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# Welcome to YRYLA!

## 2012 YRYLA Teams

Rolo Cuadrado	Chair
Alex Wood	Head Counselor
Ruben Gonzalez	Head Counselor
Craig Essex	Chief of Staff
Beka Bewley	Counselor Staff
Mark Yee	Counselor Staff
Jim Hoops	Experiential Learning
Wayne Markel	Photographer

<b>Team</b>	<b>Counselor</b>	<b>Rotarian</b>
A	Stefan Folkesson	Stephanie Katz
B	Alex Brandenburg	PJ Dyon
C	Emily Goodman	Nan Jarvis
D	Sami Slenker	Doug Armbrust
E	Rhys Williams	Christa Dryjanski
F	Stefani Messick	Lloyd Thomas
G	Sheridan Sutton	Kim Phipps
H	Kate Shields	Rob Phipps
I	Katie Cochran	Melvin Grusing
J	Kaylyn White	Mike Hitchcock
K	Kinleigh Jones	Marion Trummer
L	Kyrstin Kempf	Mikaila Way

## Counselor Roles and Responsibilities

An important function of the Counselors is to pass information on to their teams. The Y-RYLArrians represent their communities, their schools and sponsoring Rotary Clubs. The teams need to be kept informed and on track as to scheduled activities. The Y-RYLArrians need to be reminded, frequently, that they are to wear their nametags, bring their binders, and be on time to all activities.

**Counselor and Rotarian Roles:** Counselors and Rotarians operate as a team with the Counselor taking the lead in all activities.

The main role of the Counselors is to facilitate the activities and the team discussions, helping develop a team identity, and fostering creativity and leadership in the teams' designated activities. Your Rotarian is a member of your team and you can depend on them for their counsel and wisdom. Consult with them if there is a problem but do not use them as the disciplinarian of any team member.

The main role of the Rotarian is to be a resource to the Counselor. Expect to have open, supportive, and constructive communication with one another before and throughout the week. Let your Counselor lead the activities, the debriefings and the discussions - that is their job not yours - your role is to support your Counselor.

Counselors **MUST NEVER** dominate the discussions with their team; they should facilitate and draw all members of the team into the discussions and activities. This is particularly important in the Twilight Time sessions where the days' activities are reviewed. Rotarians can add depth to the discussions by stating what he/she has noticed and ask open ended questions. Find a way to communicate with one another so that the Counselor recognizes the opportunity to invite the Rotarian into the discussion when they have something to add. A Rotarian who can briefly share a life experience with the team has often been a life-long inspiration to a Y-RYLArrian.

Counselors are to be friends, confidants, and resources for the Y-RYLArrians as they explore new ideas and ask questions. Counselors have a responsibility to observe, remind, and encourage the Y-RYLArrians to abide by the rules and fully participate in activities of the conference. To be fair to all concerned, keep to the schedule. This may require persistence - especially Wake Up and Lights Out. The Y-RYLArrians and Counselors are sometimes so stimulated by the conference activities that they are reluctant to bed down. **Adequate sleep is a must for the Counselors to provide and the Y-RYLArrians to gain full benefit from the program.** Y-RYLArrians are not allowed to sleep in or miss morning activities, or the task of enforcing Lights Out the following night becomes significantly more difficult. Counselors sleep in the same dorms as the Y-RYLArrians to assure their safety and to be a resource to them if needed. Enforcing the Wake Up and Lights Out schedule is the Counselors' responsibility.

Sometimes Counselors add a lot of extra stress to their responsibilities by focusing on how their group is doing. Every group evolves at a different rate and in a different way. Just try to relax and let the RYLA magic work its wonders.

**Problems:** If there are problems, they are usually minor and are resolved with a little attention. When there is a problem, the Y-RYLA Chair **Rolo Cuadrado** and other Rotarians will be available to help. There is plenty of support in the unlikely event a difficult situation arises...just ask.

**Attending All Sessions:** We insist that Y-RYLArrians attend all sessions and conduct themselves with dignity. This sometimes means a gentle reminder of what constitutes appropriate behavior. The Counselors are expected to know where the members of their team are and see that they are in attendance at the various scheduled activities. **This includes sitting with the team during sessions in Allison Pavilion and during all activities. Conduct frequent head counts.** Past Counselors have found the week to be a fun and rewarding experience. The Y-RYLArrians are bright, sociable, and full of great ideas, idealism, and energy. Counselors can learn a great deal from the young people involved and often gain more from the program than the Y-RYLArrians.

**Emergencies:** The Y-RYLArrians have been instructed to contact the nearest Rotarian if anyone is hurt or injured. Please go to the person that is injured to determine the extent of the problem. Have others contact the Chair, Rolo Cuadrado. The Counselor must stay with the injured party and call for medical assistance, if necessary.

If the injury is nothing but a small cut or bruise, we will be able to take care of the problem. Every Counselor has been supplied with a First Aid kit for minor injuries. Carry it with you at all times! Camp Ponderosa has a registered nurse on staff whose office is located next to the Administration Building just south of the Ponderosa Dining Hall. If there is a serious injury we can summon an ambulance. We have the signed parental release forms available for any problem. The most common problems that arise are:

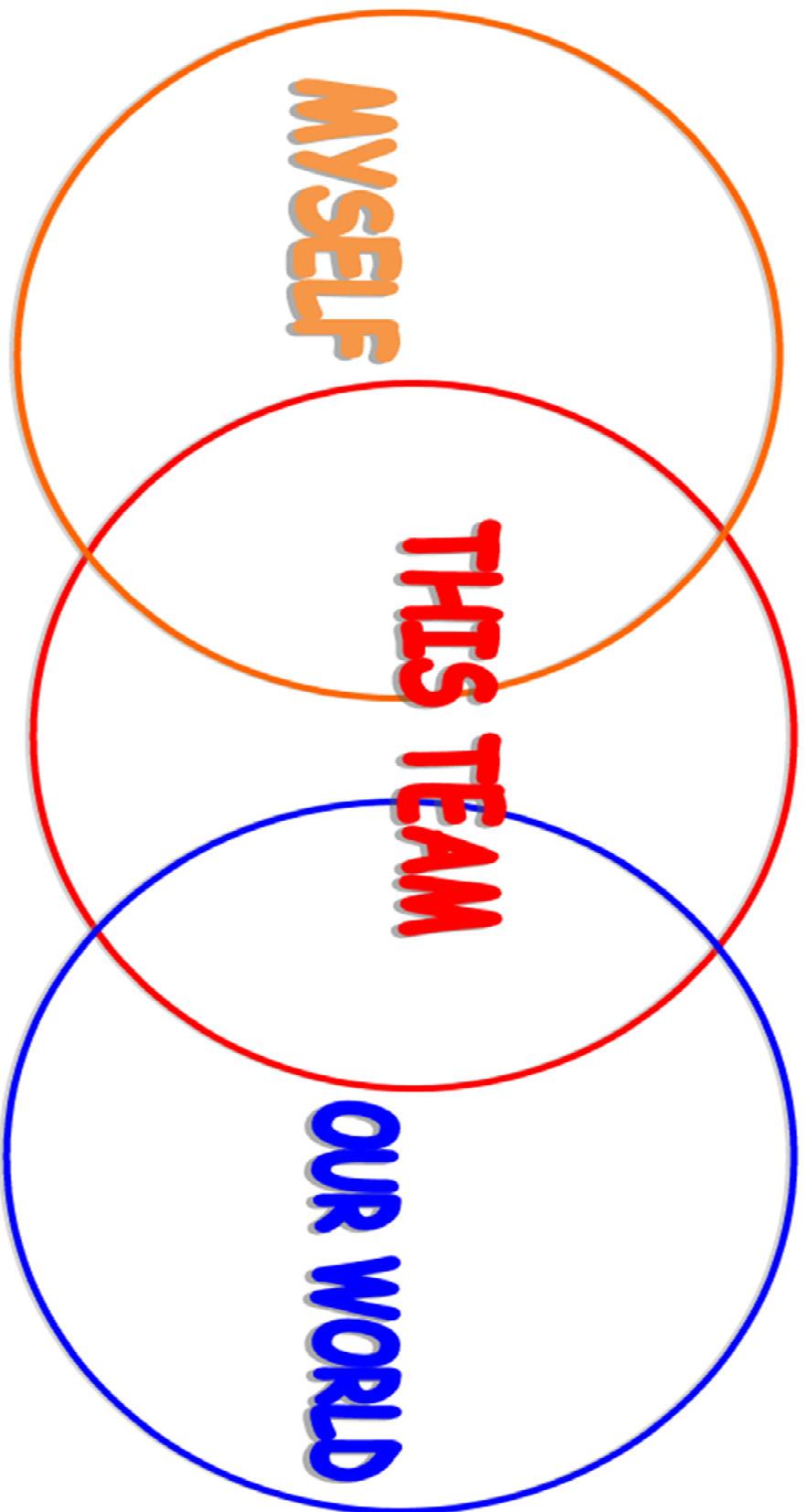
- 1) Dehydration (feeling ill, headaches, tired) - DRINK LOTS OF WATER!
- 2) Over caffeination - this is the first time many kids have been able to choose what they want to eat and drink. No filling water bottles with pop from the dispensaries in the dining hall and please discourage them from drinking caffeinated drinks at dinner.

