



YMCA Northeast Leaders Club 2023 Winter Rally

March 3rd-5th

Silver Bay YMCA – Lake George, NY

Strong Roots



Hosted by the Southington-Cheshire YMCA

Operated by a group of YMCA Professional Staff & Volunteers



ADVISOR INFORMATION

The management team of the Northeast Leaders Club Winter Rally is excited to present Winter Rally 2023, “**Strong Roots**” We look forward to your club’s attendance. Please review this information to ensure your club’s registration can be completed.

Printing Shortcuts

Leaders Packet: pages 5 – 12

Club Roster: page 4

Advisor Packet: pages 13 – 15

Directions: page 16

Registration Guide: pages 2 – 3

Housing Information: page 6

Registration Procedures

1. Leaders must have been active participants in their clubs for at least 3 months before attending.
2. Leaders must be 12 years old by February 21ST and in grades 7th – 12th. Leaders outside 12-18 years old and not currently in grades 7th-12th cannot be accepted. **Please contact the Rally Director to request an exception!**
3. Each club is required to send 1-2 club advisors. Advisors must be 21 years of age by March 3rd and be a current employee or volunteer of the YMCA.
4. **Rally Fee is \$165.00** for both Leaders and advisors.
5. Required registration **materials must be fully completed**. They include...
 - a. Leader (participant) Application and Code of Conduct for each leader.
 - b. Advisor Application and Staff Commitment for each Advisor.
 - c. Certificate of Insurance for your YMCA
*With Southington-Cheshire YMCA named as an additional insured for this event
 - d. A Club Roster form *and* payment check for each club.
 - e. Completed medication forms
6. Clubs are to send **one YMCA check** for their entire rally fee, made out to:
Southington-Cheshire YMCA
7. **Email all registration materials to the Rally Registrars Kaelei Hooper & Zach Smith at:**
leaderswrally@gmail.com
Attn: Registrar
Re: Winter Rally Registration
8. Pre-Registration is due on **February 6th**. Registration materials are due **ON OR BEFORE February 27th** Confirmations will be sent to club advisors.
9. Plan to arrive to Silver Bay on Friday for **check-in between 7-9pm**. If you anticipate arriving later than 9pm please inform the Rally Director before Friday.

REGISTRATION IS LIMITED TO 250 LEADERS ON A FIRST COME FIRST SERVE BASIS. REGISTRATION CAN BE REFUSED IF CAPACITY IS REACHED OR IF YOUR MATERIALS ARE INCOMPLETE. BE ACCURATE AND SEND EARLY!



CHECKLIST (complete *before* mailing your registration!)

Each leader...

- Will be 12-18 years of age and in grades 7th-12th before the event. Please reach out to the Rally Director if you require an exception
- Rally Application – FULLY COMPLETED, signed by parent AND club advisor.
- Code of Conduct – SIGNED by parent and leader.
- signed and completed Medication Forms

Each Advisor...

- Will be 21 years of age before the event.
- Has completed a background check and been approved by your YMCA to work with teens
- Advisor Application – FULLY COMPLETED and signed by advisor.
- Staff Commitment – SIGNED by advisor and their supervisor.

Final Touches...

- Pre-registration Roster to reserve your club's spot
- Club Roster – FULLY COMPLETED and signed by your Branch Director/Exec
- Certificate of Insurance for your YMCA association
- One YMCA check for your club's entire fee, payable to the Southington-Cheshire YMCA
- Make a copy of all your packets, rosters, etc. for yourself before sending!**
- Dance theme: Enchanted Forest or the color green.**

Please email all scanned registration information to LeadersWrally@gmail.com and bring all completed packets in person to Silver Bay.

