



YMCA Northeast Leaders Club

Spring Rally 2019 April 26th - 28th

@ Camp Becket-Chimney Corners YMCA, Becket, Massachusetts



Hosted by the Hockomock Area YMCA

YMCA Northeast Region - 2019 Leaders Club Spring Rally Advisor Information

Dear Advisor:

The management team of the Northeast Leaders Spring Rally is excited to present Game of Life Spring Rally 2019. We look forward to your club's attendance. Please review this information to ensure your club's registration can be completed.

Printing Shortcuts				
Registration Guide: pages 2-3 Leaders Packet: pages 5-11 Directions: page 13	Club Roster: page 4 Advisor Packet: page 12			

Registration Procedures

- 1. Leaders must have been active participants in their clubs for at least 3 months before attending.
- 2. All leaders must be in grades 7 12. Leaders older than 18 and/or not currently in high school cannot be accepted.
- 3. Each club is required to send at least 1 club advisor for every 10 Leaders. Advisors must be 21 years of age by April 13th and be a current employee or volunteer of the YMCA.
- 4. <u>Rally Fee is \$135.00 per Leader and \$120.00 per Advisor (for registrations postmarked on or before March 15th, 2019</u>. For registrations postmarked after March 15th Rally Fee is \$140.00 per Leader and \$125.00 per Advisor.
- 5. Required registration *materials must be fully completed*.
 - a. Leader Application, Code of Conduct, Elective Sheet, Camp Becket Chimney Corners waiver & Medical form for each leader.
 - b. Advisor Application and Staff Commitment for each Advisor.
 - c. A Club Roster form and payment check for each club.
 - d. Anyone over 18 will need a picture ID for Raptor
- 6. Clubs are to send <u>one YMCA check</u> for their entire rally fee.
- Mail all registration materials to: Hockomock Area YMCA 300 Elmwood Street North Attleboro, MA 02760 ATTN: Dawn DaCosta – Spring Rally
- Registration materials are due by April 12th, 2019. No faxed or e-mailed registrations will be accepted. Confirmations will be sent to club advisors. If your packet arrives without payment we require an over the phone credit card payment in order to accept the packet, all payments must be made prior to the event

REGISTRATION IS LIMITED TO <u>225 LEADERS</u> ON A FIRST COME FIRST SERVE BASIS. REGISTRATION CAN BE REFUSED IF CAPACITY IS REACHED OR IF YOUR MATERIALS ARE INCOMPLETE.

Check List - Do this BEFORE you mail your registration!!!

Does each leader have...

- □ Rally Application FULLY COMPLETED, signed by parent AND club advisor
- \Box Code of Conduct SIGNED by parent and leader
- □ Elective Sheet With 3 DIFFERENT choices listed
- □ Camp Becket Chimney Corners' Waiver FULLY COMPLETED and <u>signed</u> by a parent (This is a TWO PAGE DOCUMENT and MUST BE FILLED OUT COMPLETELY)

Does each advisor have...

- □ Advisor Application FULLY COMPLETED and signed by advisor.
- □ Staff Commitment SIGNED by advisor and their supervisor.

Final touches...

- □ Club Roster FULLY COMPLETED and signed by your Branch Director
- □ One YMCA check for your club's entire fee

Mail to:

Hockomock Area YMCA 300 Elmwood Street North Attleboro, MA 02760 ATTN: Dawn DaCosta – Spring Rally

Deadline for registration materials to be received is on or before April 12th, 2019

For questions or concerns contact:

Dawn DaCosta 508-643-5270 dawnd@hockymca.org

YMCA:	Primary Ac	lvisor:		
Address:				
City:		State:	Zip:	
Primary Advisor Email:				
Attending Advisors				
Advisor 1:	Gender:	# Years in Leader	s	# Rallies
Advisor 2:	Gender:	# Years in Leader	s	# Rallies

CLUB ROSTER

NAME PLEASE PRINT and Fill out Completely	Gender	Age/Grade	Number of Rallies	Years in Club
1.		/		
2.		/		
3.		/		
4.		/		
5.		/		
6.		/		
7.		/		
8.		/		
9.		/		
10.		/		

\$ 135.00 x	(on or Before 3/	<mark>15</mark>)		
\$120.00 X	advisors			= \$
	# of Leaders			
	+			
\$ 140.00 x	(After 3/ 15)	= \$		
	# of Leaders		+	
\$125.00 after 3/15	x # of Advisors			= \$
		TOTAL		= \$

I approve my YMCA's participation in the 2019 Spring Rally, and accept responsibility for any damage, which may occur due to the above participants.

