



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BLUE RIDGE LEADERS' SCHOOL

## Leaders' Packet (for parents, too!)

### 2022 YMCA BLUE RIDGE LEADERS' SCHOOL

Session 1 - Saturday, June 18 - Saturday, June 25  
Session 2 - Saturday, July 23 - Saturday, July 30



# TABLE OF CONTENTS

## **OVERVIEW**

Blue Ridge Leaders' School: Mission & Philosophy  
School Honor Code  
Leaders' Division  
Standards of Conduct

## **CURRICULUM**

Evaluation Process  
Fitness Assessment & Procedures for Leaders' Division

## **SCHOOL LIFE**

Housing  
Daily Schedules  
Morning Devotionals & Evening Vespers  
Meals  
Nametags & Leader Groups  
What to Bring  
Medical Care & Insurance

## **ENROLLMENT**

Registration & Fees  
Financial Assistance  
Drops/Cancellations

## **LEADERSHIP**

School Staff

# OVERVIEW

## 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 YMCA 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, 2022 who are active members of their local YMCA 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 they are 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 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:

- **1<sup>st</sup> Year:** Basic Leadership; Science of Fitness I; Aquatics; Feeling Great; Character Development; Evening Clinic.
- **2<sup>nd</sup> Year:** Leadership (by age); Science of Fitness II; Kids in Motion; Basic Games, Leaders' Club Development; Evening Clinic.
- **3<sup>rd</sup> Year:** Leadership (by age); Biomechanics; Officiating Youth Sports; HEPA; Program Elective OR Sports Elective; Evening Clinic.
- **4<sup>th</sup> Year:** Leadership (by age); Wellness Concepts I; Advanced Character Development, Program Elective; Sports Elective; Evening Clinic
- **5<sup>th</sup> Year:** Leadership (by age); Image 101; Health Elective; Character Education; Sports Elective; Evening Clinic.
- **6<sup>th</sup> 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.

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 fitness 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 in Black Mountain, North Carolina. Leaders' Division participants are housed in dorm 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 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 then transition to the cafeteria for 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

Reveille  
Breakfast  
Morning Assembly  
Classes  
Lunch  
Free time  
Classes  
Free time  
Supper  
Vespers  
Clinics  
Evening Activities

Each evening includes a unique event as follows:

Saturday – Dorm Meeting  
Sunday – Group Meetings with Counselor  
Monday – Club Meetings\*\*  
Tuesday – All School Activity/Achievement\*  
Wednesday – All School Activity/Achievement\*  
Thursday – Club Meetings\*\*  
Friday – School Celebration  
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 material

\*\*Organized by Advisor but locations assigned by School Leadership Team.

## MORNING DEVOTIONALS & EVENING VESPERS

Morning Devotionals reflect the daily subject and are presented by clubs selected from 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	Welcoming
Sunday	Determined
Monday	Genuine
Tuesday	Nurturing
Wednesday	Hopeful
Thursday	Inclusion
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](mailto:BrianneP@yblueridge.org), before May 30th. 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 their 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, female and co-ed groups according to age and registration request. 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 (t-shirts, tank tops, athletic shorts)
- Nice clothes for Friday evening
- Umbrella/raincoat
- Sunscreen/Bug Spray
- Special equipment/apparel for classes (racquets, soccer shoes)
- Paper & pen
- Hand Sanitizer
- Health/accident insurance card
- 2-pairs of athletic shoes
- Masks
- 2 Reusable water bottles (no energy drinks)
- Swimsuits (**one piece** 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

All leaders must share with their advisor all medications, physical and mental health history, medical conditions, etc. The Advisor for each club must maintain a written list of all medications and oversee the administering of all medications for the members of their delegation.

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 ensure that treatment and follow-up care is provided.

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

# ENROLLMENT

## REGISTRATION AND FEES

The 2022 application process will be online. Please visit [ymcabrils.org/apply](https://ymcabrils.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 [ymcabrils.org/apply](https://ymcabrils.org/apply) during the week of February 18th. The links to BRLS applications will be live beginning March 7<sup>th</sup>, 2022 at 10am EST. 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 [ymcabrils.org/apply](https://ymcabrils.org/apply) page.**

Fees cover room, meals, school picture, t-shirt and supplies. Vending machines, store, etc. are voluntary.

### Leaders' Division

Enrollees must be age 13-18 as of May 31, 2022. 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 they are 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 [ymcabrils.org/apply](https://ymcabrils.org/apply) for parents to submit. The application must be completed fully using the template provided. Advisor input is helpful to confirm need. Applications should be submitted online by April 1st.

## DROPS/CANCELLATIONS:

Please notify your advisor immediately if you can no longer attend. The \$150 deposit is non-refundable. Any cancellations after May 1st 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 100 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](mailto:GregHall@yblueridge.org)  
**Jeff Jaehnen**, Assistant School Director, [Jjaehnen@ymcalouisville.org](mailto:Jjaehnen@ymcalouisville.org)  
**Brianne Pietronicco**, School Registrar, [BrianneP@yblueridge.org](mailto:BrianneP@yblueridge.org)  
**Amanda Jaehnen**, [Ajaehnen@yahoo.com](mailto:Ajaehnen@yahoo.com)  
**Ben Major**, [ben.major@ymcavp.org](mailto:ben.major@ymcavp.org)  
**Danny McBride**, [danielevanmcbride@gmail.com](mailto:danielevanmcbride@gmail.com)  
**Jessica James-Hill**, [JeJames87@gmail.com](mailto:JeJames87@gmail.com)  
**Kendra Fuentes**, [Kendra.fuentes@ymcacharlotte.org](mailto:Kendra.fuentes@ymcacharlotte.org)  
**Mary Hall**, [Maryehall@maryehall.com](mailto:Maryehall@maryehall.com)  
**Melissa Bailey Logan**, [mblogan@yblueridge.org](mailto:mblogan@yblueridge.org)  
**Molly D'Avria**, [MDAvria@gastonymca.org](mailto:MDAvria@gastonymca.org)  
**Ryan Graham**, [Ryan.Graham@ymcacharlotte.org](mailto:Ryan.Graham@ymcacharlotte.org)