



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BLUE RIDGE LEADERS' SCHOOL

Leaders' Packet (for parents, too!)

2021 YMCA BLUE RIDGE LEADERS' SCHOOL

Session 1 - Saturday, June 19 - Saturday, June 26
Session 2 - Saturday, July 24 - Saturday, July 31



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BLUE RIDGE LEADERS' SCHOOL: MISSION AND PHILOSOPHY

Since its inception in 1922, YMCA Blue Ridge Leaders' School (BRLS) has retained its basic philosophy of training teens to be leaders in all aspects of YMCA health and physical education. For youth and adults, BRLS develops teaching and performance skills, builds self-esteem and leadership qualities, enhances leadership training with the local Association, and strengthens traditional Christian values that foster the essential unity of spirit, mind and body for all.

Blue Ridge Leaders' School is committed to training teens to be leaders in their local YMCAs. It is a school environment, not a camp, with a curriculum designed to maximize the benefit to Leaders' Division participants (ages 13-18) as well as Senior Division participants (ages 19 and up). All attendees in the Leaders' Division will receive a pass/fail grade.

A hallmark of the School is its profound structure and high standards of:

- **Behavior** – Positive personal attitude and conduct is required.
- **Physical Participation** – The daily pace is fast and demanding. 100% involvement is a must.
- **Individual Performance** – Hard work and striving for personal improvement is expected of all.
- **School Honor Code** – It is to be acknowledged and upheld.

SCHOOL HONOR CODE

"I will honor my Creator and the standards of conduct and spirit of the YMCA Leaders' School. I will strive to excel as I develop in spirit, mind and body. At all times I will represent caring, honesty, respect and responsibility and will not tolerate anything else in myself and others."

LEADERS' DIVISION

Leaders' Division enrollees are teens ages 13-18 years as of May 31, 2021 who are active members of their local Leaders' Club (or willing to serve as the nucleus of a developing club). All should have demonstrated personal leadership skills at the home Association and proven that he/she is ready for more intensive training.

Blue Ridge Leaders' School is a leadership development School focused on health and wellness. Therefore, it is imperative that participants possess certain basic physical proficiencies. **All leaders will participate in a fitness assessment as outlined in this guide.**

STANDARDS OF CONDUCT

The School Standards of Conduct provide structure so group members can live and participate together in a positive Christian environment. All participants in all divisions are expected to display the highest standards of YMCA leadership, human relations and good moral character. **The Leaders' Club Advisor will discuss these standards with each member of his/her delegation prior to attending the School.** Neglect of these standards and/or behavior that is detrimental to the mission and purpose of the School and/or jeopardizes the safety of any of the participants may result in dismissal from the School. In the case that someone is dismissed, all travel costs are the responsibility of the local YMCA.

All participants should be aware that Blue Ridge Leaders' School is a tobacco, vaping and alcohol free environment and no illegal substances are permitted.

Additional Standards of Conduct that apply to LEADERS' DIVISION participants include:

- Fully participate in all classes and School activities unless excused by the School Director or his designee.
- Receive a passing evaluation in all classes and behavior situations.
- The opposite sex is not permitted in living areas.
- Leaders may not leave campus unless approved by the School Director or designee.
- *Call to Quarters, Call to Room* and *Lights Out* are to be observed as scheduled.
- Consistent display of positive behavior and Christian values throughout the week.

CURRICULUM

The Blue Ridge Leaders' School curriculum is progressive and class selections are based on the year of attendance:

- **1st Year:** Basic Leadership; Science of Fitness I; Aquatics; Feeling Great; Character Development; Evening Clinic.
- **2nd Year:** Leadership (by age); Science of Fitness II; Kids in Motion; Basic Games, Sports Elective; Evening Clinic.
- **3rd Year:** Leadership (by age); Biomechanics; Coaching or Officiating Youth Sports or Junior Lifeguard; HEPA; Program Elective OR Sports Elective; Evening Clinic.
- **4th Year:** Leadership (by age); Wellness Concepts I; Advanced Character Development, Program Elective; Sports Elective; Evening Clinic

- **5th Year:** Leadership (by age); Image 101; Health Elective; Advanced Character Development; Sports Elective; Evening Clinic.
- **6th Year:** Leadership 18, Sixth Year Summit; Experiential Learning (two periods); Open Elective; Evening Clinic.

EVALUATION PROCESS

Leaders' Division participants are evaluated daily and required to:

1. Be early/on time for all classes/activities.
2. Fully participate in all classes/activities including assemblies, meals and evening activities.
3. Successfully participate in fitness assessment mid-term.

The final pass/fail grade is based on attitude, leadership ability and participation in all aspects of the School (classes, clinics, evening activities, etc.) and a written test score in each class (minimum score of 70 out of 100 required in both in order to pass).