**Phone Call Emergencies:** Should parents of Y-RYLArrians need to contact their child, they will call the phone number for the Y-RYLA Chair Rolo Cuadrado or the camp. They can leave a message and we will take the appropriate action.

Y-RYLArrians are not allowed to contact their parents and parents are not allowed to contact their children - any communication must be through the Y-RYLA Chair, Rolo Cuadrado.

**Phone Use by Counselors and Rotarians:** Do not use your phones during camp hours (7:00 a.m. - 10:30 p.m.). If you have an urgent need, clear it with the Y-RYLA Chair Rolo Cuadrado. She will make sure your team is adequately covered and let you go to a private place to make your call (Cagle). Turn your phones off when around your team.

### Three Hoop Theme





(In Conferee Manual)

## Three Hoop Questions

Throughout your week at Young RYLA you will be learning skills that are relevant to each portion of the continuum above. In order to be a leader you need to have a good understanding of each part and of your role in each circle. As you learn throughout the week add phrases, skills and activities that fit each specific circle and the ones that overlap as well.

Every day you are given infinite opportunities to be leader. In order to be the best leader you can be it is important to discover the answers to these three questions:

1. What kind of leader are you?  
-What are your strengths/weaknesses?
2. How do you lead when you are part of a team?  
-Are you vocal or passive? Are you a planner or an implementer?
3. How can you use your leadership abilities to influence the world?  
-What do you want to change in the world? What special talents do you have that you can use to help change the world?

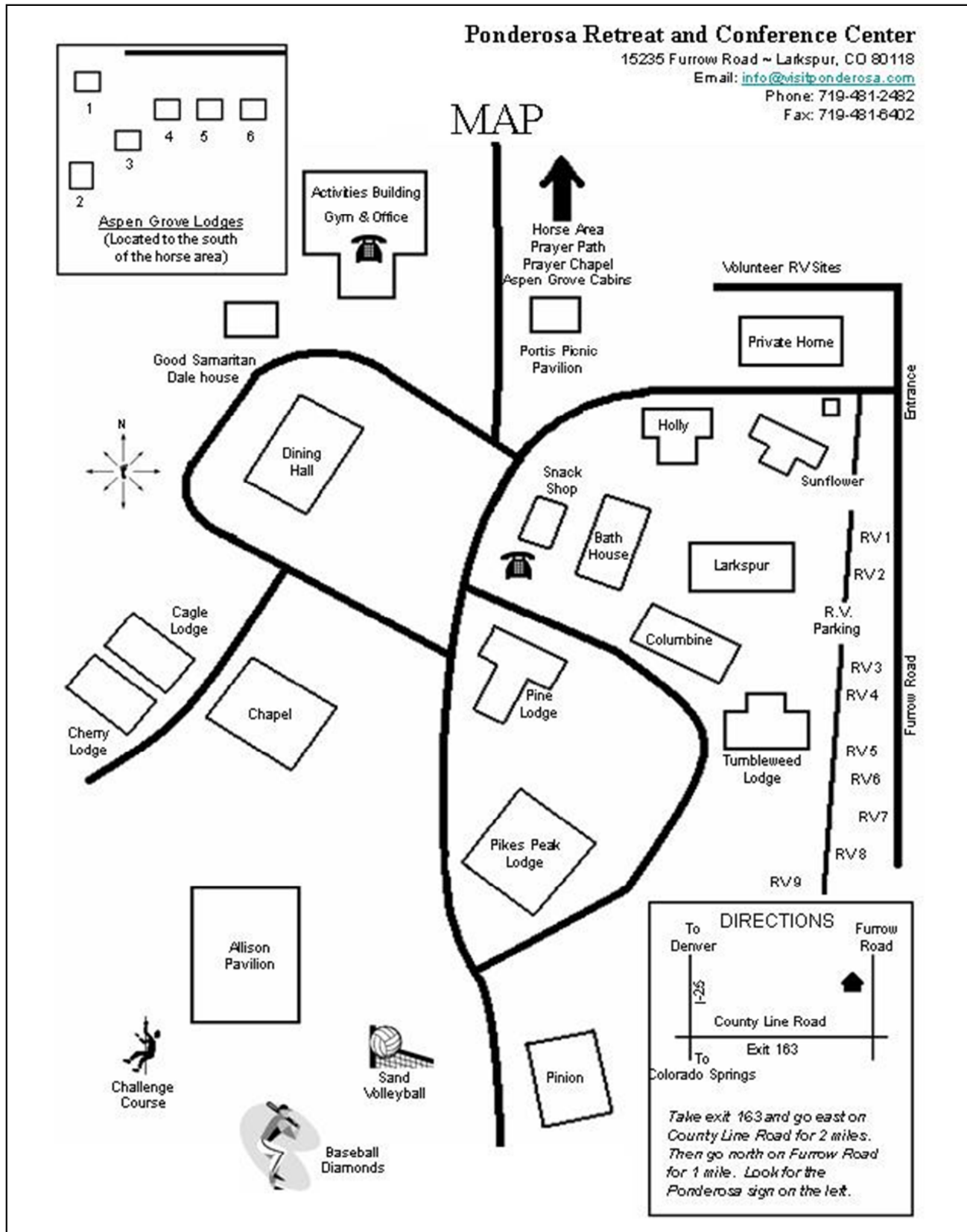
## Packing for Young-RYLA

This is a coed camp, but there are separate dormitories for girls and boys.

Y-RYLARians sleep in bunk beds. There may be up to twenty people in a room; two rooms will share restroom areas that include showers, sinks and toilets. **Please bring blankets and sheets (or a sleeping bag), a pillow, and towels, as they WILL NOT be furnished.**

- **Medications** (which must be turned in to the nurse at registration)
- Pillow, sheets and blankets (or sleeping bag)
- Combination of shorts and pants for 5 days - prepare for **cold and hot weather!**
- Shirts and casual tops suitable for camp wear for 5 days.
- Underwear for 5 days
- Socks for 5 days
- Hiking boots and/or strong athletic shoes lace-up shoes for hiking, climbing the zip line tower, and basically walking around the Ponderosa camp - very important!
- Comfortable footwear to wear around rooms and between buildings
- Casual nice outfit to wear to Y-RYLA Dance and Ice Cream Social
- Sweater, sweatshirt, lightweight jacket or vest - it can get cold at night
- Hat (for outside use only). Should have one for hiking
- Backpack or bag to carry manual and other materials
- Rain gear, especially jacket
- Umbrella
- Sleepwear - you will sleep a little!
- Purell or other hand sanitizer
- All bathroom things needed
  - two bath towels
  - toothbrush and toothpaste
  - shampoo
  - brush or comb
  - deodorant
  - anything else necessary, contacts, glasses, lotion, etc
- Sunscreen and sunglasses
- Flashlight
- Box of tissues
- Laundry bag
- Camera
- Watch
- Pen and pencil

# Ponderosa Conference Center Map



**Allison Pavilion Cleaning Schedule**

<b>When</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>Before Lunch</b>	<b>Counselors Rotarians</b>	<b>Team C</b>	<b>Team F</b>	<b>Team I</b>	<b>Team L</b>
<b>Before Dinner</b>	<b>Team A</b>	<b>Team D</b>	<b>Team G</b>	<b>Team J</b>	<b>Team A</b>
<b>Before Reflection Time</b>	<b>Team B</b>	<b>Team E</b>	<b>Team H</b>	<b>Team K</b>	<b>Team B</b>

## Counselor Bios

### Stefan Folkesson



Hey there! I live in Evergreen, Colorado and am currently going into my second year of college at the University of Colorado Denver. I love all sports and being active in general although my favorite activities include basketball, soccer and pole vaulting (though pole vaulting doesn't happen very often). I love meeting new people and I know nothing about being shy. When I'm not being active or meeting new people I enjoy music of every variety as well as drawing and just hanging out. So come chat me up, learn something new or just get to know me better because I can't wait to meet you all!

