



**2019 CAMP CORY
TEEN LEADERS RALLY**



**YMCA of Greater Rochester
Upstate New York
Cory Rally
May 3-5, 2019
Camp Cory, Penn Yan, NY**



Butterfly Effect
It starts with you

YMCA of Greater Rochester- Camp Cory Teen Rally 2019

Butterfly Effect

Parent Information

What is the Rally?

The Leaders Club Rally is a program designed by YMCA Professional staff from all over the New York State. It is an opportunity for teens to come together and explore the diversities and commonalities of teens from different geographic locations, have values-based discussions, participate in physical and intellectual activity, and create memories they won't soon forget! The Rally is a highlight of the Leaders Club program, one that cannot be recreated in any other way.

Where is the Rally?

The 2019 Teen Rally will be held at YMCA Camp Cory. The Camp provides wonderful accommodations, unmatched by anything in the area. Most cabins are not heated, and teens must provide their own bedding and pillows. Please refer to the *What to bring* list to ensure your teen is prepared. **Address:** 140 NY-54, Penn Yan, NY 14527

Phone: 315-536-3840

How much does the Rally cost?

The Rally is \$105.00 per person. This is the direct cost to use the Camp Cory facility and operate the event.

Who is in charge of the Rally?

Sarah Mikiewicz, Rally Director. Prior to event-Email: sarah.mikiewicz@rochesterymca.org or 585-944-7122

In addition, an experienced team of YMCA professionals directs the Rally. This team has been working on developing the Rally weekend for several months. In the event of an emergency, please call the Camp Cory Main Facility Number

Will my teen be able to call home?

No. Unfortunately, due to the large number of participants, and a very tight schedule, there is no opportunity for teens to use the phone. Please do not ask your teen to bring their cell phone to contact you, as we encourage them to "Be Here Now" and focus on enjoying the weekend. Rest assured that you will be contacted if any difficulties arise during the rally. For special concerns, please contact the Rally Director.

When will my teen get back?

The Rally will be dismissed at 12:00 PM on Sunday, May 5th. Please check with your teen's advisor for estimated time of return.

Does my teen need money?

Your teen may need money depending on the travel distance. Some clubs will stop for meals to/from the event. However, this is the only item your teen will need money for. There are no expenses during the event.

Are there items that should be left at home?

Please make sure that your teen leaves all valuables at home. The YMCA cannot take responsibility for lost or stolen items. All cell phones and/or electronics should be turned in at the start of the rally, as they are not permitted during the event.

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



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***Teen Packet: pages 6-10**

Registration Procedures

1. A complete and accurate Teen Application must be filled out for each attendee, and signed by each teen, Parent/ Guardian, and YMCA Teen Staff. Rally Fees are \$105 per Teen and \$105 per Advisor. Any teen with medications must fill out the medication sections in the packet.
2. Each teen and his/her parent/guardian must read and sign the Rally Rules and Policies.
3. Each YMCA must complete the Teen club Roster sheet, listing each individual teen and the amount paid.
4. Each staff Advisor must complete, sign and send an Advisor Application, Advisor Code of Ethics. We are requesting that each YMCA send one Advisor per every ten teens.
5. Each YMCA must enclose one YMCA check for the total registration. Individual checks will not be accepted, nor will applications without payment. Make checks payable to the YMCA of Greater Rochester. Please enclose a **CERTIFICATE OF INSURANCE** for your YMCA with the YMCA of Greater Rochester as additional insured.
6. All registration material and payments must be sent to:
**Eastside Family YMCA
1835 Fairport Nine Mile Road
Penfield, NY14526
Attn: Sarah Mikiewicz**

All registration material must arrive on or before APRIL 19th, 2019!
Please make check payable to: YMCA of Greater Rochester

7. Rally Participants must be at least 11 years of age by May 3rd, 2019, and in the sixth grade. Individuals older than 18 and/or not in high school will not be accepted.
 - Registration is limited to 100 teens and is on a first come first serve basis.
 - Registrations after the April 19th deadline **WILL NOT BE ACCEPTED**
 - ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERRABLE
8. Check in run 5:00-6:30pm on Friday, May 3rd— please notify Rally Director if you will be arriving at a later time.