Upon successful completion of all criteria in all sections the Leader will receive a School patch signifying his/her year of accomplishment. Leaders who fail the School curriculum will receive no patch and must repeat the entire curriculum the following year. Leaders who fail the School for a second time may not be allowed to return to the School in the Leaders' Division. Retesting will not occur except in extreme circumstances wherein the problem is not related to a lack of preparation on the part of the Leader.

FITNESS ASSESSMENT & PROCEDURES

All Leaders' Division participants will complete a personal Healthy Living assessment. One goal of Blue Ridge Leaders' School is to inspire leaders to commit to a healthy lifestyle. During the leaders' first year, the assessments will be used to establish a baseline for the Leaders & Advisors to know where they are starting from and to establish the expectations for their second year. Components of the assessment will include crunches and straight body pushups with an initial target according to age/gender averages, flexibility, and target heart rate. Each subsequent year will build on the goals from the previous year.

SCHOOL LIFE

HOUSING

Blue Ridge Leaders' School is conducted on the campus of YMCA Blue Ridge Assembly (a YMCA conference center) in Black Mountain, North Carolina. Leaders' Division participants are housed in one of seven dorm facilities separated into male and female quarters. A limited number of rooms have self-contained baths. Others utilize locker room-type bath facilities. All bedding is furnished for all participants. **Leaders' Division participants must bring towels (3 recommended) for the week.** Laundry facilities are not available on campus. **ALL** participants are expected to maintain their living quarters in a secure, clean and orderly manner. Group Counselors and Dorm Staff will inspect Leader Division rooms daily.

DAILY SCHEDULES

On opening Saturday, all Leader Division participants and Group Counselors will report to their dorms at 4:15pm for room inspections, a meeting with their counselor and the first meal at 5:30pm. Following the meal, the entire School assembles for the evening vespers, and the School is underway. The schedule below runs Sunday through Thursday. A special schedule for Friday will be provided and reviewed during the week.

Daily Schedule

7:00 am..... Reveille
 7:45 am..... Breakfast
 8:45 am..... Morning Assembly
 9:15 - 11:40 am..... Classes
 12:00 - 12:45 pm..... Lunch
 12:45 - 1:15 pm..... Free time
 1:30 - 5:15 pm..... Classes
 5:15 - 6:00 pm..... Free time (Club meetings Monday**)
 6:00 - 6:45 pm..... Supper
 6:45 pm..... Vespers
 7:15 - 8:30 pm..... Clinics
 8:45 - 9:45 pm..... Evening Activities

Each evening includes a unique event as follows:

Saturday – Dorm Meeting
 Sunday – Group Meetings with Counselor
 Monday – All School Activity (watch for new additions)
 Tuesday – All School Achievement Events*
 Wednesday – School Dance
 Thursday – Club Meetings** (locations will be assigned)
 Friday – School Show
 9:45 pm..... Call to Quarters (*Group Meetings*)
 10:45 pm..... Call to Room (Individual Quiet Time)
 11:00 pm..... TAPS, ALL QUIET, LIGHTS OUT

*Please note current School Achievement records are included with registration materials.

**Organized by Advisor but locations will be assigned by the School Leadership Team.

MORNING DEVOTIONALS & EVENING VESPERS

Morning Devotionals reflect the daily subject and are presented by clubs selected at previous year's School. Vespers are presented each evening by one of the Honor Leaders. The daily subjects for morning devotions and evening vespers are:

<u>Day</u>	<u>Devotion/Vespers</u>
Saturday	Opening/Welcome
Sunday	Inclusion
Monday	Honesty
Tuesday	Caring
Wednesday	Responsibility
Thursday	Respect
Friday	Faith
Saturday	Closing thoughts

MEALS

Meals begin with dinner on opening Saturday, and end with breakfast on closing Saturday. There are adequate vegetarian options. Gluten-free and other specific needs should be coordinated by advisor and emailed to Brianne Pietronicco, Registrar, at BrianneP@yblueridge.org, before May 30. If there are any dietary restrictions please note them on your application.

NAMETAGS & LEADER GROUPS

At check-in each Club Advisor will receive a packet of information including nametags, class schedules and room assignments for each member of his/her club. All participants must wear the nametag at all times, and in a visible manner, throughout the week including all School activities and events. Nametags may not be exchanged with another participant. The nametag is essential in identifying the person as a School participant and serves as the daily meal ticket.

Participants in the Leaders' Division are divided into male and female groups (identified by a number found on the class schedule) according to age. Each group is assigned a Group Counselor selected from qualifying applicants in the Leaders' Division. Beginning with the first meal at 5:30 pm on Saturday the group will eat all meals together with their Counselor. Numbers on the table in the dining hall will correspond with the Leader's group number.