Deadline for pre-registration is February 6th. Registration materials must be received on or before February 27th

For general rally questions contact:

Chris Esposito
Attn: Rally Director
203.605.0023

LeadersWRally@gmail.com

For registration questions or concerns:

Zach Smith or Kaelei Hooper
Attn: Registrar Attn: Registrar
585.263.4270 716.480.6335

LeadersWRally@gmail.com



Strong Roots
YMCA Northeast Region – 2023 Leaders Club Winter Rally

CLUB INFORMATION

YMCA Association		YMCA Branch	
YMCA Mailing Address			
Phone		Executive Director Name	
Primary Advisor		Primary Advisor Email & Phone Number	
Attending Advisor 1	Gender Identity	# of Years in Leaders	# of Rallies
Attending Advisor 2	Gender Identity	# of Years in Leaders	# of Rallies

How to Define Leaders Years

1st year = This is the only school year (2022-23) they've attended a rally **2nd year** = Attended at least one rally or NELS in a previous school year

VET = Attended a rally or NELS in **two separate and previous** school years **GV** = VET status and they are graduating school this year

CLUB ROSTER – PLEASE PRINT NEATLY!

NAME PLEASE PRINT and Fill Completely	Gender Identity	Age 12-18	Date of Birth xx/xx/xx	School Grade 7th-12th	# of Rallies / Years in Club	Year: 1 st , 2 nd , Vet, GV
1.					/	
2.					/	
3.					/	
4.					/	
5.					/	
6.					/	
7.					/	
8.					/	
9.					/	
0.					/	

\$165.00 x _____	= \$		+		
# of Leaders					
\$165.00 x _____	= \$				
# of Advisors					
TOTAL DUE			= \$		

Registration Deadline: February 27th 2023

Due to high participation, it is best to send your registration in early, before the deadline. Registration is first come first serve and will close at 250 leaders.

I approve my YMCA's participation in the 2023 Winter Rally, and accept responsibility for any damage, which may occur due to the above participants.

Executive Director Signature

Date

Please make check payable to:
Mail checks to:

Southington-Cheshire YMCA
Southington-Cheshire YMCA
29 High Street, Southington, CT 06489
Attn: Tabitha Stein, Winter Rally Registration

*Please enter **WRally 2023** in the memo line*



PARENT INFO - Keep this page for your reference!

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 explore their diversities and commonalities, participate in physical and intellectual activities, explore personal values and create memories they won't soon forget!

Where is the Rally?

The Rally is held at Silver Bay YMCA Conference & Retreat Center. The accommodations include rooms at the Inn with baths. Participants are not required to bring their own bedding and pillows, but please feel free to do so at your own discretion. Please refer to the [What to bring](#) list to ensure your teen is prepared.

How much does the Rally cost?

The Rally is \$165.00 per person. If there are members of your club that require financial assistance, please reach out to the Registrars to secure financial aid. We reserve funds for this purpose to ensure that the rally is accessible for all.

Refund Policy

Many event expenses are paid for in advance to give your teen the best experience possible. As such event fees are non-refundable. Exceptions may be granted in cases of significant hardship.

Who is in charge of the Rally and contact info?

Christopher Esposito, Rally Director

LeadersWRally@gmail.com | 203.605.0023- prior to the event

203.605.0023 – during the event, emergencies only please.

Silver Bay YMCA 518.543.883 - during the event, emergencies only please. Cell service is very limited.

Will my teen be able to call home?

Yes. A critical part of the Rally experience is for teens to fully engage in the environment and activities. Rest assured if any concerns, special circumstances or emergencies arise your teen will be allowed contact home. Cellular service is very limited at Silver Bay.

When will my teen get back?

The Rally will be dismissed at 12:00 PM on Sunday, March 5th. 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. Please check with your local advisor for these details.

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. Electronics such as laptops, game consoles, etc. are also not permitted at the Rally.

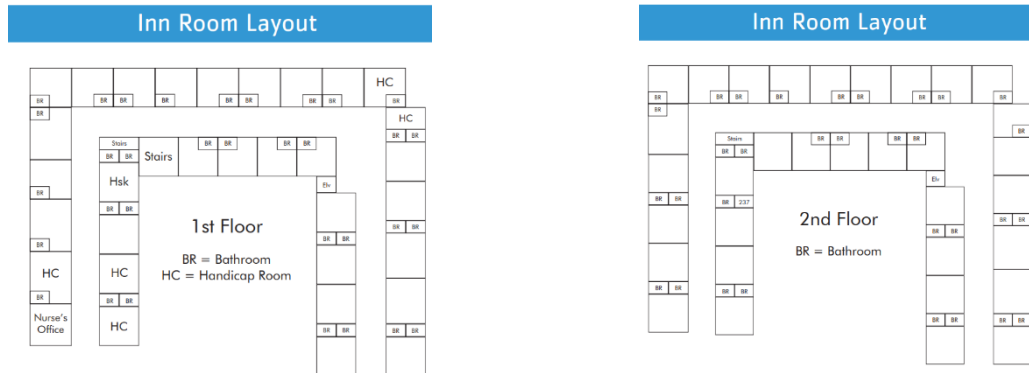
Please be sure to review the Rally Rules with your Teen!



