

## Sherwood Summer Camp

I have so many fond memories of my three week stay at Sherwood camp, I can't wait to go back. I had so much fun and met so many wonderful and interesting people. Many of them taught me valuable skills that will apply to the "outside" world, but the class that helped me the most was Cedric's "Confidence building" class. He taught us how to be self assured when speaking or performing in front of an audience.

I recently started 8th grade and one of my classes is leadership. We give speeches and presentations about ourselves, world events and impromptu topics. On the very first day our teacher had us stand in front of the class and talk about ourselves, without preparation. I was extremely nervous, but I opted to go first and get it over. As soon as I got up in front of everyone I instantly remembered Cedric's class and all I had learned. I immediately threw down my "confidence ring", a tool that helped us instill mental confidence. Although the butterflies in my stomach didn't go away completely, it was much easier than anticipated.

My speech was far from perfect, but the teacher was very impressed by my speaking ability. Cedric's instruction made giving the speech easier than it otherwise would have been. I spoke clearly, loudly, looked at the audience, and stood up straight with my head held high. I actually enjoyed it! I give a heartfelt "thank you" to Cedric for teaching us such a valuable skill. It has served me well and will continue to do so throughout my life.