Executive Director Signature	Date	
Executive Director Email:		
Please make check payable to: <i>Hockomock Area YMCA</i>		

Parents... Keep this page for your info!

What is the Rally?

The Leaders Club Rally is a regional leadership and character development program designed by YMCA Professional staff. It is an opportunity for teens from different areas of the Northeast region to come together and celebrate diversity, participate in physical and intellectual activities, explore personal values and create memories they won't soon forget! Rallies are a highlight of the Leaders Club program, with decades of history and traditions.

Where is the Rally?

Becket Chimney Corners YMCA 748 Hamilton Road Becket, MA 01223 Tel: (413) 623-8991

How much does the Rally cost?

The Rally is <u>\$135.00 per Leader (before 3/15/19)</u>; <u>\$120.00 per Advisor</u>. This is the direct cost to operate the event. Registrations received after 3/15/19 will be <u>\$140.00 per Leader</u>; <u>\$125.00 per Advisor</u>.

Who is in charge of the Rally?

An experienced team of YMCA professionals who spend months planning the event directs the Rally.

Will my teen be able to call home?

A critical part of the Rally experience is for teens to fully engage in the environment and activities. We will have a brief period of free time where Leaders will be permitted to call home.

When will my teen get back?

The Rally will be dismissed at 12:00 PM on Sunday, April 28th. Please check with your teen's advisor for estimated time of return.

Does my teen need money?

There are no expenses during the event however your teen may need money depending on their travel distance.

Are there items that should be left at home?

Please leave all valuables at home as the YMCA is not responsible for lost or stolen items.

Please be sure to review the Rally Rules with your Teen!

YMCA Northeast Region – 2019 Leaders Club Spring Rally Leaders Club Member Application

Name:	DOB://
YMCA: Age:	Grade:
Address:	
City: State:	Zip:
Phone: _() E-mail:	
Emergency Contact:	
Phone: _() Evening Phone: _()
Gender 2nd year = attended at least	hool year (2018-19) you've attended a rally t one rally or NELS in a previous school year
	I <mark>ELS</mark> in two separate and previous school years re graduating school this year
male or female	
Year in Leaders (circle): 1 st 2 nd Vet GV	
# of Rallies you've attended: # of LEADERS' SCHOOL	LS you've attended:
Medical Information	
Insurance Carrier & Policy #:	
If needed my child can take (circle all that apply): Tylenol Advil	
Physical restrictions, allergies and dietary needs (vegetarian, vegan, etc.)	
Medications (list time and amounts needed):	
Medications must be given to the Rally staff in their original Rx contain	ner upon arrival.
Parental Permission	
I give my child permission Leaders Club Spring Rally from April 26-28 th . In event of a medical emer permission to provide the necessary medical treatment and/or bring my c deemed necessary. I certify that my child is in good health and able to pa my child does not adhere to the rules and policies of the Rally he or she r expense.	hild to the nearest hospital if rticipate. I also understand that if
Parent / Guardian Signature Date	
Advisor Recommendation	
I certify that meets the is prepared to fully engage in the 2019 Northeast Leaders Club Spring Ra	requirements for participation and ally.

Date

YMCA Northeast Region - 2019 Leaders Club Spring Rally Code of Conduct (The Rules)

The following rules, expectations and policies have been adopted to promote a healthy, safe and fun environment for all Rally participants.