WHAT TO BRING

- 3 Towels (Leaders' Division)
- Personal toiletries
- Workout clothes (tee shirts, tank tops, athletic shorts) for the week
- Nice clothes for Friday evening
- Umbrella/raincoat
- Special equipment/apparel for classes (swimsuit, soccer shoes)
- Paper & pen
- Hand Sanitizer
- Health/accident insurance card
- 2-pairs of athletic shoes
- 2 Reusable water bottles (no energy drinks)
- Swimsuits (**one piece only** for females)
- Spending money (vending machines, store, picture* (*seniors) etc.)

It is recommended that all personal belongings be clearly identified and securely stored. Clothing must be appropriate per activity (so as not to restrict participation and/or compromise safety) and jewelry/accessories are discouraged. Clothing must cover midriff and dresses/tops for banquet must have a modest neckline. Clothing with inappropriate statements, language or graphics is not permitted. Hats and sunglasses are allowed for outdoor use only.

MEDICAL CARE & INSURANCE

In case of illness or injury a qualified staff member will evaluate the condition, administer minor first aid if necessary and assist in coordinating all further treatment. A nurse is on duty at the School. A medical clinic is ten minutes away and two hospitals are located in Asheville. However, it is the responsibility of the Club Advisor to insure that treatment and follow-up care is provided. The Club Advisor for each delegation must maintain a written list of all medications and oversee the administering of all medications for the members of his/her delegation.

Blue Ridge Leaders' School does not carry accident insurance coverage. Accident insurance is the responsibility of the individual.

VISITATION

Guests of the School are welcome but must adhere to the following policy. Please share this policy with anyone associated with your Leaders' Club who may wish to visit. Check-in at the School office in Eureka Hall is required.

- Opening Saturday - open visitation until 4:00 pm
- Friday, open visitation from 2:00 pm until taps

All other visitations require **prior** notification and check-in with the School Office. It is preferable that these guests be escorted during their visit and it may be possible that on-campus meals could be purchased from the Leaders' School. All preapproved visitors must also check in at the School office in Eureka Hall upon their arrival.

ENROLLMENT

REGISTRATION AND FEES

The 2021 application process will be online. Please visit ymcabrls.org/apply to register and follow the steps listed on the website.

Individual Leader and Advisor/Senior Leader online applications need to be submitted with your advisor. All teens must register as part of a YMCA club. All registration materials and information will be posted on ymcabrls.org/apply during the week of February 19. The links to BRLS applications will be live beginning March 8th, 2021 at 10am ET. Please see your Club Advisor for additional details on the registration process and information on what to bring when you register. **For full enrollment details, follow prompts and information available on the ymcabrls.org/apply page.**

Fees cover room, meals, school picture (Leaders' Division) and supplies. Vending machines, store, school picture (seniors' division), etc. are voluntary.

Leaders' Division

Enrollees must be age 13-18 as of May 31, 2021. Enrollees must be active members of the local Leaders' Club or willing to serve as the nucleus of a developing club. All should have demonstrated personal leadership skills and proven that he/she is ready for more intensive training. All must be approved by the local YMCA Executive Director.

FINANCIAL ASSISTANCE

Financial Assistance is available to qualifying applicants based on need and available funds. A financial assistance application is available at ymcabrls.org/apply for parents to submit. Maximum award will be \$175 per person. The application must be completed fully using the template provided. Advisor input is helpful to confirm need. Applications should be submitted online by April 1.

DROPS/CANCELLATIONS:

Please notify your advisor immediately if you can no longer attend. The \$150 deposit is non-refundable. Any cancellations after April 7 are subject to the club being charged the full fee. Exceptions will only be considered for medical/family emergencies and other extenuating circumstances.

LEADERSHIP

SCHOOL STAFF

The School staff is appointed by the School Director on an annual basis, and is comprised of more than 90 YMCA professional directors and adult volunteers from YMCAs throughout the southeast. All have demonstrated expertise in training and possess exceptional abilities in teen leadership development.

The School Leadership Team may be found below.

Greg Hall, School Director. GregHall@yblueridge.org
Brianne Pietronicco, School Registrar. BrianneP@yblueridge.org
Ben Major, YMCA of the Virginia Peninsulas. ben.major@ymcavp.org
Ryan Graham, YMCA of Greater Charlotte. Ryan.Graham@ymcacharlotte.org
Jessica James-Hill, YMCA of Greater Charlotte. JeJames87@gmail.com
Molly D'Avria, Gaston County Family YMCA. MDAvria@gastonymca.org
Jeff Jaehnen, YMCA of Greater Louisville. Jjaehnen@ymcalouisville.org
Kendra Fuentes, Cowart Family Ashford Dunwoody YMCA. KendraF@ymcaatlanta.org
Mary Hall. Maryehall@maryehall.com
Amanda Jaehnen. Ajaehnen@yahoo.com
Danny McBride - danny@spysie.com