

2021 YMCA BLUE RIDGE LEADERS' SCHOOL CLASS & CLINIC DESCRIPTIONS

DAILY CLASSES Emphasis is on personal leadership development and take-home application at the home YMCA. A course syllabus will be given out in each class on the first day of classes outlining both the course objectives and the skills checklist for class participants. **Please see page 6 of this document for a schedule of which classes are offered during which periods. This will help leaders design their schedules and maximize efficiency during the application process.**

Course Requirements by Year:

1 st Year	2 nd Year	3 rd Year	4 th Year	5 th Year	6 th Year
Basic Leadership	Leadership (by age on Mtn)	Leadership (by age on Mtn)	Leadership (by age on Mtn)	Leadership (by age on Mtn)	Leadership 18
Character Development	Kids in Motion	HEPA	Advanced Character Development	Advanced Character Development	Sixth Year Summit
Feeling Great	Basic Games	Biomechanics	Wellness Concepts I	Image 101	Experiential Learning (1 of 2)
Science of Fitness I	Science of Fitness II	Officiating Youth Sports	Sports Elective	Sports Elective	Experiential Learning (2 of 2)
Aquatics	Sports Elective	Program or Sports Elective	Program Elective	Health Elective	Any Elective (except Feeling Great & Char. Development)
Evening Clinic	Evening Clinic	Evening Clinic	Evening Clinic	Evening Clinic	Evening Clinic

1st Year Required Classes:

- **Aquatics** – Basic aquatic leadership. Emphasis on personal swim skills, teaching basics, water safety and character development integration into aquatics programs.
- **Basic Leadership** – YMCA history and basic principles of YMCA leadership. This class will prepare you for working with small groups.
- **Character Development** – Small group work that will challenge the individual to define who they are (a person, a family member, a citizen and a leader) through personal reflection and outside-the-box thinking.
- **Feeling Great** – A fun and exciting method for all ages to learn and play new and creative games. The participants become engaged in physical activity without the stress of competition.
- **Science of Fitness I** – Basic exercise, nutrition and personal wellness information. Daily participation in an exercise class and fitness challenges.

2nd – 6th Year Required Classes:

- **Advanced Character Development** – This class continues the conversation started in Character Development. Join this small group driven class for more a more intense examination of your personal values and how you can apply positive values in your everyday life.
- **Basic Games** – Learn indoor/outdoor games and songs that are applicable for working with both preschool and school-age children in both small and large groups.

- **Biomechanics** – Learn fundamental biomechanical concepts that serve as the basis for all movement, including sports, balance, health and injury prevention. Course will center around basic athletic movement and gymnastic skills and include teaching and performance requirements.
- **Experiential Learning** – (2-period class) An exciting and hands-on set of activities that will build both technical and facilitation skills around adventure-based learning including ropes, mountain biking, etc.
- **HEPA** – Introduction to the Y-USA “Healthy Eating and Physical Activity” standards. Participants will learn both fun, healthy lifestyle activities for use in children’s programs and for engaging families, as well as how to effectively incorporate the Food and Fun curriculum into YMCA programs. National certification available for eligible Leaders.
- **Image 101** – Designed to assist the older Leader improve his/her overall public image and presence. Topics will include speaking styles, etiquette, writing, etc.
- **Junior Lifeguard** – Welcome to the new Y-USA Junior Lifeguard/Aquatic Leadership program led by a Y-USA National Aquatic Director. Note that you must also choose the “Junior Lifeguard Clinic”. Participants should be able to swim 100 yards any stroke.
- **Kids in Motion** – Learn developmentally appropriate movement patterns and experiences structured to help young children become competent in various movement activities.
- **Leadership 14** – Training and discussion centered around inter-personal skills and the many types of relationships facing teens today.
- **Leadership 15** – Strategies for the development/improvement of a successful Leaders’ Club program.
- **Leadership 16** – This class will involve introduction to several assessment tools to help you determine your best leadership style based upon your personality.
- **Leadership 17** – An interactive discussion focused on learning about who we are, what impact we want to make, and how to set ourselves up to be successful in the long-term as a leader.
- **Leadership 18** – A discussion-based class on studying how quality and excellence influences your leadership and career.
- **Officiating Youth Sports** – Leaders will learn basic officiating strategies for a variety of youth sports programs. Skills learned will include rules, working with coaches, managing game situations, and strategic positioning.
- **Science of Fitness II** – A continuation of Science of Fitness I with expanded knowledge of fitness concepts, practical applications of concepts, personal wellness and nutrition. Daily exercise class and fitness challenges.
- **Sixth Year Summit** – Designed to provide the 6th year Leaders the opportunity to develop a deeper personal connection with each other and complete their Leader Division experience.
- **Wellness Concepts I** – An emphasis on personal wellness. Topics include physical fitness, personal health and nutrition.