Club Roster

PLEASE PRINT

YMCA & Club Name _____

Advisor _____ Phone # _____

Address _____
 City State Zip

Advisor's Email Address: _____

Name of Advisors Attending:

_____ Gender _____ # of Years _____ # of Rallies

_____ Gender _____ # of Years _____ # of Rallies

CLUB ROSTER (if you have more than 10 teens, please fill out another sheet)

NAME PLEASE PRINT and Fill out Completely	Gender	Age/Grade	Number of Rallies	Years in Club
		/		
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$$\begin{array}{lcl}
 \$105.00 \times \underline{\hspace{4cm}} & & = \$ \underline{\hspace{4cm}} \\
 \quad \quad \quad \# \text{ of Leaders} & + & \\
 \$105.00 \times \underline{\hspace{4cm}} & & = \$ \underline{\hspace{4cm}} \\
 \quad \quad \quad \# \text{ of Advisors} & & \\
 \textbf{TOTAL} & = \$ & \underline{\hspace{4cm}}
 \end{array}$$

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

Executive Director Signature _____

Date _____

*Registration Deadline: April 19th, 2019
 Please make check payable to: YMCA of Greater Rochester
 Mail to address on previous page*



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ADVISOR APPLICATION

Name _____

Address _____
City _____ Zip _____

YMCA _____

Gender _____ Number of Rallies Attended _____

T Shirt Size S M L XL XXL XXXL Circle one

Date of Birth ____/____/____

Emergency Contact Name & Number _____

Medical Insurance Carrier & Number _____

Do you have physical restrictions/medial conditions, allergies, special dietary guidelines, etc? If yes please explain:

Please select 4 activities by rating the order of which activity you would like to participate in, 1 being highest, 4 being lowest.

_____ Archery	_____ Historian (Photography)
_____ Arts & Crafts	_____ Hiking
_____ PE	_____ GAGA
_____ Kayaking	
_____ Climbing	

To ensure a fun and safe rally for all we will be delegating advisors to help at all activity areas. I am willing to do my part in any way needed by the Management Team. I understand that I will be expected to help with value sessions, activity periods, meal times, free time and nightly activities. I agree to abide by the rules and policies of the YMCA Cory Rally.

Advisor Signature _____ date _____



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TEEN APPLICATION

Name _____

Address _____

City _____ Zip _____

YMCA _____

Gender _____ Age _____ Grade in School _____

Date of Birth ___/___/___ # of rallies attended _____

Emergency Contact Name & # _____ Medical Insurance Carrier & # _____

Do you have physical restrictions, allergies, special dietary guidelines, etc?

Medications (list time and amounts needed, please include OTC medications they regularly take)

Medications, RX & OTC must be given to the rally staff in original container upon arrival

Please rate the order of which activity you would like to participate in, 1 being highest, 4 being lowest. And leave three activities blank that you do not want to do.

_____ Archery	_____ Historian (Photography)
_____ Arts & Crafts	_____ Hiking
_____ PE	_____ GAGA
_____ Kayaking	
_____ Climbing	

I give my teen _____, permission to attend the Spring Teen Rally May 4-6 at YMCA Camp Cory. In the event of a medical emergency, I give the YMCA staff permission to bring my teen to the nearest hospital for treatment and hereby accept financial responsibility for any and all medical expenses. I also understand that if my teen does not adhere to the rules and policies of the Rally, he/she may be sent home at my expense. I also give consent that the YMCA may take photographs or slides of my teen to be used for promotion of the teen programs of the Rochester YMCA's and YMCA Camp Cory.

