## 2020 YMCA BLUE RIDGE LEADERS' SCHOOL LEADER APPLICATION PREVIEW FORM

<u>Note</u>: Applications for BRLS 2020 will be submitted online. Please visit ymcabrls.org/apply for information. This document is for informational purposes only and previews the information that each leader will need to have handy when completing the online application form. Please consult your club's advisor for the date and time of your club's registration meeting.

Each leader will need the following information to submit a complete application:

- 1. **Parent Release Form** (hard copy completed and signed by parent or legal guardian. Download a copy under the "Forms" section of ymcabrls.org/apply)
- 2. **Headshot** (digital copy to be uploaded (.png or .jpg) and must include Leader's face only)
- 3. Leader's General Information:

Full Name, DOB, Gender, Address, Email, Phone, Last 4 of SS, YMCA Name, Year on the Mountain, T-Shirt Size, Emergency Contact's Name/Phone/Email

- 4. Leader's Medical Information:
- General Health (Fair/Good/Excellent)
- Ongoing Medical Conditions (including any professionally diagnosed mental health issues) (please describe)
- Allergies (describe and include reaction)
- Epi pen needed and carried with Leader? (Y/N)
- Medications (Y/N and list)
- Dietary Restrictions (Y/N and list)
- Any other physical or mental condition, disability, injury or illness that will impact involvement? (Y/N and list)
- 4. **Class Selections** (please review the requirements below and the class descriptions on Class and Clinic Info Sheet available on ymcabrls.org/registration)

**Course Requirements** (by year of attendance)

1 <sup>st</sup> year	2 <sup>nd</sup> year	3 <sup>rd</sup> year	4 <sup>th</sup> year	5 <sup>th</sup> year	6 <sup>th</sup> year
Basic	Leadership	Leadership (by	Leadership	Leadership (by	Leadership 18
Leadership	(by age)	age)	(by age)	age)	
Science of	Science of	Biomechanics	Wellness	Image 101	Sixth Year
Fitness I	Fitness II		Concepts I		Summit
Aquatics	Kids in	Officiating Youth	Advanced	Advanced	Experiential
	Motion	Sports or Junior	Character	Character	Learning (1)
		Lifeguard*	Development	Development	
Feeling Great	Basic	HEPA	Program	Health Elective	Experiential
	Games		Elective		Learning (2)
Character	Sports	Program or	Sports	Sports Elective	Any Elective (no
Development	Elective	Sports Elective	Elective		Feeling Great or
					Char. Development)
Clinic	Clinic	Clinic	Clinic	Clinic	Clinic

