



YMCA Northeast Teen Leaders

2023 Cory Rally

May 12th–14th

YMCA Camp Cory – Penn Yan, NY

**Life
Is
Beautiful**

Hosted by the YMCA of Greater Rochester

Operated by a group of YMCA Professional Staff & Volunteers



YMCA Northeast Region – 2023 Leaders Club Cory Rally

ADVISOR INFORMATION

The management team of the Northeast Leaders Club Cory Rally is excited to present Cory Rally 2023, "Life Is Beautiful". 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: 5-10	Club Roster: Page 4
Advisor Packet: Pages 11-13	

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 April 28th 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 at least 1 club advisor per 10 teens attending. Advisors must be 21 years of age by May 12th and be a current employee or volunteer of the YMCA.
4. Rally Fee is \$90.00 for Teens Leaders and no cost for attending advisors.
5. Required registration materials must be fully completed. They include...
 - a. Leaders and Staff must complete the online registration form. Link and QR code included below.
 - b. All teens attending the event must submit a "Medication Consent" form.
 - c. Advisor Application and Staff Commitment for each Advisor attending.
 - d. Certificate of Insurance for your YMCA listing "YMCA of Greater Rochester" as the certificate holder/additionally insured.
 - e. A Club Roster form listing all of the expected persons in attendance *and* payment check for each club attending.
6. Clubs are to send one YMCA check for the entire rally fee, made out to:
YMCA of Greater Rochester
7. **Email all registration materials to the Rally Registrar at:**
rocteenleaders@rochesterymca.org
Re: Cory Rally Registration
8. Registration materials are due ON OR BEFORE May 1st. Registration confirmations will be sent to club advisors.
9. Plan to arrive to Camp Cory on Friday, May 12th for check-in between 7-9pm. If you anticipate arriving later than 9pm please inform the Rally Director before Friday.

**REGISTRATION IS LIMITED TO 150 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!**



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CHECKLIST (complete *before* mailing your registration!)

Each leader...

- Will be 12-18 years of age and in grades 7th-12th before the event.
- Rally Application – Completed online.
- Medication Consent Forms for any teen that will need to take or carry meds for any reason.
- Code of Conduct – SIGNED by parent and leader.

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 – Completed online.
- Staff Commitment – SIGNED by advisor and their supervisor.

Final Touches...

- Club Roster – FULLY COMPLETED and signed by your Branch Director. Club roster should match names of staff and teens that have submitted virtual registration.
- Certificate of Insurance for your YMCA association listing “YMCA of Greater Rochester” as “certificate holder”.
- One YMCA check for your club’s entire fee, payable to the YMCA of Greater Rochester
- Make a copy of all your packets, rosters, etc. for yourself before sending!

Please email all scanned registration information to rocteenleaders@rochesterymca.org and bring all completed packets in person to Camp Cory.

Deadline for registration materials to be received is on or before April 28th

For rally questions contact:

Zach Smith

Rally Director

585-263-4270

Zach.Smith@rochesterymca.org



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CLUB INFORMATION

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

How to Define Leaders Year

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: 1st, 2nd, Vet, GV
1.					/	
2.					/	
3.					/	
4.					/	
5.					/	
6.					/	
7.					/	
8.					/	
9.					/	
0.					/	

\$90.00 x _____
 # of Leaders
 \$0.00 x _____
 # of Advisors

= \$ _____
 = \$ _____
TOTAL DUE = \$ _____

Registration Deadline: May 1st 2023

It is best to send your registration in early, before the deadline. Registration is first come first serve and will close at 100 leaders.

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

Executive Director Signature

Date

Please make check payable to: **YMCA of Greater Rochester** *Please enter Cory Rally 2023 in the memo line*
 Mail checks to: **YMCA of Greater Rochester – Association Office**
 444 East Main Street, Rochester, NY 14604
 Attn: Accounts Receivable, Cory Rally Registration



Life Is Beautiful YMCA Northeast Region – 2023 Leaders Club Cory Rally

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 YMCA Camp Cory. Teens and staff will be staying in cabins separated by gender identity. 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.

YMCA Camp Cory – 140 NY-54, Penn Yan, NY 14527

How much does the Rally cost?

The Rally is **\$90.00 per teen**. This is the direct cost to operate the event. Adults that come to work as advisors will carry no extra charge.

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?

Zach Smith, Rally Director

Zach.Smith@rochesterymca.org | 585-263-4270

YMCA Camp Cory 315-536-3840 - During the event. Emergencies only please. Cell service is limited.

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. Rest assured if any concerns, special circumstances or emergencies arise your teen will be allowed contact home. Cellular service is limited at Camp Cory.

When will my teen get back?

The Rally will be dismissed at 12:00 PM on Sunday, May 14th.

Please check with your teen's local 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. Many clubs stop for meals during travel.