HOUSING INFORMATION

Housing Accommodations

Overlooking Lake George, The Inn is the historic centerpiece of campus. It offers rooms with both private and shared baths. Simply outfitted with functional, but comfortable furnishings, many rooms have single and double beds. The Inn is located right next to the dining hall and overlooks the lake.



Staffing

Adult advisors are also housed in the Inn at the ends of each floor for supervision and emergencies.

Housing Assignments

The YMCA and the Winter Rally program is an inclusive environment. Housing is assigned based on the gender identity indicated on a participant’s registration form. We also strive to group home clubs or YMCA Associations together when possible i.e. Teens who identify as female from the same club or YMCA Association are housed together. Accommodations often include multiple clubs and/or YMCA Associations.

If at any point a teen is uncomfortable with their housing assignment we will work with them and if needed the staff and other teens in their shared space to address their concerns. If the issue cannot be addressed to the teen’s comfort and satisfaction they may be allowed to switch rooms as long as space is available.

Private Housing

More private housing is available should your teen need it. The Inn does have limited more private accommodations. This accommodation is inclusive to all gender identities and is supervised by adult advisors.

If there is a preference for more private accommodations please check “Yes” to the private housing question on the registration form. Private housing is limited, on first come first serve basis and is reserved for teens who would most benefit from it.

Further Questions or Information

For more information or concerns regarding housing please contact:

Christopher Esposito, Rally Director

LeadersWrally@gmail.com | 203.605.0023



TEEN APPLICATION

Fill out completely, all information is required

Full Name		Nickname for Bumper (Nametag)	
Gender Identity	Date of Birth	Age	Grade

Yes, I would like to request more private housing

Home Mailing Address		YMCA Branch
Phone	Email	
Emergency Contact #1 Name	Emergency Contact #1 Phone	
Emergency Contact #2 Name	Emergency Contact #2 Phone	

Advisor Recommendation: I certify that this teen leader meets the requirements for participation and is prepared to fully engage in the 2023 Northeast Leaders Club Winter Rally.

How to Define Leaders Years

1st year = This is the only school year (2022-23) they've attended a rally
VET = Attended a rally or NELS in two separate and previous school years

2nd year = Attended at least one rally or NELS in a previous school year
GV = VET status and they are graduating school this year

Check One 1st Year 2nd Year Vet Graduating Vet (GV) # of Rallies

Is there anything additional not listed above that we need to know about you to make this weekend the best weekend ever?

I give my child _____ permission to attend the 2023 Northeast Leaders Club Winter Rally from March 3th-5th, 2023. I also understand that if my child does not adhere to the rules and policies of the Rally he or she may be sent home early at my expense.



MEDICAL INFORMATION

IMPORTANT!!! Please ensure that if your child requires medication, you complete the medication section within the application. This must include information for each medication including dose, time, and special considerations (e.g., must be taken with food). All medications must be in the original container. This includes both prescription and over the counter (OTC) medications. All medications will be collected and recorded at check-in to ensure that they are properly stored. YMCA staff will make medications available at the appropriate time(s) as indicated within the registration packet. All medications are self-administered by the teen. YMCA staff is not responsible for administering medications.

Insurance Carrier:	Policy Number:	
If needed child can take: (Please circle all that apply)	Ice Pack Antihistamine (ie benedryl) Acetaminophen Ibuprofen	
Physical Restrictions / Allergies / Medical Conditions: (please provide additional relevant detail below)	Asthma_____ Allergies_____ Other_____ (please provide additional relevant detail below)	

All medications, Prescriptions, and OTC meds must be given to rally staff directly in their original Rx or OTC container upon arrival to the Rally. Teens are *not* allowed to keep any medications on their persons aside from life saving medication/devices (Inhaler, EpiPen, etc).