### Alex Brandenburg



So, Alex Brandenburg is like... an amazing guy. This is his first year being a JC and his second year involved with YRYLA and he is very excited to have his own team this year. Which is Team B. B for Beast. He likes brownies, he acts like he can dance, can make a tidal wave with his fingers (yes, please ask.), likes music, crazy funny stuff like rolling down hills in tractor tires (don't attempt this), and writing in third person. Third person is beast!... as in Team B! P.S. I'm excited to meet all of you! Oh, and I'm a cook at a restaurant in my hometown and attend CSU as an English Education Major. CSU!

### Emily Goodman



I'm Emily Goodman and this is my second year at Young RYLA, but my first year as a junior counselor. I graduated early from Chatfield Senior High School and will be attending CU Boulder. I will be studying International Affairs and Political Science. Dancing seems to be my life as well as helping children with disabilities. I love to meet new people and get thrown into new situations. My true passion is helping people and attempting to make a difference in their lives while they make a difference in mine. My mixture of Blue and Orange has me always providing support for those in need while trying to explore the world with my best friend. I am excited to journey on this new adventure with all of you as we strengthen the inner leaders within

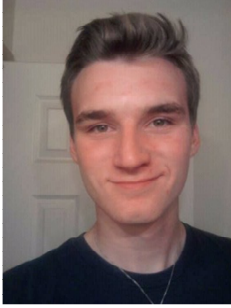
us!!

### Sami Slenker



Hey! I'm Sami and I am so excited to be back for my second year as a JC at YRYLA this year. I am a sophomore at Colorado State University studying International Relations. I am constantly listening to music, I'm a bit nerdy, and I love being outdoors whenever I can. I cannot wait to get to know each and every one of you and look forward to an incredible week full of sunshine, incredible friends, and lots of YRYLA love! :)

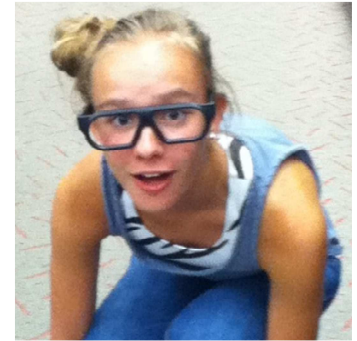
## Rhys Williams



I am Rhys! This is my first year as a Junior Counselor. I will be a senior at Denver East High School next year. My prospective colleges are Puget Sound and NYU. I enjoy acting and theater very, very much. I have acted in many plays and have done backstage work for many more. I love the outdoors and have been on more camping trips than I can count. I've climbed almost all the 14ers in Colorado and I will eventually climb all of them. I also enjoy traveling, meeting people, surfing, snowboarding, and video games. I am mostly orange and blue with a little bit of green and gold where it counts. I am more excited for the week to commence than words can express. YRYLA 2012!!!

My name is Stefani and I am from Berthoud, CO. I am most definitely a Colorado girl, because I love to be outdoors any chance I get! When I am not studying, reading, or drawing, you will find me out running, hiking, playing soccer, or seeking adventure. My dream is to be a published writer one day, and I also want to run a marathon. My major hobbies include laughing, smiling, cuddling, and jumping in puddles. I am spontaneous, spunky, zany, and driven. I have faced many challenges in my life, but am letting each adversity teach me something and make me stronger. I absolutely can't wait to experience YRYLA!! It will be a blast!

## Stefani Messick



## Sheridan Sutton



Hey! My name is Sheridan, and I play softball for Standley Lake High School and United. I coach little kids t-ball and attended both Young RYLA and Senior RYLA. I can't wait to be a counselor this year because RYLA was important in helping me develop into who I am today. I'm excited to help everyone discover who they are and grow.

Hello all! My name is Kate Shields and I am from Mead, Colorado (a really tiny town near Longmont), and I am going to be a senior in High School. I love softball, camping, boating/tubing, reading, and hanging out with all of my magnificent friends! I like pickle juice, and watching movies is my hobby. My favorite TV shows are Pretty Little Liars and Phineas & Ferb, and I want to be a teacher when I'm older. This year is my first year as a counselor, but I am so excited to be a part of it all because YRYLA is the 8<sup>th</sup> wonder of the world, and I cannot wait to see everyone grow as leaders and to be a part of all the fun we'll have this week!

## Kate Shields



## Katie Cochran



I'm Katie, this is my first year as a counselor at YRYLA and I am very excited to meet everyone! I just finished my first year at the University of Oregon and I am looking forward to spending my summer in Colorado. Next year I will be attending the University of Colorado at Denver and intend to major in psychology. I love the mountains and everything about Colorado. I enjoy being outdoors, hiking and exploring new places. I also spend time swimming, reading and practicing photography. This week is going to be amazing, and I look forward to spending it with all of you!

## Kaylyn White

Hey guys! My name is Kaylyn, and I'm super pumped for this week! I live in Fort Collins, Colorado and I'll be a senior at Fort Collins High School next year. I've done gymnastics my whole life, and I also do diving and track. After high school I plan on studying neuroscience at CU. I love spending time with my friends and family, and my black lab Kota. I love all types of music, but my favorite band is the Red Hot Chili Peppers. I also really enjoy spending time outside and hiking, and I love to draw too. I believe that being happy and enjoying life is a choice, so find your happiness and do what you love! I hope you guys enjoy your time at YRYLA this week!



## Kinleigh Jones



My full name is Kinleigh Teri Jones, and I graduated from high school this last spring and will attend University of Oregon in the fall. At University of Oregon I hope to go into pre-law, but also minor in dance. I attended RYLA Summer of 2011, and fell in love with the RYLA program and want to forever be a part of it. At my high school I was the President of Interact Club and Art club and an active member in garden club. I dance almost full time at my studio Room to Dance where I dance and assistant teach. I am extremely excited for YRYLA, and look forward to being a part of a change in the minds of youth.

Hello, I'm Kyrstin I just finished my junior year in high school. I hope to study international business once I get to college. I have a fascination for languages and cuisine. This week is going to be a blast! I'm a great listener so if you have anything to tell me do! I love to play soccer; however, I've just started playing tennis. I have a secret obsession with the television show *New Girl* and for pasta! I am gold partly green and I can't wait to discover the colors of others! I can't wait to meet you guys!

## Kyrstin Kempf



## Rotarian Bios

### Stephanie Katz



I am Stephanie Hindin Katz, and to start in the present and work backwards, my passion in life is getting as many books as possible into the hands of as many children as possible. Until Borders Books went bankrupt, I was a children's lit manager and the store's liaison for corporate and educational sales. I loved it. It was my dream job second only to my primary dream job of mothering my two boys (now 26 and 22 yrs. old). Before that, I owned a textile design business and held several board positions including president, for a non-profit, state-wide crafts organization in New Jersey. I have been married for a long time to my best friend and husband, Stan.

### PJ Dyon

Paulette (PJ) Dyon has over 25 years of banking experience, most recently in regulatory compliance. Most of her life was spent in and around the Chicago area. She is a 1989 graduate of DePaul University's College of Commerce with a BA in Service Operations Management. In 2009, both PJ and her husband, Dr. Doug Hambley, moved to Lakewood, CO. They both joined the Rotary Club of Golden, CO. PJ's years in banking have given her a strong understanding of sound business principles, high ethical standards and a sense of great customer service. Her farming roots give her a strong team work ethic. PJ's hobbies include gardening, cooking, enjoying her three cats and two dogs (all of which are rescues) and the joys of giving back to her community.



### Nan Jarvis



I am Nan Jarvis, a 4'11" white haired 67 year old grandma and former middle school teacher. However before I scare you away, I happen to love middle schoolers, have more energy than most people, enjoy nature and the outdoors, and have a good sense of humor. I have been very active with Rotary at the club and district level for 12 years. My granddaughter Hailey was a participant at YRYLA last summer and had such a wonderful experience that she suggested I volunteer to be a SC this year. Once she had seen the "magic", she wanted me to share in it. Her only regret is that she can't come back a second year! I love to read, hike, explore, learn, and spend time with family and friends.

