GREAT LAKES
YMCA LEADERS TRAINING SCHOOL

JULY 24-29, 2016

Mount Vernon Nazarene University
Mt Vernon, OH
COME TO LEARN. RETURN TO SERVE.

61 Years of Excellence
The purpose of the school is to bring Leaders Club members together for training that will help them to develop new skills and grow as individuals. Through courses and group discussions led by Y Professionals and volunteers, participants will be given the opportunity to learn more about themselves and others while gaining new friendships and being a part of new experiences.

Who May Enroll
Leaders Training School is designed for selected students who have completed 6th through 12th grade and who possess high Christian character and leadership qualities. They must be active members in a local YMCA teen program, including Leaders Club, Achievers or Youth In Government. All applications must be approved by the YMCA Program Director and Executive Director.

Training Program
The training program at Leaders Training School is both rewarding and demanding. Leaders are exposed to classroom and group work, as well as physical fitness activities. The training program is designed to expose each Leader to a wide variety of YMCA work as well as to help each Leader to develop a sound fundamental background in these areas. The training program includes: Theory and Practice, Leadership and Personal Development, and Fun and Fitness. We also meet in small groups (called squads) to discuss materials provided in our “Leaders for Life” curriculum. Squads are formed by grade and focus on a core group of topics including: health issues, conflict resolution, diversity, communication, decision making, spirituality, and YMCA character development. Additional school activities include daily chapel and vespers service, special evening programs, school elections, and a candlelight ceremony.

Staff
Our staff is selected from some of the finest professional directors and highly skilled adult volunteers from the Great Lakes area. Unfortunately, staff positions are limited. Staff are required to submit an application to the LTS Great Lakes EPC. Local club advisors should contact the school director for more information regarding staff opportunities.

Each year, Leaders Training School is planned under the direction of the Executive Planning Committee (EPC) which is comprised of three appointed staff from area Ys, and three teens elected by their peers.

Staff In Training (SIT) Program
The SIT program is open to former leaders who would like to return to LTS. You will go through an SIT training daily as well as work along side a staff mentor that will be assigned to you. All interested in the program, must fill out an application and be approved by the Executive Planning Committee, your Y program director and your Y executive director.

2016 SCHOOL EXECUTIVE PLANNING COMMITTEE (EPC) & LEADERS ADVISORY BOARD (LAB)

Aja Mays, School Director
Eldon & Elsie Ward Family YMCA
614-252-3166
amays@ymcacolumbus.org

Charlie Myers, State Director
Ohio Alliance of YMCA’s
419-632-1000
cmyers@ohioymcas.org

Tom Michel
Defiance Area YMCA

Kimmy Kettering YMCA of Central Stark County

Adam Vanderhorst
Sidney-Shelby County YMCA
REGISTRATION INFORMATION

Participation Agreement Due April 15th in order to solidify the $325 rate. If agreement is not received by the 15th the price will be $350 for your leaders.

FEES

Participation Agreement Received By April 15th $325 per leader* ($150 for SITs)
Registrations received between April 15– June 15 $350 per leader* ($200 for SITs)
Registrations received between June 16-July15 $400 per leaders* ($225 for SITs)

Staff Members are $50 each.

*No registrations will be accepted after July 15th.


CANCELLATION POLICY

• School enrollment is limited; registration will be stopped when maximum enrollment is reached or no later than July 15th
• Substitutes will not be permitted after July 15th
• Cancellations after June 15, 2016 will not be refunded

PAPERWORK

All paperwork must be filled out entirely, including signatures and given to your club advisor.

ADULT VOLUNTEERS: You will be emailed a link in which all of your staff, staff in training and leaders need to apply to attend. If you do not receive this link by April 15, 2016, please email Aja at amays@ymcacolumbus.org.

All paperwork for each leader (code of conduct, health form, and health questionnaire) and each staff/SIT (certificate of liability and background check) plus your payment need to be sent to Great Lakes Leaders Training School, Attention: Charlie Myers at 40 West Long Street, Columbus, Ohio 43215 or cmyers@ohioymcas.org (email is preferred). Need everything in by July 15th! Anything after July 15th will receive a $25.00 per person late fee.