In event of a medical emergency I give the YMCA staff permission to provide the necessary medical treatment and/or transport my child to the nearest hospital if deemed necessary. I certify that my child is in good health and able to participate.

Participant Name _____

Parent Name: _____ Signature: _____ Date: _____



MEDICATION CONSENT FORM

- This form may be used to meet the consent requirements for the self administration of the following: prescription medications, oral over-the-counter medications, medicated patches, and eye, ear, or nasal drops or sprays.
- Staff who are trained will supervise all medications that are self administered
- One form must be completed for each medication. Multiple medications cannot be listed on one form.

GUARDIANS MUST COMPLETE THIS FORM IN ORDER FOR MEDICATION TO BE MADE AVAILABLE

1. Child's First and Last Name:	2. Date of Birth: / /	3. Child's Known Allergies:
4. Name of Medication (<i>including strength</i>):	5. Amount/Dosage to be Given:	6. Route of Administration:
7A. Frequency to be administered: _____		
OR		
7B. Identify the symptoms that will necessitate self administration of medication: (<i>signs and symptoms must be observable and, when possible, measurable parameters</i>):		
8A. Possible side effects: <input type="checkbox"/> See package insert for complete list of possible side effects (<i>parent must supply</i>)		
AND/OR		
8B. Additional side effects:		
9. What action should the child care provider take if side effects are noted: <input type="checkbox"/> Contact parent <input type="checkbox"/> Other (<i>describe</i>):		
10A. Special instructions: <input type="checkbox"/> See package insert for complete list of special instructions (<i>parent must supply</i>)		
AND/OR		
10B. Additional special instructions: (<i>Include any concerns related to possible interactions with other medication the child is receiving or concerns regarding the use of the medication as it relates to the child's age, allergies or any pre-existing conditions. Also describe situation's when medication should not be self administered.</i>)		
14. Date Health Care Provider Authorized: / /		
21. Parent's Name (<i>please print</i>):	22. Date Authorized: / /	
18. Guardian Signature: X		



CODE OF CONDUCT

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. There is ZERO tolerance for any discriminatory behavior.**
- 3. Use of appropriate language is expected at all times.** No hate speech of any kind including but not limited to the basis of what we call protected characteristics: race, ethnicity, national origin, disability, religious affiliation, caste, sexual orientation, sex, gender identity and serious disease.
- 4. No one is permitted to leave the Rally** at any time prior to dismissal unless it is cleared by the Rally Management team.
- 5. No one is allowed to use motor vehicles.** Cars will be parked for the weekend. Teens are not allowed to drive themselves to or from the event.
- 6. Anyone coming to the Rally with prescription or OTC medications must notify the Rally Management team upon registration.** Medications must be in their original prescription bottle or OTC package. YMCA staff will make medications available at the appropriate times as indicated by the Medication Consent Form.
- 7. Absolutely no drugs, alcoholic beverages, vaping or tobacco (smoking or chewing) will be permitted.** Violation will result in immediate dismissal from the Rally at the parent/guardian's expense.
- 8. Attendance at all activities and meals is mandatory.** An expectation of Leaders and staff is to participate fully and show willingness to learn.
- 9. No Leader will be allowed in the dorms without staff supervision for any reason.** Leaders are not permitted to return to dorms between activities.
- 10. 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.
- 11. All leaders will remain in their rooms from lights out until early morning activity.**
- 12. All utilized areas are to be left neat and clean.** 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 damage inflicted to the facility/its property (outside of normal use).
- 13. You must wear a "bumper" (name-tag)** at all times unless otherwise instructed
- 14. Proper dress is required at all times.** Clothing determined to be unsafe or offensive will require a clothing change prior to participation in any activity. The management team and staff advisors will have the final say on the appropriateness of clothing as it pertains to your ability to participate and be successful throughout your day. **Closed toed shoes are required.** No sandals or flip-flops please
- 15. No pets of any kind are allowed.**
- 16. No laptops, or video games** of any kind will be allowed during structured time at Rally.
- 17. Cell Phones** are to be used with discretion and the YMCA is not responsible for these items if lost or stolen.
- 18. 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



PACKING LIST

Leaders & Parents - Keep this page for your info!

