dance from the University of New Mexico. While she continues to dance, choreograph and collaborate with other artists, Ana enjoys teaching dance and delving into administrative challenges at Keshet Dance & Center for the Arts in Albuquerque, NM.



INTRO TO OPEN WATER SWIMMING // Charlotte Browning

Open Water Swimming - a great complement to cross training and pool swimming. A rewarding mind/body experience that connects with nature. This open water swim workshop will help expand your boundaries in a safe and fun environment. During the 1-hour session we will gain the confidence and skills needed to transfer pool swimming into outdoor spaces. The session will start with a specific swim focused warm up, we will discuss essential equipment and safety protocols before entering the open water for swim and sighting techniques. We will finish with a mind/body float, learning the essential sculling technique- a relaxing skill that enhances your 'catch' in the water and improves your swimming.

Charlotte works at the intersection of sport, design and culture. She is a competitive age group triathlete for Team Canada and retired elite runner. By profession, she is a sportswear design researcher and product strategist for global intelligence agency WGSN.

A basic pool-swimming proficiency is required. Swim buddies and swim caps will be provided. Essential equipment to bring: goggles Optional Equipment: fins, wetsuit





SOUND BATH AND OPENING CEREMONY GUIDED MEDITATION

// Stacy Lawrence

Stacey Lawrence is an NYC-area Volée lead, a two-time marathoner (as of this spring), and a certified yoga teacher! She received her 200 HR Yoga Certification in 2019 through Asana Soul Practice. She has additional certifications in Yin Yoga (Asana Soul Practice, Hudson Yoga Project), Restorative Yoga (Asana Soul Practice), Anatomy for Yoga (Asana Soul Practice), and Sound Healing (Yoga Renew). She leads yoga and meditation events for practitioners of all levels in various venues whether it be a yoga studio, online, at a brewery or in a plant store! Yoga is a multi-faceted area of study, and Stacey believes that people should take from the practice whatever it is that serves them in this moment and not be afraid to go deep if something really resonates.

Sound Bath (45min)

Experience the practice of listening deeply as a tool to tap into deeper levels of meditation and relaxation. All you have to do is find a comfortable position (either seated or lying down) and listen to the sounds of the sound instruments. A perfect way to close out the day!



YOGA FOR EVERY BODY + YOGA FOR RECOVERY // Andrea Rutledge

Andrea is an RYT-200 and has been a member of the Volee since 2014. She is a runner, association executive, spouse, sister, aunt, yoga teacher, and bonus-grandmother who wants to aid runners and other athletes in becoming the best versions of themselves. You'll find her at camp cheering, leading yoga, laughing, writing, meditating, and running. She is fascinated by the clothing design and production process; her favorite Oiselle fabrics are Roga, Lux and Flow. She tries not to take herself too seriously and she likes strong coffee, red wine, dark chocolate, and small batch bourbon.

Yoga for Every Body. This is a 60-minute practice for all levels. It focuses on alignment and breath and invites each person to find poses and space that respond to their bodies and needs in the moment.

Yoga for Recovery. This is a 60-minute practice for all levels. It focuses on poses and breath that aid in recovery after long runs, intense workouts or races.

AND MORE...

INTRO TO THE PARALYMPICS

// Jenna Fesemyer

PREPARING FOR RACE DAY

// Haute Volée

DRILLS AND STRIDES

// Justine Fédronic

KEY PANELS

RUNNING AND MOTHERHOOD

Carrie Mack Bridget and Rosalie Franck Heidi Greenwood

DIVERSITY AND INCLUSION IN THE RUNNING INDUSTRY

Vanessa Peralta-Mitchell Mireille Siné Rebecca Mehra Kendra Chambers

CURRENT CAMP SPONSORS

ATHLETES FOR YOGA / The only athlete-led, on-demand yoga video platform + app that puts yoga into context of your sport, goals, and wellbeing.

JAMBAR / A female-founded energy bar for promoting community and eating healthy organic nutrition. These new delicious organic energy bars are featured in Runner's World 2023 Fitness Nutrition Award for best new bar!

SKRATCH / Skratch Labs uses real food, starting from scratch, to create sports nutrition that you actually want to eat.

HILMA / A brand new female-founded, female-led running shoe company on a mission to bring the most comfortable, high-performing running shoes to our community.

KINFIELD / Women-founded and led plant-based skincare to inspire a happier, healthier world by empowering you to live your best life outdoors.













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Birdcamp is one of my favorite weekends of each year. I am able to spend the weekend surrounded by amazing humans who all share this shared love for running and celebrating our personal strength.

This is mixed in with a summer camp vibe, a chance to plug in and learn more about myself as a runner and human, a chance to try out new products and new activities, and run with new and old friends! Each year I leave with a full heart and start counting down the days until the next year!

- BETH

It's those unscheduled moments where you meet new people and connect with friends that are a total highlight.

— COURTNEY

Birdcamp means the world to me, it is a weekend where I get to escape the everyday grind of life and enjoy nature and fun with an amazing group of women.

- ALLY

Birdcamp is a wonderful opportunity to play and learn and grow as an adult.

Why should kids get to have all the fun?

It was a weekend packed with all the things
I love, movement, new friends, cool gear,
learning and laughter in a beautiful setting.
I think the power of community has been undersold in all things, but especially in women brought together in sport. It was simply magic to be reminded the what brings us together as athletes and humans.

— SARAH

Birdcamp is where the sense of team, spirit, and belonging literally come to life. As someone who has attended a regional Birdcamp and our Big Birdcamps, this is where the magic of the Volee happens. I left camp feeling invigorated and empowered with a whole network of new friendships and connections. From the group runs, fashion show, inspiring speakers and workshops, and don't forget the most epic dance party ever - Birdcamp is a runner's dream!

- CECILIA

I went to Birdcamp by myself but returned home with many more running friends that I am still in touch with today. I cherish the memories I have!

- ANGELA



INTERESTED IN BIRDCAMP? JOIN US!

DETAILS + REGISTRATION + FAQ available here -

www.oiselle.com/pages/birdcamp