### Doug Armbrust

I am husband, father, grandfather, son, brother, nephew, uncle. I am friend, American, citizen, physician, Vietnam veteran, Rotarian, Rylarian. I am serious. I am fun. I am old. I am young. I want to be **FOREVER YOUNG!** I am a believer. **I BELIEVE** . . . I should try to be all I can be . . . The most important thing in life is life itself and what you do with it . . . Life is fun . . . Life is too serious to be taken too seriously . . . I am a role model . . . at all times . . . just like everyone. You can sometimes make your own luck . . . I have been extremely lucky, and thank God. I have **NO REGRETS**. See how lucky I am! I wish you much luck . . . Make your own!





## Christa Dryjanski



Christa Dryjanski is so excited to be coming back to young RYLA as a senior counselor. When she was a freshman in college she had the amazing opportunity to be the head junior counselor at the first ever young RYLA conference. Currently Christa resides in San Jose, California where she works as an IT project manager for Stryker, where she has been for 7 years. In her spare time, she likes to watch live theatre, travel to adventurous places like Nepal and Peru, train for half marathons - she just completed one with her sister in 2 hrs and 14 mins., a personal best - and spend time with her fiancé

and friends. She will be getting married this October in California and is having a ball planning the wedding.

I have been an SC for RYLA or YRYLA for the past 12 consecutive years (counting this year). I am a licensed clinical psychologist and life coach. For over 30 years, I have written a weekly newspaper column titled, "Practical Life Coaching." I am the co-author of the book, "Total Life Coaching" published in 2005 by W.W. Norton. I enjoy camping, skiing, hiking, working with young people, coaching and writing. I also love my wife, Darcy, my adult children and my 6 grandchildren.

## Lloyd Thomas



## Kim Phipps



I was born in Grand Rapids, MI and grew up spending my summers at the big lake. After graduating college from the University of Michigan, I moved to Breckenridge, CO, to enjoy a season of skiing, one season that soon turned into ten. I am now married to Rob Phipps and teach math at Summit High School. I'm happy to be the Interact Club sponsor at Summit High School. I spend my summers hiking and mountain biking with my awesome dog Chewbacca.

Originally from Southern California. Moved to Breckenridge 12 years ago by way of Buffalo, NY- Joplin, MO- Davis-Monthan AFB, AZ - Al Jaber AB, Kuwait - Scottsdale, AZ - and finally Mesa, AZ where I worked in a ski shop. Yes, a ski shop in Arizona. One day some friends said, "We're moving to Breckenridge, wanna come?" So I did. I am a mechanic and have recently opened a small engine repair shop. My wife & I met in Breckenridge, she is a Geometry teacher at Summit High School. Looking forward to working with some exceptional young people.

## Rob Phipps



## Melvin Grusing



I am Mel Grusing, this will be my second year as an SC. Last year I enjoyed seeing all of the campers find the gifts they have within them so I had to return. I remember the hikes, the dancing the small group and the zip line. Wow what fun. Although I am a grandfather I like hiking, skiing, yoga (it keeps me limber) and photography. I am looking forward to a fabulous time with everyone.

I started my journey with RYLA last year as a SC at Estes Park and had a great time. This year I'm looking forward to Young RYLA with some old friends and hopefully some new friends. After becoming a professional student, I practiced neurosurgery in the South Denver area for about 25 years and retired. Then I went back to do some of the things I never had time to do like getting a degree in astronomy and volunteering at the Denver Museum of Nature and Science. Also I have been active in Rotary and recently we've just returned from a trip to Nepal to look at some projects and tour India a bit. I have a lovely wife Anne and a son Peter, his wife Molly and two above average and good looking grandchildren, Piper and Parker (ie. MP3). My motto in life is, "never take yourself too seriously, no one else does."

## Mike Hitchcock



## Marion Trummer



I'm Marion, a returning SC. I am excited for another Young RYLA. I learn so much from each of you. I love gardening and cooking. I even grow my own herbs. I love to read and always have at least 2 books going at the same time. Traveling and meeting new people is one of my favorite things. I bring home souvenirs from my travels, but my best souvenirs are the memories of the people I meet. In reality, I collect people of all ages and nationalities. I am not very computer savvy, but I have learned to text so I can keep in touch with my grandkids.

## Mikaila Way

The Rocky Mountain RYLA bug snatched Mikaila as a junior at Conifer High School, since then she has enjoyed staying involved with Young RYLA as a junior counselor and head counselor. After growing up in the mountains of CO, you're more likely to find Mikaila outside rather than inside! Fresh off the skillet from graduation at Pacific University (Forest Grove, OR), she studied environmental science, peace and social justice. Beyond the classroom, Mik has enjoyed learning by leading trips with the outdoor programs, working on the school's permaculture farm, exploring places and people, and running around on the lacrosse field. Mik hopes you can be fully present at Young RYLA for our generations are in need of creative and compassionate leaders like you!



## Staff Bios

### Alex Wood - Head Counselor



Welcome to Young RYLA, the best week of your life! My name is Alex Wood, and I am one of your two Head Counselors. I'm a junior at New York University studying environmental science and how to have a good time. YRYLA has been a HUGE part of my life for the past three years. My hobbies include puzzling out the great mysteries of life and kissing huge frogs in the hope that they will turn into even bigger frogs. So far no luck :/ I'm a gargantuan nerd, and a few of my favorite things are my family and friends, globetrotting, rocks, Modern Family,

zombie movies and dinosaurs. YRYLA has been a life changing experience for me and I cannot wait to experience that magic with all of you!

### Ruben Gonzalez - Head Counselor

HELLO!!!! Welcome to the greatest week of your life! My name is Rubs! I grew up in Greeley Colorado, where I love to hang out with friends and family. I have been "a part of" YRYLA for 3 years. I am so excited to share this week of my life with this group of people. Thank you for allowing everyone to partake and be a part of this wonderful experience. Have questions???? Ask me anything!



### Rolo Cuadrado - Chair



I'm Rolo, and I LOVE Young RYLA. It's a privilege to be Chair this year. I've been a Senior Counselor here since 2008, and this is my favorite week of the year! When I'm not at Rocky Mountain Young RYLA, I am working with Rotary International to help expand RYLA throughout the world. I live in Frisco, near Breckenridge, but I'm a lousy skier. My wife Paulina and I have three teenage kids. I enjoy traveling and eating. Find me on Facebook (Rolo Cuadrado) if you need help with starting an Interact Club at your school.

### Craig Essex - Chief of Staff

Hello Young RYLARIAN's! I look forward with great anticipation to once again being involved in Young RYLA. I have the hope that you will leave after a week of learning new skills, making new friends, and taking your ideas out into the world with enthusiasm. I moved to Denver from Canada with my family in 1991. My wife Beverly and I have been married for 34+ years, and have I two daughters, Lindsay and Adriene. Career wise I am a Network Architect (Cisco Certified Internet Expert (CCIE) & Computer geek) with Great-West Life. In 1997 I was invited to join Rotary and it changed my life! I have had the honor of serving, and continuing to serve in many capacities, including the last four years with YRYLA. In my spare time I practice Hot Yoga, and love everything technical.



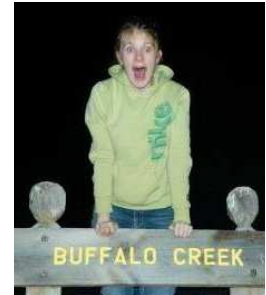
## Mark Yee



Hi everyone, I'm Mark! I'm super excited to be a staff member this year! I live in Boulder and I will be starting my senior year at Boulder High School this fall and my favorite subject at school is math. I love listening to music, playing the piano, volunteering, and being silly. When I hang out with my friends, we usually spend our time studying, listening to music or just joking around. The highlight of my summer is definitely Young RYLA and I hope you enjoy it even more than I do!

## Beka Bewley

Hey, guys! I enjoy everything that happens outside. I love to hike, rock climb, camp, and fall into streams. I also enjoy reading and hugging. I believe there is no such thing as too much travel, and that routines are over-rated. Oh, and I am just now getting through the Harry Potter series, so there better be no spoilers at YRYLA! :)



## Jim Hoops - Guru



I am a partially retired high school and middle schoolteacher of 37 years, an experiential facilitator, photography teacher, past president of the Denver Cherry Creek Rotary Club and football coach (3 state championships along the way). I am president of the Board of Directors for Rocky Mountain RYLA and was part of a team of Rotarians who developed the Young RYLA curriculum. I am married (47 years) and have 2 sons and 4 grandchildren. I love to hike, bike and read. Rotary has been a big part of my life since joining. Trust the process of YRYLA.