## **2020 CLASS OFFERINGS BY PERIOD**

Adv. Character Development Dev	PERIOD 1	PERIOD 2	PERIOD 3	PERIOD 4	PERIOD 5	CLINIC
Development	Adv. Character	Adv. Character	Adv. Character	Adv. Character	Adv. Character	Agustics
Aguatics II         Aguatics Games         Basic Games         Basic Games         Basic Games         Basic Games         Basic Leadership         Character Dev.         Dimensions of Diversity         Dasic part of Patients Patients         Character Dev.         Dimensions of Diversity         Dasic part of Patients         Dasic part of Patients         Dasic part of Patients	Development	Development	Development	Development	Development	Aquatics
Aguatics II         Aguatics Games         Basic Games         Basic Games         Basic Games         Basic Games         Basic Leadership         Character Dev.         Dimensions of Diversity         Dasic part of Patients Patients         Character Dev.         Dimensions of Diversity         Dasic part of Patients         Dasic part of Patients         Dasic part of Patients	Aquatics	Aquatics	Aquatics	Aquatics	Aquatics	Arts and Crafts
Basic Games         Basic Leadership         Biomechanics         Chearacter Dev.         Character Dev.         Character Dev.         Character Dev.         Character Dev.         Character Dev.         Dimensions of Diversity         Character Ed.         Dancing With the Stars           Coaching         Feeling Great         Feeling Great         Feeling Great         Flag Football         DackyFloor Hockey           Dimensions of Diversity         Cross-Training         Flag Football         Gymnastics         HEPA         DackyFloor Hockey           Diversity         Cross-Training         Flag Football         Kids in Motion         Lead 14         Lead 15         Lead 16         Lead 18         Hiking		Aquatics II				
Basic Leadership   Bomechanics   Biomechanics   Biomechanics   Character Dev.   Biomechanics   Character Dev.   Character Dev.   Dimensions of Dimensions of Diversity   Character Dev.   Character Dev.   Dimensions of Diversity   Character Ed.   Disc Solf   Character Ed.   Disc Solf   Character Ed.   Disc Solf   Character Ed.   Disc Solf   Character Ed.   Diversity   Character Ed.   Disc Solf   Character Ed.   Diversity   Character Ed.   Disc Solf   Character Ed.   Peeling Great   Feeling Great   Feeling Great   Flag Football   Deck/Floor Hockey   Diversity   Cross-Training   Flag Football   Gymnastics   HEPA   Disc Golf   Disc Golf   Exp. Learning   HEPA   HEPA   Junior Lifeguard   Must take clinic   Relining Great   Flag Football   Dodgball   Dod						
Biomechanics   Biomechanics   Character Dev.   Biomechanics   Character Dev.   Training	Basic Leadership			Basic Leadership	Biomechanics	
Character Dev.   Character Dev.   Dimensions of Diversity   Coaching   Feeling Great   Feeling Great   Feeling Great   Feeling Great   Feeling Great   Disc Golf   Diversity   Disc Golf   Feeling Great   Feeling Great   Feeling Great   Disc Golf   Diversity   Disc Golf   Exp. Learning   HEPA   HEPA   HEPA   Diversity   Disc Golf   Exp. Learning   Feeling Great   HEPA   HEPA   HEPA   Must take clinic   Exp. Learning   Feeling Great   Flag Football   Kids in Motion   Kids in Motion   Kids in Motion   Kids in Motion   Eco Challenge   Feeling Great   Flag Football   Kids in Motion   Lead 14   Lead 15   Lead 15   Flag Football   Eco Challenge   Flag Football   Flag Football   Flag Football   Eco Challenge   Flag Football   E	•			•		Cycling/Circuit
Character Ed.         Character Ed.         Disc Golf         Character Ed.         Feeling Great         Dancing With the Stars           Coaching         Coaching         Feeling Great         Feeling Great         Flag Football         Deck/Floor Hockey           Dimensions of Diversity         Cross-Training         Flag Football         Gymnastics         HEPA         Disc Golf           Disc Golf         Exp. Learning         HEPA         HEPA         Junior Lifeguard *Must take clinic         Modephall           Exp. Learning         Feeling Great         Image 101         Kids in Motion         Lead 14         Lacrosse         Field Hockey           Group Exercise         Flag Football         Kids in Motion         Lead 15         Lead 15         Lead 15         Lead 16         Group Exercise         Field Hockey           Gymnastics         Image 101         Lead 15         Lead 15         Lead 15         Lead 15         Lead 15         Lead 16         Group Exercise         Field Hockey           Group Exercise         HEPA         Lead 15         Lead 16         Science of Fithes         Science of Fithes         Science of Fithes         Science of Fithes         Science of Fithess         Science of Fithes	Character Dev.	Character Dev.		Character Dev.		