- 1. Respect the rights and personal property of others at all times.
- 2. No one is permitted to leave the Rally at any time prior to dismissal unless it is cleared by the Rally Management team.
- 3. Anyone coming to the Rally with prescription medicine must notify the Rally Management team upon registration. <u>Medications must be in their original prescription bottle</u>. A management team member will distribute medications.
- 4. Absolutely no drugs, alcoholic beverages or tobacco (smoking, chewing or vaping) will be permitted. Violation will result in immediate dismissal from the Rally at the parent/guardian's expense.
- 5. Attendance at all activities and meals is mandatory. An expectation of Leaders and staff is to participate fully and show willingness to learn.
- 6. No Leader will be allowed in the dorms without staff supervision for any reason. Leaders are not permitted to return to cabins between activities.
- 7. The YMCA is not responsible for lost or stolen items. Please bring only enough money for meal stops prior to and/or after the Rally.
- 8. All leaders will be in their cabins from 11:00 PM until 5:45 AM.
- 9. We are the guest of a fellow YMCA facility and should treat the entire facility with care and respect. You and your YMCA will be charged for any damages.
- 10. Rally is an active environment. Closed toed shoes are required. No sandals or flip-flops please.
- 11. You must wear a "bumper" (name-tag) and have a pen/pencil with you always.
- 12. Proper dress is required at all times. Clothing determined to be revealing or offensive will require a clothing change prior to participation in any activity.
- 13. No pets of any kind are allowed.
- 14. Please acknowledge that all YMCAs operate differently. We expect leaders to come to the Rally with a positive attitude ready to cooperate with the guidelines set forth by the Leaders Club program and the Rally Management Team.

I have read and understand the above rules and policies. I agree that my participation in the Rally is a privilege, and understand that violation of any of the above rules may result in dismissal from the Rally, at my Parent/Guardian's expense.

Leader's printed name

Signature

Parent/Guardian signature

Date



Becket-Chimney Corners YMCA and Alpine Towers, Inc. 748 Hamilton Road, Becket, MA 01223 Phone: (413) 623 8991 Fax (413) 623 5890 Web: www.bccymca.org



Health and Liability - Adventure Programs

Please complete/sign this form and return it to group leader/student's school - thank you.

I. PERSONAL INFORMATION	Attending with:			
Participant's Name:	Participant			
Participant's Address:Street				
Street	City	State	Zip	
Participant's Medical Insurance Policy #:	Insurance Company:		-	
Name of Insured:	Employer:			
PLEASE PROVIDE 2 EMERGENCY CONTACTS (in the e	vent parent/guardian cannot be reached, this	2 nd contact will	be used)	
*Parent/Guardian:	Relationship to participant:			
*Parent/Guardian Home Ph:	*Parent/Guardian Work Ph:			
Additional Contact:	Relationship to par	rticipant:		
Emergency Contact Work Ph:	Emergency Contact Home	Ph:		

2. MEDICAL QUESTIONNAIRE

Please read: This form is intended to remind staff and participants of the seriousness of attempting adventure activities with an old, pre-existing injury, heart problem or other conditions that might be aggravated by the event.

QUESTIONS	RESPON	ISE
 Any pre-existing injuries (ankles, knees, back, etc.) that might be aggravated by the event? 	Yes	No
2. Taking any current medication?	Yes	No
3. Any heart problems or heart medication?	Yes	No
4. Any pressure or coercion from employer or others to participate?	Yes	No
5. Do you have high blood pressure?	Yes	No
6. Do you foresee any problem participating in the upcoming adventure programs due to a lack of physical exercise back home?	Yes	No
Do you have any allergies (food, bees, insects), reactions to medications, or physical limitation?	Yes	No

Please list allergies:

Please indicate below any health history/problems you feel the Becket-Chimney Corners YMCA should be aware of:

3. LIABILITY WAIVER AND CONSENT

Is the participant under 18 years of age?

Yes – complete sections A, B, and C.

No – complete section B and C only.

SECTION A - EMERGENCY TREATMENT AUTHORIZATION FOR PARTICIPANTS UNDER 18 YEARS OLD

My signature authorizes the management and staff of the Becket-Chimney Corners YMCA to act for me according to their best judgment in the event of a medical emergency and/or routine medical care. By my signature I hereby waive, release and hold harmless the YMCA, its management, volunteers, agents, and staff from any and all liability for any injuries, death or illness sustained and/or incurred while at Camp and /or while using any facilities of, or participating in any of the activities of the Becket-Chimney Corners YMCA. I/we grant permission for emergency medical treatment and/or routine medical care by the YMCA camp staff, a rescue squad, private physician and/or hospital or emergency health care facility staff, under the same circumstances as above, if needed. Any such action will be taken in the best interest of my child and will be reported to me/us as soon as possible. My signature waives and/or releases Becket-Chimney Corners YMCA from any and all liability and/or financial responsibility for any medical expenses incurred.