Sports Elective Classes:

- **Aquatics II** - Provides Leaders the opportunity for teaching and guard assistance within the home YMCA. Eligible Leaders will receive YMCA of the USA Principles of Aquatic Leadership certification.
- **Basketball** –Establish an understanding and gain a working knowledge of basketball, an original YMCA sport. Participants will learn to explain, demonstrate, practice and evaluate basketball fundamentals.
- **Coaching** – Leaders will learn basic coaching strategies across a variety of youth sports. Skills learned will include running practices, communicating with parents & officials, reinforcing instructional strategies, and age appropriate coaching.
- **Disc Golf** – Learn skills and teaching techniques that can be used in at-home programs to promote outdoor activity and skill development.

- **Flag Football** – Explanation of teaching basic skill development and football strategy through drills and team play.
- **Gymnastics** – Teaching techniques, spotting & performing basic & intermediate gymnastic skills for men’s & women’s events.
- **Lacrosse** – Teaching techniques, drills, group organization and rules associated with the fast-growing sport of Lacrosse.
- **Soccer** – Training to establish an understanding and gain a working knowledge of the world’s most popular sport. Participants will learn to explain, demonstrate, practice and evaluate fundamentals. Tennis shoes or soccer shoes required (no sandal-type shoes).
- **Tennis** - Personal skill development combined with team play will be included in this class/clinic based on newly developed USTA progressive program. The clinic offers six levels of progressive skill check-offs with patches awarded for successful completion.
- **Ultimate Frisbee** – Teaching techniques, curriculum development and lesson planning for the sport of Ultimate Frisbee as a tool in providing moderate/vigorous physical activity for youth.
- **Volleyball** – Instruction to gain a working knowledge of volleyball, an original YMCA sport. Training will include a thorough presentation of the fundamental skills, practice and team play.
- **Volleyball II** – Higher skill and teaching techniques for those with at least one year of club or varsity playing experience.

Health Elective Classes:

- **Cross Training** – Leaders will participate in both aerobic activities and strength training exercises for a workout that produces results while providing variety. Leaders will also learn skills to monitor and adjust work-outs when equipment or space is limited.
- **Group Exercise** – Practical application of exercise science. Includes components of an exercise class, basic exercise selection, qualities of an exercise instructor, nutrition and daily participation in a class with fitness challenges.
- **Wellness Concepts II** – Explore your options for taking control of your personal wellness. Learn new and exciting ways to challenge yourself. This course will also expose you to “what’s hot and what’s not” by experimenting with some of today’s fitness trends and tools.

Program Elective Classes:

- **Character Education** – Leaders will develop and test their own creative ideas on how to further character development work at their local YMCA.
- **Coaching** – Leaders will learn basic coaching strategies across a variety of youth sports. Skills learned will include running practices, communicating with parents & officials, reinforcing instructional strategies, and age appropriate coaching. This class may also be taken as a Program Elective.
- **Dimensions of Diversity** - This class is designed to enhance cultural competence, facilitate bridge building, and encourage engagement in diversity, inclusion, and global work among all YMCA staff and volunteers.
- **Strength Training** – Guidelines & techniques that equip Leaders to work directly with YMCA members “on the floor” in fitness centers and workout rooms.
- **Working with 5-12 Year Olds** – Discover the developmental needs of children ages 5-12. Curriculum includes writing developmentally appropriate activity plans and behavior management techniques.
- **Working with Preschoolers** – Discover the developmental needs of children under 5.
- **Working with Special Populations** – Discover methods and techniques to better serve those with physical and mental disabilities.

EVENING CLINICS Focus is on skill development and personal enjoyment.