Coaching         Coaching         Feeling Great         Feeling Great         Flag Football         Deck/Floor Hockey           Dimensions of Diversity	Character Ed.	Character Ed.	Disc Golf	Character Ed.	Feeling Great	Dancing with the Stars
Dimensions of Diversity   Cross-Training   Flag Football   Gymnastics   HEPA   Disc Golf	Coaching	Coaching	Feeling Great	Feeling Great		
Exp. Learning Feeling Great Image 101 Kids in Motion Kids in Motion Eco Challenge Feeling Great Flag Football Kids in Motion Lead 14 Lead 15 Flag Football Kids in Motion Lead 15 Flag Football Flag Football Kids in Motion Lead 15 Lead 15 Flag Football Kids in Motion Lead 15 Lead 15 Flag Football Flag Football Flag Football Flag Flootball Flag Flag Flag Flag Flag Flag Flag F	Dimensions of			Gymnastics		Disc Golf
Feeling Great   Flag Football   Kids in Motion   Lead 14   Lacrosse   Field Hockey		Exp. Learning	НЕРА	НЕРА		Dodgeball
Feeling Great   Flag Football   Kids in Motion   Lead 14   Lacrosse   Field Hockey	Exp. Learning	Feeling Great	Image 101	Kids in Motion	Kids in Motion	Eco Challenge
Group Exercise   HEPA   Lead 14   Lead 15   Lead 15   Flag Football				Lead 14		
Gymnastics   Image 101   Lead 15   Lead 16   Lead 16   Lead 18   Hiking				Lead 15		
Image 101   Kids in Motion   Lead 16   Lead 17   Lead 18   Science of Fitness I   Junior Lifeguard						
Kids in Motion       Lead 15       Lead 17       Lead 18       Science of Fitness I Science of Fitness I Sixth Year Summit       Junior Lifeguard         Lead 14       Lead 16       Lead 18       Officiating Youth Sports       Science of Fitness I Sixth Year Summit       Media/Website         Lead 15       Lead 17       Officiating Youth Sports       Science of Fitness I Science of Fitness II       Volleyball II       Quidditch         Science of Fitness Sports       Science of Fitness II       Tennis       Wellness       Wellness       Concepts I       Scocer       Volleyball II       Quidditch         Science of Fitness II       Strength Training       Volleyball       Wellness       Concepts I       Scocer       Working W/ Preschoolers       Step Team         Strength Training       Volleyball       Wellness       Concepts II       Triathlon         Ultimate Frisbee       Volleyball       Ultimate Frisbee       Ultimate Frisbee         Volleyball       Working with Special Populations       Water Sports         Volleyball       Working with 5-12 Year Olds       Working with 5-12 Year Olds       Working with 5-12 Year Olds       Working with						
Lead 14       Lead 16       Lead 18       Officiating Youth Sports       Science of Fitness II       Media/Website         Lead 15       Lead 17       Officiating Youth Sports       Science of Fitness II       Science of Fitness Summit       Mindfulness         Lead 16       Officiating Youth Sports       Science of Fitness II       Science of Fitness II       Strength Training       Outdoor Adventure         Lead 17       Science of Fitness II       Tennis       Ultimate Frisbee       Volleyball II       Quidditch         Officiating Youth Sports       Science of Fitness II       Tennis       Ultimate Frisbee       Volleyball II       Quidditch         Science of Fitness II       Strength Training       Volleyball       Wellness Concepts I       Scocer         Strength Training       Volleyball       Wellness Concepts I       Trainis       Trainis         Tennis       Wellness Concepts II       Working with Special Populations       Ultimate Frisbee       Ultimate Frisbee         Volleyball       Working with 5-12 Year Olds       Working with 5-12 Year	_				Science of Fitness	
Lead 15Lead 17Officiating Youth SportsScience of Fitness I SummitSixth Year SummitMindfulnessLead 16Officiating Youth SportsScience of Fitness I IScience of Fitness IIStrength TrainingOutdoor AdventureLead 17Science of Fitness I IScience of Fitness IISoccerVolleyballPower YogaOfficiating Youth SportsScience of Fitness IITennisUltimate FrisbeeVolleyball IIQuidditchScience of Fitness I Science of Fitness IIStrength TrainingVolleyballWellness Concepts ISoccerScience of Fitness IIVolleyballWellness Concepts ITennisTennisTennisWellness Concepts IIWorking with Special PopulationsTriathlonUltimate FrisbeeVolleyballWorking with Special PopulationsWorking with 5-12 Year OldsWorking with 5-12 Year OldsWorbWorking with 5-12 Year OldsWorking with 5-12 Year OldsWo	Lead 14	Lead 16	Lead 18		Science of Fitness	Media/Website