Signature of Parent/Guardian

Date

SECTION B - PARTICIPANT AGREEMENT FOR ADVENTURE PROGRAMS - LOW ROPES, HIGH ROPES, CLIMBING TOWER AND ALPINE TOWER

I am aware and understand that participating in any <u>Becket-Chimney Corners YMCA adventure programs</u>, including the ropes course, involves a potential risk of physical injury and I understand that the programs are physically demanding and potentially dangerous. I agree and hereby state that I am solely responsible for my own participation and for my own physical and emotional well-being. I am aware and understand that all of the program activities are strictly voluntary and it is my own choice to participate in each activity to whatever degree I deem appropriate, after due consideration of my own physical health, physical abilities, and medical condition. I further state that, in choosing to participate, I am not under the influence of any chemical substance including alcohol. I willingly and knowingly assume for myself, my heirs, family members, executors, administrators and assigns all risk of physical injury and emotional upset which may occur during or after participating in any aspect of the program and hereby agree to hold Alpine Towers, Inc. and Becket-Chimney Corners YMCA, their employees, instructors, facilitators and agents hamiless for any liability arising out of my participation in the program. Should Alpine Towers, Inc., Becket-Chimney Corners YMCA or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify (to shift the responsibility for payment of damages to someone else) and hold Alpine Towers, Inc. and Becket-Chimney Corners YMCA harmless for all such fees and costs. This release does not, howver, apply to any physical injury or emotional harm caused by negligence or willful misconduct of Alpine Towers, Inc., Becket-Chimney Corners YMCA, their employees, instructors, facilitators and agents.

"I have had sufficient opportunity to read this entire document. I have read and understand it, and agree to be bound by its terms. I have honestly disclosed to the staff any medical, psychological or personal reasons that might affect my safety or the safety of others during these events. I will remember that a "Challenge by Choice" atmosphere exists at all times and I should not feel pressured to participate. I certify that I have adequate insurance to bear any additional cost of such injury or damage."

*	
Signature of Participant	

*Signature of Parent/Guardian if participant is under age of 18

Date		
Date		

SECTION C - RELEASE OF LIABILITY FOR PARTICIPANTS

As a participant and/or parent/guardian of a participant in the Outdoor Center program, I understand and acknowledge that:

- a) Certain elements of the Outdoor Center program can be physically, mentally, socially and emotionally demanding.
- b) The participant elects to participate in the Outdoor Center program in spite of and with full knowledge of the inherent risks of the Outdoor Center program.
- c) I understand that the Becket-Chimney Corners YMCA is not responsible for personal items that are lost, stolen or damaged as the result of me or my child's participation in any activity of the Becket-Chimney Corners YMCA.
- d) I recognize that the Becket-Chimney Corners YMCA will make every reasonable effort to minimize exposure to know risks associated with the program. However, all hazards associated with the program cannot be foreseen, and decisions are made that are imprecise and subject to errors in judgment. The burden of responsibility does not rest solely on the staff. Participants agree to take responsibility for their own safety, and will make good decisions and use sound judgment.
- Becket-Chimney Corners YMCA may use any photos or video of the participant for public relations purposes and release, including use in videos, brochures and/or on our web site.

It is my express wish that my child/ward or me be permitted to engage in the activities of the Outdoor Center is I/he/she chooses. I fully understand that even after reasonable precautions have been taken, these activities involve certain inherent dangers and potential hazards to me or my child or ward for which the YMCA cannot be held responsible.

In consideration of having myself or my minor child or ward participate in the Outdoor Center program to be offered by the Becket-Chimney Corners YMCA, I/we agree to waive and release all future claims, demands or causes of action which the undersigned and/or such participant might have by reason of any loss, damage, expenses, injury or death arising out of or in any way connected with such person's participation in such program. I/we further agree to indemnify and hold harmless the Two State YMCA, Inc, and the Becket-Chimney Corners YMCA, their agents, officers, directors, employees and volunteers from and against any such claim, demands or causes of action.