## Wayne Markel - Photographer/Technician

I'm a Kansas farm boy who worked for IBM for 30 years as a computer tech and finally as a network consultant. After leaving IBM, my wife and I moved back to Kansas where we owned and operated a lumberyard and two hardware stores for eight years. About two years ago we moved to Parker to be near our daughter, son-in-law and three grandchildren ages 2, 5, and 6. The most important jobs in my life have been foster parent, guardian ad litem, high school mentor in Ft. Walton Beach, FL, and camp photographer for YRYLA 2009. As a member of the Cherry Creek Valley Rotary, I am involved in projects with Parker Task Force, SECOR, Trick or Treat on Mainstreet, and other programs. Last September we unofficially adopted a single mom and four kids who were a day or two away from living on the street in Pensacola, FL. The kids are 10, 7, 5, and 2 years old and now in school in Parker and doing sports in Parker. The 10 year old recently got his first lawn mowing job.



# 2012 Young RYLA: The Power of One

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**Sunday, July 22<sup>nd</sup>, 2012**

## *Allison Pavilion*

**3:00 pm** Registration

**4:00 pm** Welcome

Young RYLA Chair, **Rolo Cuadrado**

District 5440 District Governor, **Mary McCambridge**

Introduction of Counselor Teams

Head Counselors **Alex Wood** and **Ruben Gonzalez**

**4:30 pm** Meet Your Teammates!

## *Ball Field*

**5:00 pm** Circle of Support

Experiential Leader: Rotarian Jim Hoops

## *Dining Hall*

**5:30 pm** Dinner

## *Allison Pavilion*

**6:30 pm** Leadership 101

YRYLA Counselors

**8:00 pm** Word of Focus

## *Team Spots*

**8:15 pm** Reflection Time

**8:30 pm** Twilight Time and Galaxy Galley

## *Dorms*

**10:30 pm** Quiet Time

**10:45 pm** Lights Out

# Welcome to Young Rotary Youth Leadership Awards

Established in 2002 for students entering 8<sup>th</sup> grade

Welcome to Young-RYLA! At this conference you will be participating in activities which focus on eight developmental assets to help you build a foundation for your personal leadership: **Caring, Integrity, Honesty, Responsibility, Resistance Skills, Peaceful Conflict Resolution, Personal Power, and Self Esteem.** We hope that you will adopt these values and skills as you travel on your journey to become a successful leader.

## **OBJECTIVES:**

- To provide an effective training experience for practiced and potential youth leaders.
- To encourage leadership of youth by youth.
- To publicly recognize young people who are rendering service to their schools and communities as leaders.

## **Rules and Regulations**

You have been honored as a recipient of a Rotary Youth Leadership Award, and, in turn, you must honor and obey ALL applicable rules.

**EXPECTED** behavior includes:

- Respect the property of others, both public and private.
- Respect the privacy, needs and personality of others.
- Respect for Staff, Speakers, Counselors and Rotarians. Their decisions regarding rule infractions and discipline shall be final.
- ATTEND and BE ON TIME for all sessions and scheduled activities.
- Most importantly, HAVE FUN!

If you exhibit any unacceptable behavior which violates the rules, you will be sent home.

**UNACCEPTABLE** behavior includes:

- **Use of alcohol, tobacco or drugs**
- **Stealing, gambling or lying**
- **Possession of guns or knives**
- **Leaving the camp without permission of your Counselor**
- **Use of ANY cell phones or pagers**
- **Use of ANY i-pod or similar device**

Stay away from anyone who demonstrates unacceptable behavior and report him or her to a Counselor immediately.

## Young-RYLA Lingo

(What happens at Y-RYLA every day?)

### Wake Up

Everyone is expected to be out of their rooms to participate in the morning activities that are led by the Counselors and Rotarians.

### Word of Focus

This is a story presented by a Counselor to give a little bit of inspiration from their personal perspective, usually before a scheduled speaker, activity, or session.

### Goofy Olympics

A collection of "Goofy Games" which tests a team's ability to work together to accomplish mental, physical or team strengthening activities. These games are guaranteed to be goofy!

### Comedy Club

A theatrical approach to finding real solutions to real needs that occur in personal and community life, based on your experiences at YRYLA and the Leadership 101 program presented by the Counselors on Sunday evening. Teams will present a skit to the entire group. You'll have fun coming up with tested solutions which can be used when you return home from Y-RYLA.

### Reflection Time

This is personal time for you to reflect on the day's activities or fill in your reflection worksheets. This will prepare you for the discussions you will have in your team's Twilight Time.

### Twilight Time

Is held every night after the final session to discuss the day's events, speakers, discussions, and give important information on the next day's activities. It is also a great time for team bonding!

### Galaxy Galley

Evening snacks during your team's evening Twilight Time

### Warm-Fuzzies

Caring notes of cheer, respect, and admiration which you will receive in a warm-fuzzie bag of your own design, and that you will write to others and place in their warm-fuzzie bags, ideally each day.

### Lights Out

Twilight Time will end at 10:15pm, which will give you a chance to wind down from the day before falling into bed at 10:30pm. Remember, you need your sleep!

### Expected Conduct

Respect for property, privacy, the needs and personality of others, the Counselors, Rotarians and Speakers. On-time attendance at each activity is mandatory.

## Y-RYLA Self-Assessment

Name \_\_\_\_\_

Date: July 22<sup>nd</sup>, 2012

Using your school experience last semester, please circle the number that you think now best describes your personal abilities or "people skills". Please be honest in your answers.

Please complete both sides of this page.

**My ability to recognize and bring out the best in others is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to help others feel that they are important and belong is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to get others to work well together in a group is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to do what I am supposed to do even when I do not feel like it is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to step out of my comfort zone and try new things is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to acknowledge or compliment others when they do good things is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to give encouragement and verbal support to others is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to accept difficult new challenges is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to feel empathy and compassion for others is**

Low 1 2 3 4 5 6 7 8 9 10 High



**My ability to stick with a challenging task and see it through to its completion is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to ask for help when I am stuck or need it is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to admit mistakes openly and honestly is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to motivate others to accept challenges is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to handle setbacks without giving up or becoming discouraged is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to look for the positive in all situations is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to laugh at myself appropriately is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to make difficult decisions under stress is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to express my true feelings openly without embarrassment is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to stand up for what I think is right when others are afraid to is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to listen to others with understanding and without judging them is**

Low 1 2 3 4 5 6 7 8 9 10 High

Please circle your Team Letter

(It is on your name label in the upper right hand corner of your manual)

A B C D E F G H I J K L

Thank you!

## My Proudest Achievement

**Location:** Team Spots

**Day:** Sunday

**Time:** Twilight Time (activity takes a minimum of 20 minutes)

**Responsible Person:** Counselor

**Equipment Needed:** Sticky notes and pens

**Objective:** For everyone to get to know each other better and appreciate the things that each other have worked so hard to accomplish.

**Desired Outcomes:** The Rotarian and Counselor will know the Y-RYLarians better and be able to understand what each other values. The Y-RYLarians reflect on their life and prioritize their choices and values. It is an integral part of fully participating in the Y-RYLA experience and overcoming the reluctance of some to share important events in our lives with new friends.

**Set Up and Instructions:** The team will sit in a circle and everyone will be asked to take turns sharing. Pass out the sticky notes and pens to everyone.

### Counselor Facilitation Notes:

- First step is to explain the process and then the Counselor and Rotarian will go first so the Y-RYLarians will get a flavor of what is expected.
- All are asked to close their eyes, reflect on their lives to this point for a period of one minute, and select three things that they are most proud of. It does not matter how big or little an achievement is; only that they are very proud of it.
- Each counselor and Y-RYLarian will in turn stating their name, hometown, school, family information and then their proudest achievements. Time allotted is one minute each.
- While a person is speaking, everyone else will write down one-word characteristics that the achievements indicate; e.g., loving, sharing, strong, persistent, achiever, sensitive, sense of community, leader, etc. Everyone can be as creative as he or she wants.
- After each person has introduced himself/herself, the others will go, in turn, and share their descriptions with that Y-RYLarian. The time is less than 1 minute per person. It is important that one or two word descriptions are used; no stories. Then the next person gives their feedback until all have heard feedback from each member of the team.
- This activity is optional. Also, it is not essential to do it the first night. Keep in mind, however, that this may be the longest time given for Twilight Time, so if there is time, do it. If you do not feel that your team is ready to debrief or discuss 'Take a Look Around' at Wednesday's Twilight Time, this would be a great replacement discussion.