Lead 16Officiating Youth SportsScience of Fitness IScience of Fitness IIScience of Fitness IIUltimate FrisbeeVolleyball IIQuidditchScience of Fitness ISoccerUltimate FrisbeeWellness Concepts IWellness Concepts ISoccerScience of Fitness IIStrength TrainingVolleyballWorking w/ PreschoolersStep TeamStrength TrainingVolleyballWellness Concepts ITennisTennisWellness Concepts IITriathlonUltimate FrisbeeWorking with Special PopulationsUltimate FrisbeeUltimate FrisbeeVolleyballWellness Concepts IIWolleyballWellness Concepts IIWorking with 5- I Year OldsWorking with 5- I Year OldsWorking with 5- I Year OldsWorking Fitness IIWorking Working Working Working with 5- I Year OldsWorking Fitness IIWorking Working Working Working Working Working Working	Lead 15	Lead 17			Sixth Year	Mindfulness
Lead 17Science of Fitness I IScience of Fitness IIISoccerVolleyballPower YogaOfficiating Youth SportsScience of Fitness IITennisUltimate FrisbeeVolleyball IIQuidditchScience of Fitness I I Science of Fitness IISoccerUltimate FrisbeeWellness Concepts ISoccerScience of Fitness IIStrength TrainingVolleyballWorking w/ PreschoolersStep TeamStrength TrainingVolleyballWellness Concepts ITennisTennisWellness Concepts IITriathlonUltimate FrisbeeWorking with Special PopulationsUltimate FrisbeeUltimate FrisbeeVolleyballVolleyballWater SportsWorking with 5-12 Year OldsWOD	Lead 16					Outdoor Adventure
Sports II lennis Oltimate Frisbee Volleyball II Quidditch  Science of Fitness I Soccer Ultimate Frisbee Concepts I Soccer  Science of Fitness II Volleyball Wellness Concepts I Step Team  Strength Training Volleyball Wellness Concepts I Tennis  Tennis Wellness Concepts II Triathlon  Ultimate Frisbee Special Populations  Volleyball Wellness Concepts II Working with Special Populations  Wellness Concepts II Working with Special Populations  Wellness Concepts II Working with Special Populations  Wellness Concepts II Working with S-12 Year Olds  Wellness Wooleyball Wellness Wooleyball Wooleyb	Lead 17			Soccer	Volleyball	Power Yoga
I Soccer Ottimate Frisbee Concepts I Concepts I Soccer Science of Fitness II Strength Training Volleyball Wellness Concepts II Triathlon  Wellness Concepts II Working with Special Populations Volleyball Wellness Concepts II  Wellness Concepts II Working with Special Populations Volleyball Wellness Concepts II Working with Special Populations Wellness Concepts II Working with Special Populations Working with Sconcepts II Working with Sconcepts II Working with Sconcepts II Working with 5-12 Year Olds Working with 5-12 Year Olds			Tennis	Ultimate Frisbee	Volleyball II	Quidditch
Strength Training Volleyball Wellness Concepts I  Ultimate Frisbee Volleyball  Volleyball  Wellness Concepts II  Working with Special Populations  Volleyball  Wellness Concepts II  Working with Special Populations  Volleyball  Wellness Concepts II  Working with 5- 12 Year Olds  Volleyball  Volleyball  Preschoolers  Tennis  Triathlon  Ultimate Frisbee  Working with Special Populations  Working with 5- 12 Year Olds  Wellness Concepts II  Working with 5- 12 Year Olds	Science of Fitness I	Soccer	Ultimate Frisbee		Concepts I	Soccer
Tennis  Wellness Concepts II  Ultimate Frisbee  Volleyball  Wellness Concepts II  Working with Special Populations  Volleyball  Wellness Concepts II  Water Sports  Working with 5- 12 Year Olds		Strength Training	Volleyball			Step Team
Ultimate Frisbee  Working with Special Populations  Volleyball Wellness Concepts II Working with 5- 12 Year Olds  Friathlon  Iriathlon Iriathlon  Volleyball Working with Special Populations  Volleyball Water Sports  WOD	Strength Training	Volleyball				Tennis
Ultimate Frisbee Special Populations  Volleyball Wellness Concepts II Working with 5- 12 Year Olds  Ultimate Frisbee Ultimate Frisbee Wolleyball Wolleyball Water Sports  WoD	Tennis	Concepts II				Triathlon
Wellness Concepts II Working with 5- 12 Year Olds Water Sports WOD	Ultimate Frisbee	Special				Ultimate Frisbee
Wellness Concepts II Working with 5- 12 Year Olds Water Sports WOD	Volleyball					Volleyball
Working with 5- 12 Year Olds WOD	Wellness					
	Working with 5-					WOD
						Zumba