QUESTIONS?

For questions regarding classes, please contact Aja Mays at 614-252-3166 or amays@ymcacolumbus.org

COLLEGE LOCATION

The Great Lakes YMCA Leaders Training School will be held at Mount Vernon Nazarene University, 800 Martinsburg Rd, Mt Vernon, OH 43050.

CHECK-IN AND CHECKOUT

• Check in on July 24th, between 11:00 am and 1:00 pm.
• Lunch will not be served. Plan to eat before you arrive or Order to deliver to College.
• Your club advisor will give you specific directions.
• LTS will end on **July 29th at 11:00 AM**, ALL Leaders must be picked up by that time.
• There is a $20 cash deposit per room key at check-in. The deposit will be returned when the key is returned. Please bring exact change in cash. You will be billed an additional $20 if you lose your key.
MEALS
Meals will be served beginning with dinner on Sunday, July 24th through breakfast on Friday, July 29th.

WHAT TO BRING
- $20 cash for room key deposit (exact change)
- gym clothes
- gym shoes
- club shirt
- Jeans
- Shorts (see dress code below)
- Banquet Attire (Guys: shirt, time, dress slacks) (Girls: dress, skirt, or dress pants)
- bed linens
- Towels
- box fan
- personal toiletries
- PJs
- Bible
- spending money
- equipment for special classes (ex. Camera, musical instruments, baseball/softball gloves, etc.)
- Do not bring pets of any type.

DRESS CODE
(Will be strictly enforced!)
- Shorts, dresses and skirts must be long enough to extend past the finger tips as the student’s hands are stretched down their side and or 4 inches above the knee.
- No midriffs showing.
- No clothing, patches or buttons with drug, narcotics, alcoholic, obscene, suggestive or questionable messages.

VISITORS
Anyone wishing to visit the school must first contact the School Director. No visitors are permitted without prior approval. YMCA professionals wishing to observe our school for more than one day will be admitted on a limited basis due to space considerations and will be charged a fee to cover room and board expenses. Visitors for the Friday banquet must make advance reservations through the School Director. For further details, contact Charlie Myers at 419-632-1000 or cmyers@ohioymcas.org

*Photo taken by Michelle Terry
2016 Course Descriptions

1st Period: Leadership and Personal Development

Leadership 101 • Required for all 1st year Leaders to LTS. Learn the history of the program and what to expect in your first year at LTS.

Moving On! • Learn about life after high school, what to expect in college, and some basic life skills.

Child Care • Learn effective discipline techniques, activities, basic first aid and care for young children.

Creative Arts /Music• Learn the basics of the arts, including drawing, sketching, painting, music, poetry, dance. Bring your instruments!

Current Issues and Debate /Youth & Government• Discuss and debate current environmental, social, and political issues. Learn firsthand about government and civic issues by taking an active role in the democratic process, boosting youth development and contributing to a stronger community.

Day Camp Leadership • Learn the basics of being a camp counselor, activities, songs, and games.

Empowering Women • A class that will discuss self-image, self-esteem, nutrition, and hot topics with which teenage girls are dealing. This will be in an all girl environment where girls will be able to open up and be themselves. There will be two sessions of this class. One for girls going into grades 7-9 and one for girls going into grades 10-Grads.

Healthy Living • Each class will focus on total well-being of spirit, mind and body. Topics/activities may include: physical fitness, yoga, meditation, nutrition and more.

Empowering Men • A guy’s only class that will cover sports, dating, etiquette and other hot topics facing men today. We will divide this class into two age groups: 7th-9th grade and 10th-Grads.

Presentation and Public Speaking Skills • From eye contact to visual aids, learn and practice skills in public speaking.

Press Corps • Learn the techniques and skills needed to produce newspapers, blogs, etc. Class will help produce and edit newsletters.

LAB Campaign Development • Required if you are running or campaigning for LAB! Learn from current LAB how to make a successful campaign and speech. Required for campaign managers.

2nd Period: Theory and Practice

Coaching/Teaching Youth Sports • Learn to teach different sports and the value of good sportsmanship that you can take back to your Y.