**Safety Considerations:** None just make sure everyone is being emotionally sensitive

**Suggested Debrief Ideas that lead to desired outcomes:** this is not meant to be debriefed.

# Sunday Twilight Checklist

## 1.) Ice Breaker/Activity

a. Suggested: "We're going on a picnic"

## 2.) EVALUATIONS (required)

## 3.) Overview of the Conference Program (see Welcome and Objectives on page 12)

## 4.) Summary of Rules (some on page 12)

### Non-negotiable Rules:

NO cell phones

NO iPods

NO drugs, alcohol, or tobacco

NO stealing, gambling or lying

NO possession of guns or knives

DO NOT leave camp without permission of the Chair, Rolo Cuadrado

NO hats indoors (ALLISON, DINING HALL)

Lights out means lights out, respect the bunk counselors

### Behavior

- Punctuality
- RESPECT for speakers
- Attend all events
- Be safe and keep your bunk mates safe, do not leave anything that can be tripped over in the pathways of your dorm room or bathroom.
- Respect the environment and your bunk mates
  - Keep your dorms tidy. Your stuff should fit under or at the end of your bunk.
  - Keep bathrooms clean. Wipe the sink and Counter after you use it.
  - Take showers every day - work it out with your bunkmates

**\*\*\*\*Get up NO EARLIER than 6:00 AM. If you are up before 6:45 AM (the OFFICIAL wake-up morning calls) then PLEASE REMAIN QUIET AS A COURTESY TO SLEEPING ROOM MATES.**

**MEDICATIONS:** confirm that they were checked with the camp nurse at Registration. They will be returned on Friday at breakfast.

### What is Expected:

- Stay Hydrated. Drink water all day long!
  - DO NOT allow the campers to fill their water bottles with anything other than water. (Such as soda or powerade)
- Wear name tag AT ALL TIMES
- Take notebook with you AT ALL TIMES (except for the hike)
  - Have YRYLarians clearly put their name on it
- Always sit with team when in Allison and during Breakfast and Dinner
- Wear Conference t-shirt for Thursday's picture. Keep it clean until then!
- Make sure a counselor is present AT ALL TIMES
- Morning Activities ARE NOT OPTIONAL. (Explain what they are)

## ~ A Splash of Inspiration ~

"Go confidently in the direction of your dreams. Live the life you imagined."

-**Thoreau**

"Three grand essentials to happiness in this life are something to do, something to live, and something to hope for." - **Joseph Addison**

"The only people who never fail are those who never try." -**Iika Chase**

"To the world you may be just one person, but to one person, you may be the world."

- **Josephine Billings**

"Only those who risk going too far will ever know how far they can truly go."

-**Unknown**

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# Lesson #1: The Cleaning Lady

During my second month of college, our professor gave us a pop quiz. I was a conscientious student who had breezed through the questions, until I read the last one, "What is the first name of the woman who cleans the school?"

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50's, but how would I know her name? I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade. "Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say hello."

I've never forgotten that lesson. I also learned her name was Dorothy.

~Unknown

# 2012 Young RYLA: The Power of One

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## Monday, July 23<sup>rd</sup>, 2012

### *Dorms*

**6:45 am** Wake Up

### *Out and About*

**7:00 am** Morning Activities

### *Dining Hall*

**7:30 am** Breakfast

### *Allison Pavilion*

**8:00 am** Word of Focus

**8:15 am** Counselor Skit

**8:30 am** Rotarian Passion to Action

**8:45 am** Team Building Activities

**10:45 am** Real Rabbits

Corey Ciocchetti

### *Dining Hall*

**12:15 pm** Lunch

### *Allison Pavilion*

**1:00 pm** Word of Focus

**1:15 pm** My Life List and Swept Away

Rotarian Dave Boon

**3:00 pm** Four Way Test

### *Gymnasium*

**4:15 pm** Towers

Rotarians Jim Hoops and Junior Weed-Zeigler

### *Dining Hall*

**5:30 pm** Dinner

*Allison Pavilion*

**6:30 pm** Word of Focus

**6:45 pm** True Colors

Rotarian John Ahlenius

*Team Spots*

**8:15 pm** Reflection Time

**8:30 pm** Twilight Time and Galaxy Galley

*Dorms*

**10:15 pm** Quiet Time

**10:30 pm** Lights Out

## Monday Twilight Checklist





## ~ A Splash of Inspiration ~

"No act of kindness, no matter how small, is ever wasted." -**Aesop**

"Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor souls who neither enjoy much more suffer much, because they live in the gray twilight that knows neither victory nor defeat."

-**Theodore Roosevelt**

"A ship in a safe harbor is safe, but that is not what a ship is built for."

-**William Shed**

"In order to succeed, you must know what you are doing, like what you are doing and believe what you are doing." -**Will Rogers**

"There are many things in life that will catch your eye, but only a few will catch your heart; pursue these."

-**Michael Nolan**

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## Lesson #2: Ice Cream Sundae

In the days when an ice cream sundae cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him. "How much is an ice cream sundae?" he asked. "Fifty cents," replied the waitress. The little boy pulled his hand out of his pocket and studied the coins in it. "Well, how much is a plain dish of ice cream?" he inquired. By now more people were waiting for a table and the waitress was growing impatient. "Thirty-five cents," she brusquely replied. The little boy again counted his coins. "I'll have the plain ice cream," he said. The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and left. When the waitress came back, she began to cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies. You see, the little boy couldn't get the sundae because he had to have enough money left to leave her a tip.

~Unknown



# 2012 Young RYLA: The Power of One

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## Tuesday, July 24<sup>th</sup>, 2012

*Dorms*

**6:45 am** Wake Up

*Out and About*

**7:00 am** Morning Activities

*Dining Hall*

**7:30 am** Breakfast

*Allison Pavilion*

**8:00 am** Word of Focus

**8:15 am** Matrix - Part 1

Team	A	B	C	D	E	F	G	H	I	J	K	L
<b>8:15-9:15</b>	AA	ZL	StP	CV	TW	CA	EI	FFT	FMV	CH	CC	SP
<b>9:15-10:15</b>	SP	AA	ZL	StP	CV	TW	CA	EI	FFT	FMV	CH	CC
<b>10:15-11:15</b>	CC	SP	AA	ZL	StP	CV	TW	CA	EI	FFT	FMV	CH
<b>11:15-12:15</b>	CH	CC	SP	AA	ZL	StP	CV	TW	CA	EI	FFT	FMV

(Key on page \_\_\_)

*Dining Hall*

**12:15 pm** Lunch

*Allison Pavilion*

**1:00 pm** Word of Focus

**1:15 pm** Matrix - Part 2

<b>Team</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>	<b>K</b>	<b>L</b>
<b>1:30-2:30</b>	FMV	CH	CC	SP	AA	ZL	S+P	CV	TW	CA	EI	FFT
<b>2:30-3:30</b>	FFT	FMV	CH	CC	SP	AA	ZL	S+P	CV	TW	CA	EI
<b>3:30-4:30</b>	EI	FFT	FMV	CH	CC	SP	AA	ZL	S+P	CV	TW	CA
<b>4:30-5:30</b>	CA	EI	FFT	FMV	CH	CC	SP	AA	ZL	S+P	CV	TW

*Dining Hall*

**5:30 pm** Dinner

*Allison Pavilion*

**6:30 pm** Word of Focus

**6:45 pm** Movie: \_\_\_\_\_

*Team Spots*

**8:45 pm** Reflection Time

**9:00 pm** Twilight Time and Galaxy Galley

*Dorms*

**10:15 pm** Quiet Time

**10:30 pm** Lights Out

## Tuesday Twilight Checklist



## ~ A Splash of Inspiration ~

"The future belongs to those who believe in the beauty of their dreams."

-Eleanor Roosevelt

"Take a lesson from the grass. No matter how many times it's cut or trampled on, it rises again and continues. So get back up my friend, get back up and rise again."

-Unknown

"Opportunity dances with those already on the dance floor." -Jackson Brown, Jr.

"The greatest leaders don't rule—they inspire." -Robert Mondavi

"Every day is filled with opportunities to live." -Unknown

"What the caterpillar thinks as the end of the world...The butterfly knows only as the beginning." -Unknown

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## Lesson #3: To Take Risks

To laugh is to risk appearing the fool.

To weep is to risk appearing sentimental.