*

Signature of Participant

Date

*Signature of Parent/Guardian if participant is under age of 18

Date

YMCA Northeast Region - 2019 Leaders Club Spring Rally Leader Electives

PLEASE CHOOSE 3 activities by rating your choices 1, 2, or 3.

Printed Name

YMCA Branch

Flag Football – . ReadySetHUT!!! Are you ready for some football????
Creative Dance Learn what Tinikling is, show us your Irish Step moves or whatever you've got!
Basketball: Ball so Hard! Who has what it takes to run the courts? Better bring your A game!
Archery: Be like Robin Hood and his merry men oryou can just shoot arrows.
UFO: Ultimate Frisbee O
Gaga & Lawn Games Fill the Gaga Pits or enjoy some horseshoe, or other toss games
Boards and Beads Love Board Games or Bead crafts?!? Friendship bracelet it up!
Survival Skills with Jason Let Grampa show you what he knows about the woods!
Closing: A special opportunity for GV's to participate in the planning of Sunday's closing.
Kick ball Need we say more?

*******SUPERBEAD AND BEAD will include 90s Power Yoga on Saturday with UFO or a Hike afterwards and a POLAR PLUNGE CHALLENGE on Sunday(weather permitting) SUIT UP!

Packing List

Leaders & Parents - Keep this page for your info!

Make sure you **check the weather** for Becket, MA 01223 prior to the event. Spring Rally will have outdoor activities, in the cold, in the snow, in the rain, or during a heat wave. Be sure to bring appropriate clothing and outdoor apparel.

Packing Reminders

- Warm clothes
- Sleeping bag and pillow. Cabins are <u>NOT</u> heated...an extra blanket won't hurt either!
- Outdoor gear Be prepared for those "April Showers!"
- Water bottle
- Toiletries (shower shoes, shampoo, soap, toothpaste, tooth brush, deodorant, etc)
- Clothing appropriate for the season...snow?...rain?...80 degree temps? It will get cold at night!
- Sneakers, boots and/or hikers.
- o Snacks
- Flashlight with fresh batteries. Cabins do <u>NOT</u> have electricity!!
- Small amount of money for food on the way to and back from the Rally if necessary
- Towel for showering bathing suit for Polar Bear Swim...
- YMCA appropriate dance attire- Dance Theme: Fairytales and Fantasies

YMCA Northeast Region - 2019 Leaders Club Spring Rally Advisor Application

Name:]	DOB:	Gender: Female of	r Male
YMCA:]	Position:		
YMCA Address:	City:	State:	Zip:	
Phone: _() E-mail:				
# Years in Leaders: # of Rallies: _ Emergency Contact:				
Day Phone: _() Eve	ening Phone: _()		
Medical Information				
Insurance Carrier & Policy #:				
Physical restrictions, allergies and dietary need	ls (vegetarian, vega	an, etc.):		

I agree to abide by the YMCA Character Development Philosophy and the specific Spring Rally rules. I understand that my participation in the Spring Rally will directly effect the teen's overall experience, and will do my best at all times to meet the commitments set forth.

Advisor Signature

Date

Staff Commitments & Policy Acknowledgement

The Spring Rally Management Team has adopted the following rules and policies to promote a healthy, safe, and fun environment for all Leaders Rally participants. No one is allowed to leave the Rally until dismissed.

- 1. Absolutely no drugs/alcoholic beverages. In accordance with YMCA policy, smoking is prohibited on camp property.
- 2. No Leader is allowed in the dorms without supervision. You will be assigned a dorm to supervise.
- 3. Please be sure to clear dorms in the morning, and take attendance at night. A member of the safety team (a.k.a. Rally Rangers) will check in nightly for attendance.
- 4. Make every effort to complete all activities/values in an effective, fun, and safe manor.
- 5. Acknowledge the needs & concerns of all Leaders, as well as address any violation of rules, with Leaders from all YMCAs.
- 6. Please acknowledge that all YMCAs operate differently, and come to the rally with a positive attitude, ready to cooperate with the rules/guidelines determined by the Management Team.