Make sure you check the weather for Silver Bay New York prior to the event. Leaders will be walking and playing activities outdoors and in snow throughout the weekend. Bring extra clothes, warm layers, and appropriate outdoor apparel.

WHAT TO BRING

- **(Optional)** Sleeping bag/heavy blankets and pillow. Inn is heated and basic bedding is provided
- Outdoor cold gear – jackets, hats, mittens/gloves, and scarves are a *must*.
- Water bottle
- Toiletries (shower shoes, shampoo, soap, toothpaste, tooth brush, deodorant, etc.)
- More warm clothes.
- Sneakers, boots and/or hikers. Extra socks, especially for after outdoor activities
- Snacks (in case you get hungry between meals!)
- Flashlight
- Pen/pencil and paper
- Towel for showering
- Dance Pageantry: **DANCE THEME: Enchanted Forest**
- **Did we mention warm clothes?** Extra clothes too!

WHAT NOT TO BRING

- Perfumes, body lotions or hair care products with lots of scents and smells. They attract animals and some people have allergies.
- High heel shoes or overly fancy clothing. You will be at a the lake, outdoors, in the winter. You can still dress-to-impress, but make practical clothing choices.
- Expensive electronics – The YMCA is not responsible for lost or stolen items and we want you to interact with your fellow Leaders not your electronics, cell phones, etc.
- Large amounts of money –Just bring enough for any meal stops prior to and/or after the Rally if needed. Not sure? Ask your advisor



ADVISOR APPLICATION

Full Name			Nickname
Gender Identity	Date of Birth	YMCA	Position
Years in Leaders as Advisor		# of Rallies as Advisor	
Home Mailing Address			
Phone		Email	
Emergency Contact Name & Relation		Emergency Contact Phone	
Insurance Carrier		Policy #	
Physical restrictions, allergies or dietary needs. Please list here:			
Medications (List Medication Name, Time, and Amount. Please include all Over-The-Counter (OTC) medications regularly taken			

Yes, I would like to request more private housing

Yes, I am interested in speaking with someone at WRally about YMCA Professional Development

Electives, Living Group and Values

Please circle 3 or more electives you are comfortable with facilitating.

- | | | | | |
|-------------------|----------------------|-------------------|------------------------|---------------|
| Snow Man Building | Historians | SUPER Extreme UFO | Board Games | Boulder Basin |
| Broom Ball | Winter Boot Camp | Dance Party USA | Meditation / Yoga | |
| Rally Closing | Snow Tubing/Sledding | Arts & Crafts | Winter Survival Skills | |

Advisor Self-Assessment (circle one)

Your general energy level: Energizer Bunny Smooth & Steady Mellow/Down to Earth

Living group preference (circle all that apply): 1st 2nd Vet GV No preference

Age groups you are comfortable leading values (circle all that apply): 13-14 15-16 17-18

We strive to place advisors in their preference areas however please remain flexible if placed differently.

Is there anything additional not listed above that we need to know about you to make this weekend the best weekend ever?

Acknowledgement: I agree to abide by the YMCA Character Development Philosophy and the specific Winter Rally rules. I understand that my participation in the Winter Rally will directly affect the teen’s overall experience, and will do my best at all times to meet the commitments set forth. I certify that I am in good health and able to participate fully.

Advisor Signature

Date



STAFF COMMITMENTS & POLICY ACKNOWLEDGEMENT

The Winter Rally Management Team has adopted the following rules and policies to promote a healthy, safe, and fun environment for all Leaders Rally participants. Advisors are expected to adhere to and/or enforce the following guidelines.