To reach out for another is to risk involvement.

To expose feelings is to risk exposing your true self.

To love is to risk not being loved in return.

To live is to risk dying.

To hope is to risk despair.

To try is to risk failure.

But risks must be taken, because the greatest hazard in life is to risk nothing. The person who risks nothing does nothing, has nothing, is nothing. He may avoid suffering and sorrow, but he simply cannot learn, feel, change, grow, love...live. Chained by his certitude, he is a slave; he had forfeited freedom. Only a person who risks is truly free.

~Unknown





# 2012 Young RYLA: The Power of One

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## Wednesday July 25<sup>th</sup>, 2012

### *Dorms*

**6:45 am** Wake Up

### *Out and About*

**7:00 am** Morning Activities

### *Dining Hall*

**7:30 am** Breakfast

### *Allison Pavilion*

**8:00 am** Word of Focus

**8:15 am** Matrix - Part 3

Team	A	B	C	D	E	F	G	H	I	J	K	L
<b>8:15-9:15</b>	TW	CA	EI	FFT	FMV	CH	CC	SP	AA	ZL	StP	CV
<b>9:15-10:15</b>	CV	TW	CA	EI	FFT	FMV	CH	CC	SP	AA	ZL	StP
<b>10:15-11:15</b>	StP	CV	TW	CA	EI	FFT	FMV	CH	CC	SP	AA	ZL
<b>11:15-12:15</b>	ZL	StP	CV	TW	CA	EI	FFT	FMV	CH	CC	SP	AA

(Key on page \_\_\_)

### *Dining Hall*

**12:15 pm** Lunch

### *Allison Pavilion*

**1:00 pm** Word of Focus

**1:15 pm** Camp Hike

**3:15 pm** Global Leadership

Head Counselor Alex Wood, ...

**4:15 pm** Rotarian Passion to Action

**4:30 pm** Walk of Possibilities

Head Counselors Alex Wood and Ruben Gonzalez

*Dining Hall*

**5:30 pm** Dinner

*Allison Pavilion*

**6:30 pm** Word of Focus

**6:45 pm** Take a Look Around

*Team Spots*

**8:30 pm** Reflection Time

**8:45 pm** Twilight Time and Galaxy Galley

*Allison*

**9:45 pm** Letting Go

*Dorms*

**10:30 pm** Quiet Time

**10:45 pm** Lights Out

## Wednesday Twilight Checklist

Wednesday, July 25<sup>th</sup>, 2012

- ❖ Ice Breaker/Activity
  
- ❖ EVALUATIONS (required)
  
- ❖ Expectations for Thursday (overview of program)
  - Sunrise Hike—MANDATORY, may not have time to shower before breakfast
  - Wear shirts for Conference Pictures - you'll have time to put them on after the hike and before breakfast.
  - Goofy Olympics—sunscreen, water, good shoes
  - Dance—all will attend! If you have to leave for the bathroom, need to have Counselor permission and supervision, appropriate behavior.
  
- ❖ **Debriefing:** Refer to your Foundations for Leadership Skills chart C&R Page 85 to refresh you on what might be most beneficial for your team to debrief. Encourage your team to apply True Colors and Leadership 101 to their experiences. Remember to ask questions that start a dialogue between the Y-RYLarians. The following questions are only suggestions. Do not feel like you have to ask every suggested question. Remember it is the interactive dialogue that is important.
  - **Matrix Activities** - your team accomplished today. See Tuesday's Checklist.
  - **Walk of Possibilities** - Wally Van Sickle
    - What did you discover about your possibilities? Are they limited? Who sets the limits?
  - **Global Leadership**
    - Which region(s) was most interesting to you?
    - Which leader was most inspiring to you? Why?
    - What differences did you see between the regions and your own?
    - What similarities did you see?
    - How can being globally aware help you as a leader?
  - **Hike**
    - What choices did you need to make on the hike? (for example - To be first? To enjoy scenery? To assist others?)
    - How do they relate to choices you might make at school?
  - **Take a Look Around** (ONLY TALK ABOUT THIS WITH YOUR GROUP IF THEY ARE EMOTIONALLY READY FOR THIS... USE YOUR DISCRETION)
    - Do you want to share your experience of Take A Look Around? (When you participated? When you observed?)
    - What did you observe? What will you take away from this experience?
    - How does Take A Look Around relate to leadership? Is there any experience you would like to share now?

➤ LETTING GO: see separate activity sheet. DON'T FORGET TO START THIS ACTIVITY NO LATER THAN 9:20!!!!!!!!!!!!!!!!!!!!!!

❖ Other things learned or experiences of the day Y-RYLarians want to share...

➤ Counselor Word Of Focus

➤ Leadership 101 - Stopping to Think before reacting

➤ True Colors...when knowing them made a difference to the team

## ~ A Splash of Inspiration ~

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."

-Margaret Mead

"Do not go through life, grow through it."

-Erin Butterworth

"We define ourselves by the best that is in us, not the worst that has been done to us."

-Edward Lewis

"When you build bridges you can keep crossing them." -Rick Pitino

"One tragic thing I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon instead of enjoying the roses that are blooming outside our windows today." -Dale Carnegie

"To accomplish great things, we must not only act, but dream; not only plan, but also believe."

-Anatole France

"Do not go where the path may lead, go instead where there is no path and leave a trail."

-Ralph Waldo Emerson

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## Lesson #4: The Obstacle

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the King for not keeping the roads clear, but none did anything about getting the stone out of the way. Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many of us never understand. Every obstacle presents an opportunity to improve our condition.

~Unknown



# 2012 Young RYLA: The Power of One

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## Thursday July 26<sup>th</sup>, 2012

### *Dorms*

**5:30 am** Wake Up

### *Out and About*

**5:45 am** Sunrise Hike

### *Dining Hall*

**7:30 am** Breakfast

### *Allison Pavilion*

**8:00 am** Word of Focus

### *Ball Field*

**8:15 am** All Conference Picture

### *Allison Pavilion*

**8:45 am** Word of Focus

**9:00 am** Rotarian Passion to Action  
Rotarian Wally Van Sickle

### *Ball Field*

**9:30 am** RYLA Ball

### *Allison Pavilion*

**10:30 am** Comedy Club/Star Presentation

### *Dining Hall*

**12:00 pm** Lunch

### *Allison Pavilion*

**12:45 pm** Word of Focus

### *Ball Field*

**1:00 pm** RYLA Ball

*Allison Pavilion*

**2:00 pm** Rotary Youth Programs  
**3:00 pm** Goofy Olympics  
**4:15 pm** Call to Action  
**5:15 pm** Word of Focus

*Dining Hall*

**5:30 pm** Dinner

*Team Spots*

**6:30 pm** Reflection Time  
**6:45 pm** Twilight Time

*Allison Pavilion*

**8:00 pm** Dance & Ice Cream Social

*Dorms*

**10:15 pm** Quiet Time  
**10:30 pm** Lights Out



## Thursday Twilight Checklist



## Personal Commitment

**Location:** Team Spots

**Day:** Thursday

**Time:** during Twilight Time

**Persons Responsible:** Counselors

**Equipment needed:** Paper, Pens, and Envelope

**Objective:** Letter to self

**Desired Outcomes:** When the Y-RYLarian receives the letter, they will recall the experiences and things they learned at Y-RYLA...and apply them to their lives.

**Set up and instructions:** Give form, pen and envelope to each team member. Ask each to write their mailing address on the envelope. Ask each to write a letter to themselves, fold it, and put it into the unsealed, self-addressed envelope. Collect the envelopes and give them to Rolo Cuadrado at the staff meeting. Every team member must participate.

You may run into the issue of some YRYLarians not knowing how to properly place addresses on a letter. Be mindful that some of the kids might not know this, and help them properly address their letters so they will actually receive their letter.

**Counselor facilitation notes:** Tell the Y-RYLarians that they will be writing a letter to themselves summarizing the commitments they are willing to make as a result of their experiences at Y-RYLA. The commitments can be to themselves, their family, friends, school, or community - whatever the individual wants to genuinely commit to doing.

**Safety considerations:** None

**Suggested debrief ideas that lead to desired outcomes**

Unless a Y-RYLarian asks to share their personal commitment with the team members, this activity will not be debriefed.

## Y-RYLA Self-Assessment

Name \_\_\_\_\_

Date: July 27, 2012

Using your school experience last semester, please circle the number that you think now best describes your personal abilities or "people skills". Please be honest in your answers.

Please complete both sides of this page.