First Aid /CPR• Basic First Aid Course

Creative Devotions • Learn creative presentation methods. Class will work on a project to be presented to the entire school.

Kids n’ Crafts • Learn how to teach as well as get new project ideas.

Leaders Club Planning • Learn event planning to put into action in your home club. Course includes fundraising ideas, tools for running effective meetings, and more.

Organizing & Teaching Games • Learn techniques in leading games as well as various new games.

Self Defense • Learn the basic skills of self defense.

Working with People with Disabilities • Develop an awareness of challenges facing the disabled. Good for those helping with Special Olympics.

Lifeguards on Deck • Become a certified Lifeguard. Must be 15-18 years old. $Fee TBD

Pet First Aid • Basic Pet Care.
3rd Period: Fun and Fitness

Leaders will choose from the different options for their Fun and Fitness Classes. Sportsmanship, drills and games will be a focus for these classes as well as an emphasis on learning and playing!

- Flag Football
- Ultimate Frisbee
- Dodgeball & GaGa
- Zumba/Hip Hop
- Volleyball & Basketball
- Jam Session
- Pickleball
- Tennis

4th Period Activities

The following special events have already been scheduled! You will have the option to choose one of the activities to go to each day.

Games
Outdoor Cooking and games
Arts & Crafts
Open Sports
Talent Show*

Monday Sign ups: Please prepare a two minute or less performance, and come with your music or props needed. If you are singing a song, please have the music with no vocals. Clubs are welcome to participate by doing skits.

ALL PERFORMANCES ARE SUBJECT TO REVIEW AND MUST BE APPROPRIATE.

Evening Activities

Theme: “Moving Forward, I am Brave. Wild Wild West”

Sunday: Keynote Speaker– Ilene Evans
Monday: Dance
Tuesday: Themed LAB Activity
Wednesday: Expression Session (Talent Show)
Thursday: LTS Trails/ Elections/Banquet/Candle Light Service

*Photo taken by Michelle Terry
2016 Great Lakes YMCA Leaders Training School

Code of Conduct

All information and signatures must be complete in order for application to be accepted.

I, ______________ (student’s name), understand and agree to the expectations outlined below as a participant in Great Lakes YMCA Leaders Training School from July 24-29, 2016 at Mount Vernon Nazarene University, in MT Vernon, OH. I understand my failure to observe the following guidelines will result in prompt dismissal:

- Participants may not leave the site until the conclusion of the event for any reason.
- Use or possession of drugs, alcohol, and/or tobacco products is not permitted.
- Male participants are not allowed in female participants’ housing; female participants are not allowed in male participants’ housing.
- After curfew, participants must remain in their housing quarters.
- The dress code must be followed.
- Visitors are not permitted without prior approval of the School Director and must check in upon arrival at school with School Director.
- Responsible behavior is expected of all participants.
- The facilities being used and the personal property of others must be respected.
- Leaders will be responsible financially for damage to facilities and other people’s personal property.
- Prompt attendance at all sessions and meals is required.

By signing below you are attesting to the fulfillment of these requirements and assume all responsibility for conduct and actions. Failure to do so may result in removal from the school.

Leader’s signature:________________________________________________ Date:________________________

Parent Signature:________________________________________________________________ Date:________________________

I attest that the above Leader is a member of good standing with our Leaders Club and I recommend that this Leader participate in LTS 2016. I have sent a certificate of liability for this YMCA.

Advisor Signature_________________________________________ Date:________________________

Executive Director’s signature:_______________________________ Date:________________________

Program Director’s signature:________________________________ Date:________________________
2016 Great Lakes YMCA Leaders Training School

Health Questionnaire

PLEASE PRINT CLEARLY.