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 Code of Conduct with your Teen!



Teen Registration Form

In an effort to streamline the registration process, we will be using a digital registration process for all basic registration information.

Please note that the attached signed medication consent forms and "Code of Conduct" are still required from all teens attending the event. Be sure to review both the digital registration form, and the attached paper forms with a parent.

When completed, please submit all Medication Consent and Code of Conduct paperwork to your Teen Leaders Advisor.

Use a phone or type the link into a web browser to complete the
Teen Registration Form



<https://forms.office.com/r/CweALitOPv>



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 over-the-counter (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.

MEDICATION CONSENT FORM

- Please ensure that if your child requires medication, you complete this 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. If you require additional forms for additional medication, please feel free to make a copy or request additional forms from your YMCA Teen Leaders Club Advisor.
- 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.
- This form may be used to meet the consent requirements for access to the following: prescription medications, oral over-the-counter medications, medicated patches, and eye, ear, or nasal drops or sprays.

Child's First and Last Name:	Date of Birth: / /	Child's Known Allergies:
If needed child can take: (Please circle all that apply)	- Benedryl - Ice Pack - Acetaminophen - Ibuprofen	
Name of Medication <i>(including strength)</i> :	Amount/Dosage to be Given:	Route:
Frequency to be self-administered:	Special instructions:	
What action should the child care provider take if side effects are noted: <input type="checkbox"/> Contact parent: <input type="checkbox"/> Other:	Possible side effects:	
Date Health Care Provider Authorized: / /		
Name of Medication <i>(including strength)</i> :	Amount/Dosage to be Given:	Route:
Frequency to be self-administered:	Special instructions:	
What action should the child care provider take if side effects are noted: <input type="checkbox"/> Contact parent: <input type="checkbox"/> Other:	Possible side effects:	
Date Health Care Provider Authorized: / /		
Name of Medication <i>(including strength)</i> :	Amount/Dosage to be Given:	Route:
Frequency to be self-administered:	Special instructions:	
What action should the child care provider take if side effects are noted: <input type="checkbox"/> Contact parent: <input type="checkbox"/> Other:	Possible side effects:	
Date Health Care Provider Authorized: / /		

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:** _____



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PACKING LIST

Leaders & Parents – Keep this page for your info!

Make sure you check the weather for Penn Yan 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

- Warm clothes - Bring practical layers for varied temps – we will run program from 6:30AM to 11pm.
- Sleeping bag/ blankets and pillow. The cabins can get cold at night in the spring months.
- Outdoor spring-time gear – Raincoats, jackets, boots/rainboots.
- Water bottle
- Toiletries (shower shoes, shampoo, soap, toothpaste, tooth brush, deodorant, etc.)
- 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
- Small amount of money for food on the way to and back from the Rally. *(if necessary)*
- Towel for showering
- YMCA appropriate dance attire. DANCE THEME: **Complementary Colors**
- Did we mention warm clothes? Extra clothes too!
- While most elective materials are provided teens may choose to bring their own.

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 can still dress-to-impress, but make practical clothing choices, it is a summer camp property after all.
- 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 – This can go missing. Just bring enough for any meal stops prior to and/or after the Rally if needed. Not sure? Ask your local advisor.



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Saturday Evening Activity: All Rally Event!! “Talent” Show

(talent not required)

--Followed by--

Leaders Rally Dance Theme:

Complementary Colors

Wear the color (or colors) that suite(s) you best!



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Advisor Registration Form

All advisors must complete the Advisor Registration Form online to attend the rally. Please note that you must also submit paper copies of the following by May 1st to ensure that your club has secured their registrations:

1. "Club Roster" on Page 4
2. Medication Consent forms for ALL teens attending the rally.
3. Staff Commitments & Policy Acknowledgement for all advisors attending the rally.

Feel free to email RocTeenLeaders@rochesterymca.org with any questions regarding registrations, or to check-in regarding teens that have completed registrations from your YMCA Leaders Club.

**Use a phone or type the link into a web browser to complete the
Advisor Registration Form**



<https://forms.office.com/r/mkH55twwCP>



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STAFF COMMITMENTS & POLICY ACKNOWLEDGEMENT

The Cory 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 manner.
12. Acknowledge the needs & concerns of all Leaders, as well as address any violation of rules, with Leaders from all YMCAs.
13. Please read the packet completely, and ensure that all Leaders are prepared with the appropriate items. This includes warm clothing and sleeping equipment.
14. While at the rally, you will be expected to participate at all times. If you require a break, please see a management team member.
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.

ADVISOR PACKING LIST

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

Weather & Environment

Make sure you check the weather for Penn Yan, NY 14527 prior to the event. Cory Rally will have outdoor activities. Be sure to bring extra clothes and appropriate outdoor apparel for spring weekend outdoors.

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.)