Parent/Guardian Signature _____ (print name) _____ date _____



Health Certification and Sickness / Accident Waiver

NOTE: Application will be returned if not completely filled out

Leader's Last Name _____ (Print)

First Name _____ (Print)

**I give the YMCA Cory Rally staff permission to give my teen:
(Check below all that apply)**

() Tylenol

() Advil

() Ibuprofen

To the best of my knowledge my daughter / son is healthy and free of disease. My daughter / son has my permission to take part in all activities at Cory Rally. I have listed below any physical problems that might limit her/his participation.

In case of emergency, permission is hereby granted for my child to be taken to a nearby hospital or physician by a Cory Rally staff member and hospitalized if necessary. I also understand that medical services and medications are the responsibility of the parent and/or medical insurance.

Insurance Carrier _____

Policy # _____

Parent Name

(PRINT)

Parent Signature _____ *Date* _____

Home Phone () _____

Work Phone () _____ *Person's Name* _____



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Rules & Policies

The Cory Rally Management Team has adopted the following rules and policies to promote a healthy, safe, and fun environment for the Teen Rally Participants.

1. Respect the rights and personal property of others at all times.
2. No one is permitted to leave the Spring Rally at any time unless it is cleared by the Rally Director prior to the Rally.
3. No one is allowed to use motor vehicles. Cars will be parked for the weekend and keys left with the Rally Director. Teens are not allowed to drive themselves to or from the event.
4. Anyone coming to the rally with prescription medicine must notify the Rally Director upon registration. Medication must be in their original bottle or container/package.
5. Absolutely no drugs, alcoholic beverages or tobacco (smoking or chewing) will be permitted. Violation will result in notification of parents and immediate dismissal from the teen rally.
6. Attendance at all sessions, activities and meals is mandatory. An expectation of teens is to participate fully and show willingness to learn. We expect full cooperation at all times.
7. No teen will be allowed in the dorms without staff supervision for any reason.
8. Check all valuables with your advisor. The teen rally is not responsible for lost or stolen articles.
9. All teens will be in their cabins from 11:00pm until 7:00 am. Quiet is expected after lights out!
10. All utilized areas are to be left neat and clean. We are the guest of YMCA Camp Cory and should treat the entire facility with care and respect. You will be charged for any damage done to the facility.
11. Shoes must be worn at all times. No sandals or flip-flops. Shirt must be worn at all times.
12. You must wear a nametag/"bumper".
13. No pets of any kind allowed.

I have read and understand the above rules and policies and agree to abide by these rules of the Cory Leaders Rally, or I understand that I will be sent home at my parent's expense.

Teen's printed name

Signature

Parent/ Guardian Signature



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Suggested Clothing/Equipment list

Leaders Rallies are active programs that are run almost exclusively outdoors. You will be outside most of the time even if the weather is cold and wet. The key to an enjoyable outdoor experience is to be prepared. Please follow the suggested clothing/equipment list.

Bedding

Warm sleeping bag or several blankets and sheets
Pillow

Clothing

2 pairs of shoes
Daily change of socks
Daily change of under clothes
2 pairs of long pants/jeans
1 bath towels/wash cloth
1 or 2 pair of shorts
Several Shirts
Heavy sweater or sweatshirt
Raincoat or poncho

Toiletries

Comb/Brush
Tissues
Soap/Shampoo
Toothbrush/Toothpaste
Lip Balm

Optional

Camera
Musical instruments
Book/notebook/pencil
Stuffed animals
Reflection books
Shower Shoes
Bathing Suit for lunge

Please do not bring

Any "best" clothing
Matches
Electronic Games

Essential Equipment

Flashlight
Backpack
Bag for dirty laundry
Insect Repellent

Please be sure to mark your name on everything you bring!



The tradition continues...

Saturday:
'Campture' the flag
Talent Show
(talent suggested, but not required)
Leaders Dance
(Bug's Life)

Sunday Morning:
Polar Plunge

*It's going to be
the bee's knees!*

A yellow decorative swirl and a yellow bee illustration. The swirl starts from the bottom left and loops around towards the right. The bee is positioned at the end of the swirl, facing right.