Remember that you are an instrumental part of the teen's experience and that as advisors we are expected to role model the YMCA's character values and mission.

I have read and understand the above staff commitment and policies.

Advisor Printed Name

YMCA Branch

Date

Advisor Signature

Supervisor Recommendation

I recommend ______ for participation in the Spring Rally as an advisory staff member. I certify that his/her skills, abilities and experience meet the needs and requirements of the Rally as stated above.

Supervisor Printed Name

Supervisor Signature





Berkshire Outdoor Center is part of Becket-Chimney Corners YMCA and is located in the Berkshires of western Massachusetts. Our 1,400 acres encompasses two main campuses, as well as hundreds of acres of spectacular Northern Broadleaf Forest, wetlands, streams and ponds.

The booking for your up-coming trip is at: Chimney Corners Camp

GPS DIRECTIONS

Please use this settings for your GPS:

GPS Setting: 591 HAMILTON RD BECKET MA

Our main administration building and mailing address is: Berkshire Outdoor Center 748 Hamilton Road Becket, MA 01223

Travel Distance: 150 miles

MAP DIRECTIONS

For directions from more locations, visit: bccymca.org/directions

From Boston Travel Time: 2 hours 11 minutes (from Boston) Travel Distance: 121 miles

- 1. Take I-90 Mass Pike (Toll) West to Exit 3 Westfield (93 miles from Prudential Center)
- 2. Turn Right onto US-202 South and follow it through Westfield (1.9 miles)
- 3. Turn Right onto US-20 West and follow it to MA-8 North (22.8 miles)
- 5. Turn Right onto MA-8 N and follow it to YMCA Rd (White Church) (1.5 miles)
- 6. Turn Left onto YMCA Rd and drive 0.3 miles
- 7. Veer Left for Chimney Corners Campus and the Administration Center.

Travel Time: 2 hour 35 minutes (from Manhattan) From New York City

- 1. Get to the Hutchinson River Parkway
 - a. Manhattan: West Side Hwy → Saw Mill Pkwy →Cross County Pkwy →Hutchinson River Pkwy
 - b. Brooklyn: RFK Bridge →Bruckner Expressway →Hutchinson River Pkwy
 - c. Queens: BQE → Whitestone Bridge → Hutchinson River Pkwy
- 2. Take Hutchinson River Pkwy North to I-684 North (16 miles)
- 3. Take I-684 North to Exit 9E: I-84 East (28 miles)
- 4. Take I-84 East to Exit 20 (Left Exit): CT-8 North (35 miles)
- Take CT-8 North through Winsted and Otis. Turn Right on US-20 East (54 miles) 5.
- 6. Take US-20 East to MA-8 North (3.6 miles)
- Turn Right onto MA-8 North and follow for 1.5 miles 7.
- Turn Left onto YMCA Rd and drive 0.3 miles 8
- 9. Veer Left for Chimney Corners Campus and the Administration Center.

From Albany NY Travel Time: 2 hour 35 minutes (from Manhattan) Travel Distance: 150 miles

- 1. Take I-90 Mass Pike (Toll) East to Exit 2 Lee (47.5 miles from Hudson River)
- 2. Take US-20 East to MA-8 North (12.7 miles)
- 3. Turn Right onto MA-8 North and follow for 1.5 miles
- 4. Turn Left onto YMCA Rd and drive 0.3 miles
- 5. Veer Left for Chimney Corners Campus and the Administration Center

From Hartford CT Travel Time: 1 hour 20 minutes (from Hartford)

- 1. Take I-91 North to Exit 14: Mass Pike (Toll)
- 2. Take I-90 Mass Pike (Toll) West to Exit 3 Westfield (5.9 miles)
- 3. Turn Right onto US-202 South and follow it through Westfield (1.9 miles)
- 4. Turn Right onto US-20 West and follow it to MA-8 North (22.8 miles)
- 5. Turn Right onto MA-8 N and follow it to YMCA Rd (White Church) (1.5 miles)
- 6. Turn Left onto YMCA Rd and drive 0.3 miles
- 7. Veer Left for Chimney Corners Campus and the Administration Center

Travel Distance: 65 miles