- **Aquatics** – Opportunity to refine individual strokes, learn approaches to competitive swimming and training. This clinic offers six levels of progressive skill check-offs with patches awarded for successful completion.
- **Arts and Crafts** – Leaders will be able to create keepsake crafts to take home from the mountain. Choices may include: pottery, handmade candles, bracelets, or other Appalachian offerings.
- **Backyard Games** – The stuff your parents and grandparents grew up playing! Badminton, wiffleball, horseshoes and the like.
- **Basketball** – Distinct drills and games to enhance fundamental skills. This clinic offers six levels of progressive skill check-offs with patches awarded for successful completion.
- **Cheerleading/Tumbling** – Focus on tumbling skills & cheerleading throws to enhance the participant's cheerleading capacity.
- **Cycling/Circuit Training** – Indoor cycling using special bikes for a non-impact workout. Circuit Training combines aerobic activities and strength training for a workout that produces results while giving you variety.
- **Dance Blast** – Aerobic dance clinic that teaches basic dance steps coupled with aerobic movement, cueing and choreography components. Exciting moves that combine hip-hop, jazz and salsa.
- **Dancing with the Stars** – The updated Blue Ridge Dance Clinic which will offer exposure to several of the latest popular dance styles and steps. . . Ballroom, Swing, etc.
- **Disc Golf** – Work on your skills to enhance your game and play Blue Ridge Assembly's disc golf course.
- **Dodgeball** – Learn rules and fundamental skills for team play in this fast-paced game designed to encourage recreation, continuous activity, and fun.
- **Eco Challenge** - Limited availability. Want to expand your Adventure Racing knowledge and spend a night at high windy? Learn all about equipment needs and extensive map and compass work (orienteering). Very physically demanding.
- **Field Hockey** – Participants will learn the basic skills and rules of the sport including game situations. This sport will help increase both endurance and level of physical activity.
- **Flag Football** – Learn the rules, strategies and teamwork required while having fun challenging others in game situations.
- **Floor Hockey** – Floor Hockey – Learn the rules and fundamental skills of a fast paced, non-contact game that resembles ice hockey. Leaders will wear tennis shoes while practicing skills and playing games.
- **Group Exercise** – This clinic will give you the opportunity to try step aerobics, kick boxing and other popular types of aerobic fitness over the course of the week.
- **Hiking** – Learn how to plan different types of hikes, hiking safety, and practice hiking techniques.
- **Media/Website** - Work with Leaders School media specialists on production of the Leaders School website content and communications during the Leaders School week.
- **Mindfulness** – Learn and understand the principles of mindfulness through experiences and activities. Practicing mindful self-compassion promotes emotional strength and resilience.
- **Outdoor Adventure** – Opportunity to utilize various adventure equipment for personal goal setting and challenge by choice.
- **Power Yoga** – Increase flexibility and strength through stretching, breathing, and relaxation exercises.
- **Quidditch** – An exciting new sport that is a unique mix of rugby, dodgeball and tag. Learn endurance, agility and proper technique to promote personal fitness and fun.
- **Soccer** – Attention on fundamental skills and teamwork. Tennis shoes or soccer shoes required (no sandal-type shoes).

- **Step Team** – Learn and create step routines - a traditional form of aerobic dance where the entire body is the instrument to produce rhythms/sound. Stepping involves various group choreography and formations to clapping, marching, vocals, hopping, dance, and music.
- **Tennis** – Personal skill development combined with team play will be included in this class/clinic based on newly developed USTA progressive program. The clinic offers six levels of progressive skill check-offs with patches awarded for successful completion.
- **Triathlon** – Participate in the popular sport combining swimming, biking and running. Learn proper techniques for training and strategies for success.
- **Ultimate Frisbee** – Participants will learn the rules, fundamentals and team strategies in this fast-paced sport. Have fun challenging your peers while enjoying a good physical workout!
- **Volleyball** – Specific and intense individual training combined with team play. This clinic offers six levels of progressive skill check-offs with patches awarded for successful completion.
- **Water Sports** – Enjoy a variety of water sports and games which includes the opportunity to take part in water polo, spring board diving and “feeling great wet games”.
- **Workout of the Day (WOD)** – “Enjoy” a strength and conditioning workout with functional movement performed at high intensity. In this clinic you will do different types of activities within the workout.
- **Zumba** – A low impact aerobic workout centered around unique Latin dance movements.