Name of Leader: ____________________________________________________________

YMCA (Association and Branch): __________________________________________________________________________________________

1 Has the Leader ever been treated or advised for any of the following conditions or disorders? (Please check)
   □ Epilepsy/Seizures          □ Dizziness/Fainting          □ Hyperactivity/Emotional Disorders
   □ Recurrent headaches       □ Heart disease              □ Diabetes
   □ Ear                      □ Sinus                    □ Asthma/Chronic Respiratory Disorder
   □ Other _______________________________________________________________________________________________________________________

2 Is the Leader currently recovering from any illness or injury? □ Yes □ No
   If yes, please describe.
   ____________________________________________________________________________________________________________________________

3 Are there any special needs or restrictions (dietary, physical)? □ Yes □ No
   If yes, please describe.
   ____________________________________________________________________________________________________________________________

4 Does the Leader have any allergies? □ Yes □ No
   If yes, please list.
   ____________________________________________________________________________________________________________________________

5 Is the Leader taking any medication? □ Yes □ No
   If yes, please list and see school nurse upon check in at School.
   ____________________________________________________________________________________________________________________________

6 Please check any of the following over-the-counter medications that may be given to the Leader by the resident nurse. Examples of possible needs for medication are listed below.
   □ Motrin/Ibuprofin (sprains, cramps, headaches)         □ Tylenol (mild fever, pain)
   □ Sudafed (congestion, colds)                          □ Benadryl (bee stings)

7 Are there any other factors or conditions that may affect the care of the Leader while at our school? □ Yes □ No
   If yes, please explain.
   ____________________________________________________________________________________________________________________________
   ____________________________________________________________________________________________________________________________

8 In the case medical attention is necessary my child may be transported to the nearest medical facility by YMCA staff in approved YMCA transportation. □ Yes □ No

Parent/Guardian signature: __________________________________________________________ Date: ________________________
2016 Great Lakes YMCA Leaders Training School

Medical Health Card

PLEASE PRINT CLEARLY.

Last name ____________________________ First name ____________________________

Date of birth Month: ______ Day: ______ Year: ______ Age ______ Gender [ ] Male [ ] Female

Address ____________________________________________________________________________

City ____________________________ State ____________________________ Zip __________

Home phone ( ______ ) ____________________________

Emergency contact ____________________________________________________________________

Relationship _________________________________________________________________________

Day phone ( ______ ) ____________________________ Evening phone ( ______ ) ____________

Name of parent or guardian ______________________________________________________________________

Health Insurance Information

Company name ____________________________ Policy # or Parent/Guardian’s SS# __________________

The undersigned hereby authorize the College to secure emergency medical treatment for the Participant. The undersigned acknowledge and agree that the College shall have no obligation to contact the above-referenced person in case of emergency. The undersigned certify that the foregoing information is correct, and that this consent and information is being voluntarily provided to the College.

Parent/Guardian signature ____________________________ Date ____________________________

ONLY FOR THOSE WITHOUT HEALTH INSURANCE

I give consent for ____________________________________________________ to engage in the Great Lakes YMCA Leaders Training School, 2016. In signing this release, I understand and agree to absolve all of the staff, organizers, and associated entities, singly and collectively, of all blame for injury, harm, misadventure or loss suffered as a result of taking part in any of the activities of the Great Lakes YMCA Leaders Training School of the YMCA of the USA. As an uninsured party, I also consent to permit emergency medical treatment in case of injury or illness and will be responsible for all expenses for treatment received.

Parent/Guardian signature ____________________________ Date ____________________________

RELEASE WAIVER

I/We understand that there are risks of serious injury associated with the use of YMCA facilities, participation in YMCA programs and use of exercise or other equipment. As a condition of my participation in the Great Lakes Leader Training School, I agree to assume the risk of injury arising from my use of the facilities, programs, equipment and for all other matters at the YMCA locations or program whenever occurring.

On behalf of myself and my heirs, administrators and executors, I hereby release and hold the YMCA and its officers, trustees, employees, agents and contractors harmless from all such claims for injury and damage.

I understand that I would not be permitted to participate in any YMCA program or use any YMCA facility or equipment without this agreement.

Parent/Guardian signature ____________________________ Date ____________________________

PHOTO RELEASE

I give consent for my child’s photographs to be used for the promotion and publicity of The Great Lakes YMCA Leaders Training School.

Parent/Guardian signature ____________________________ Date ____________________________