1. Enforce respect of personal property of others at all times.
2. No one is allowed to leave the Rally until dismissed.
3. No one is allowed to use motor vehicles during the weekend.
4. Absolutely no drugs/alcoholic beverages. In accordance with YMCA policy, smoking is prohibited on camp property. Please plan accordingly.
5. No Leader is allowed in the dorms without supervision. You will be assigned a dorm to supervise.
6. Check all valuables from your club. The Rally is not responsible for lost/stolen articles.
7. Staff must supervise the dorms appropriately. All leaders will be in their cabins from 11:00 pm until 6:45 am. A Leader, who is not assigned to your dorm, should be walked back to their dorm.
8. **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.
9. You must wear a "bumper" (name-tag) and have a pen/pencil with you always.
10. The use of Cell Phones & Head Phones should be limited during the rally. Excessive use of these can hinder your ability to ensure the safety and positive experience of the Leaders.
11. Make every effort to complete all activities/values in an effective, fun, and safe manor.
12. Acknowledge the needs & concerns of all Leaders, as well as address any violation of rules, with Leaders from all YMCAs.
13. If there are any injuries, any damage to property or any serious violation of the code of conduct by Advisors, Leaders, MT or others on property please notify a management team members as soon as reasonably possible.
14. Please read the packet completely, and ensure that all Leaders are prepared with the appropriate items. This includes warm clothing and sleeping equipment.
15. Ensure safety at all times.
16. 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. I understand my role as an advisor at this event. I will adhere to and enforce all the rules set in place, for both my own leaders club members, and members of other clubs. If I have any questions or concerns, I will address them with the management team.

Advisor Printed Name

YMCA Branch

Advisor Signature

Date

Supervisor Recommendation

I recommend _____ for participation in the Winter Rally as an advisory staff member. I certify that his/her skills, abilities and experience working with teenaged youth will meet the requirements of the Rally and that they have **completed a background check to work with youth.**

Supervisor Printed Name

Supervisor Signature



ADVISOR PACKING LIST

Advisor Survival Kit - What to Bring (if you don't know already)

Weather & Environment

Make sure you check the weather for Silver Bay, New York 12874 prior to the event. Winter Rally will have outdoor activities, in the cold, in the snow. Be sure to bring extra clothes and appropriate outdoor apparel.

Rally Schedule

The rally schedule is packed with back to back activities with no down time. Advisors are expected to be "on" at all times assisting with activities, encouraging teens to participate, facilitating values with provided curriculum and in general ensure a high quality safe program for all.

Setting Yourself Up for Success

Most of what you'll need for values or activities you'll be facilitating or assisting with will be provided. Plan to bring all that's in the Leaders Packing List too. Here are some extras that could be helpful...

- SNACKS for you
- A watch or time piece. We discourage use of cell phones.
- Mini first aid kit
- Water Bottle
- FLASHLIGHT
- Travel coffee / tea mug – Coffee & hot water with cocoa/tea packets available most of the day
- SNACKS for your living group
- Playing cards
- ALARM
- Extra office supplies (scissors, rubber bands, paper clips, etc.)
- Mints or gum
- Pageantry Themed attire for the dance
- WARM CLOTHES AND WINTER OUTDOOR WEAR! – Think rugged, outdoor clothing. Less fancy.
- Feminine products
- Extra pens, markers, etc.
- Inspirational books (food for thought, etc.)



DIRECTIONS TO SILVER BAY

Warning – GPS Directions could lead you on unpaved, steep or curvy roads. Please check your route prior to leaving or use the below directions. A direction service such as MapQuest, Google Maps, etc. may be your best bet but still read the directions below for the last few miles before arriving to Silver Bay.

From Boston: I-90W to I-87N to 9N to Silver Bay Rd (on your right)

From Buffalo & CNY: I-90E to I-87N in Malta from NY-67E. I-87N to exit 24 in Warrensburg, take 9N to Silver Bay Rd (on your right)

From NYC: I-87N to 9N to Silver Bay Rd (on your right)

MapQuest / Google / Yahoo: This may be your best bet!

Silver Bay YMCA
87 Silver Bay Road
Silver Bay NY 12874

Contact:

(518) 543-8833 – Silver Bay YMCA

Upon registration you will receive additional contact numbers prior to rally.

See map below. Check-In is 7-9pm at the Inn

