

2020 YMCA BLUE RIDGE LEADERS' SCHOOL

LEADER APPLICATION PREVIEW FORM

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

2020 CLASS OFFERINGS BY PERIOD

PERIOD 1	PERIOD 2	PERIOD 3	PERIOD 4	PERIOD 5	CLINIC
Adv. Character Development	Adv. Character Development	Adv. Character Development	Adv. Character Development	Adv. Character Development	Aquatics
Aquatics	Aquatics	Aquatics	Aquatics	Aquatics	Arts and Crafts
Aquatics II	Aquatics II	Basic Games	Basketball	Basic Games	Backyard Games
Basic Games	Basic Games	Basic Leadership	Basic Games	Basic Leadership	Basketball
Basic Leadership	Basic Leadership	Biomechanics	Basic Leadership	Biomechanics	Cheerleading/Tumbling
Biomechanics	Biomechanics	Character Dev.	Biomechanics	Character Dev.	Cycling/Circuit Training
Character Dev.	Character Dev.	Dimensions of Diversity	Character Dev.	Dimensions of Diversity	Dance Blast
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	Dodgeball
Exp. Learning	Feeling Great	Image 101	Kids in Motion	Kids in Motion	Eco Challenge
Feeling Great	Flag Football	Kids in Motion	Lead 14	Lacrosse	Field Hockey
Group Exercise	HEPA	Lead 14	Lead 15	Lead 15	Flag Football
Gymnastics	Image 101	Lead 15	Lead 16	Lead 16	Group Exercise
Image 101	Kids in Motion	Lead 16	Lead 17	Lead 18	Hiking
Kids in Motion	Lead 15	Lead 17	Lead 18	Science of Fitness I	Junior Lifeguard
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 I	Sixth Year Summit	Mindfulness
Lead 16	Officiating Youth Sports	Science of Fitness I	Science of Fitness II	Strength Training	Outdoor Adventure
Lead 17	Science of Fitness I	Science of Fitness II	Soccer	Volleyball	Power Yoga
Officiating Youth Sports	Science of Fitness II	Tennis	Ultimate Frisbee	Volleyball II	Quidditch
Science of Fitness I	Soccer	Ultimate Frisbee	Wellness Concepts I	Wellness Concepts I	Soccer
Science of Fitness II	Strength Training	Volleyball		Working w/ Preschoolers	Step Team
Strength Training	Volleyball	Wellness Concepts I			Tennis
Tennis	Wellness Concepts II				Triathlon
Ultimate Frisbee	Working with Special Populations				Ultimate Frisbee
Volleyball					Volleyball
Wellness Concepts II					Water Sports
Working with 5-12 Year Olds					WOD
					Zumba