**My ability to recognize and bring out the best in others is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to help others feel that they are important and belong is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to get others to work well together in a group is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to do what I am supposed to do even when I do not feel like it is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to step out of my comfort zone and try new things is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to acknowledge or compliment others when they do good things is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to give encouragement and verbal support to others is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to accept difficult new challenges is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to feel empathy and compassion for others is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to stick with a challenging task and see it through to its completion is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to ask for help when I am stuck or need it is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to admit mistakes openly and honestly is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to motivate others to accept challenges is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to handle setbacks without giving up or becoming discouraged is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to look for the positive in all situations is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to laugh at myself appropriately is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to make difficult decisions under stress is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to express my true feelings openly without embarrassment is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to stand up for what I think is right when others are afraid to is**

Low 1 2 3 4 5 6 7 8 9 10 High

**My ability to listen to others with understanding and without judging them is**

Low 1 2 3 4 5 6 7 8 9 10 High

Please circle your Team Letter

(It is on your name label in the upper right hand corner of your manual)

A B C D E F G H I J K L

Thank you!

## ~ A Splash of Inspiration ~

"Always be a first rate version of yourself, instead of a second rate version of someone else." -  
**Judy Garland**

"The greatest oak was once a little nut who held its ground..." -**Unknown**

"The first step towards getting somewhere is to decide that you are not going to stay where you are." -**John Pierpont Morgan**

"Learn as if you were going to live forever. Live as if you were going to die tomorrow." -**Gandhi**

"Whatever you can do, or dream you can, begin it. Boldness has genius, Power, and magic in it."  
-**Goethe**

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## Lesson #5: State of Mind

If you think you are beaten, you are.  
If you think you dare not, you don't.  
If you think you'd like to win, but you can't  
It's almost a cinch you won't.  
If you think you'll lose, you've lost.  
For out in the world you'll find  
Success begins with a person's will—  
It's all in the state of mind.

Full many a race is lost  
Ere even a race is run,  
And many a coward fails  
Ere even their work's begun.  
THINK BIG and your deeds WILL GROW  
Think small and you fall behind.  
Think that you can and you will,  
It's all in that state of mind.  
~Unknown

# 2012 Young RYLA: The Power of One

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## Friday July 27<sup>th</sup>, 2012

### *Dorms*

- 6:45 am** Wake Up
- 7:00 am** Pack Up & Clean Up

### *Dining Hall*

- 7:30 am** Breakfast

### *Allison Pavilion*

- 8:15 am** Word of Focus

### *Ball Field*

- 8:30 am** River Crossing
- 9:15 am** Circle of Friends

### *Allison Pavilion*

- 10:30 am** Closing Speakers
- 11:30 am** Slide Show
- 12:00 pm** Closing Remarks  
Rolo Cuadrado and Head Counselors Alex Wood and Ruben Gonzalez
- 12:30 pm** Check out with Teams





# Matrix

## Young RYLA Matrix Key

All Aboard - AA

Castaway - CA

Challenge Course - CC

Choices - CH

Core Values - CV

Ebola Initiative - EI

Finding my Voice - FMV

Food for Thought - FFT

Service Project - SP

Star Prep - StP

Trust Walk - TW

Zipline - ZL

## All-Aboard

**Location:** TBD (outside of Allison)

**Day:** Tuesday or Wednesday.

**Time:** See Matrix for schedule of your team's time. Stop at least 3 minutes before the end of the hour to allow time for the team to get to its next activity.

**Persons Responsible:** Staff Members Beka and Mark, Counselor

**Equipment needed:** a platform that is 6" high, 2ft wide and 2ft deep.

**Objective:** To have the entire team stand on the platform with no one touching the ground for ten to twenty seconds while singing a silly song.

**Desired Outcomes:** The team will grow in ability to allow leaders to emerge in a team. The team members will empower a fellow team member to lead and follow the plan of that leader. Team members will overcome inhibitions and personal obstacles to working closely together with conflicting opinions on how to solve a common problem.

**Set up and instructions:** Ask participants to stand in a circle around the All-Aboard platform. Explain that the object of the challenge is to have all members of the team standing on the platform for a given period of time. (Usually long enough for the team to sing a song together.) Both feet do not have to be on the platform but both feet have to be off the ground. Explain to the team that when all feet are off the ground you will yell "Sing".

**Counselor facilitation notes:** This session will be facilitated by Beka and Mark. Have your Foundation for Leadership Observation Lists handy to take notes on Y-RYLarian behaviors.

**Safety Directions:** "If you feel that the entire team is going to tip over, please step off of the platform instead of falling. There is a danger of someone being seriously injured or crushed by the team if you all fall together. So I need you to agree to step off when you are first losing your balance."

**Suggested debrief ideas that lead to desired outcomes:**

Was the activity successful or unsuccessful? What made it so? What were some of the ideas that contributed to its success? Where did those ideas come from? On a scale of One to Ten, how would you rate your team's teamwork skills? What does your team do well? What does your team need to work on? What specifically did you do to contribute to the success of the activity? What can your team do to on the next activity that will increase its chances of success?

## **Castaway**



## Challenge Course

**Location:** Low ropes course

**Day:** Tuesday or Wednesday

**Time:** see Matrix Schedule for your team's times. Stop at least 3 minutes before the end of the hour to allow time for the team to get to its next activity.

**Persons Responsible:** Challenge Course Facilitator provided by Camp Ponderosa, Counselors

**Equipment needed:** Provided by Camp Ponderosa: a trust fall platform and a low tightrope wire strung between several trees.

### Part 1. Trust Fall

**Objective:** Y-RYLArrians show their trust in their teammates by deliberately allowing themselves to fall backward from an elevated platform into their inter-laced arms .

**Desired Outcomes:** Y-RYLArrians will develop trust and confidence in themselves and in the team.

**Set Up and Instructions:** Instructions will be provided by the Camp Ponderosa Facilitators. They will instruct the team to stand in parallel rows with their hands facing upward and their arms alternately linked. Each Y-RYLArrian who chooses to do so, will stand on the elevated platform, keeping their body straight and stiff with their hands folded across their chest. Their team mates are now called "Spotters". When the Y-RYLArrian is ready to fall, they will call out "Spotters ready?" Upon hearing the team call back in unison "Spotters ready.", the Y-RYLArrian will hold themselves in a stiff position, lean back on their heels, and fall backward into the arms of their teammates.

**Counselor Facilitation Notes:** Gently encourage each team member to do the trust fall but do not say or do anything to force them or embarrass them if they choose not to. If no member of the team wants to go first, you may decide to show your trust of the team by going first. While it is good to be a role model, remember that Y-RYLA is about the Y-RYLArrians and it is best to encourage them to go first.

**Safety Considerations:** Conduct the trust fall only in the presence and under the direction and supervision of the Camp Ponderosa Facilitator. Listen to the instructions of the Ponderosa Facilitator. Be a set of second eyes so that if anything is not being followed to the letter, you can help out by speaking up. Ask the Facilitators if what is happening is OK with them; or, you might want to talk to the team about keeping focused.

**Suggested debrief ideas that lead to desired outcomes:**

How did this exercise make you feel - Before the fall? After you and your adrenaline level had fallen? What lessons did you learn that you might use later at Y-RYLA or in school?

### Part 2: Low Ropes Course

**Objective:** To underscore the concept of teamwork and affirm the value of each individual, the entire team will be encouraged to traverse the distance of the tight wire. Learn how to better use and incorporate caring, helpfulness, understanding, cooperation, communication, and reliability in their lives.

**Desired Outcomes:** Build trust. Enhance team cooperation and problem solving skills both individually and as team. Team will experience all the fundamentals of communication,

**Set up and instructions:** The Camp Ponderosa Facilitator will lead the activity keeping safety as the first consideration. The tight wire is strung between three trees about 12 to 18 inches off the ground. Team members on the wire will be asked to gently jump off if they feel themselves beginning to lose their balance.

**Counselor Facilitation Notes:** Encourage all members of the team to participate. Do not coach them, but it is hoped that they will recall the need to communicate, come up with a plan, and stick with it until all the members have safely traverse the course. The low ropes course presents tests of physical strength, stamina, agility, balance, and flexibility. It invites team members to confront such emotional issues as the fear of falling, the fear of failure, and the fear of losing control. Have your Foundation of Leadership Observation Lists handy to take notes.

**Safety considerations:** Conduct the low ropes course only in the presence and under the direction and supervision of the Camp Ponderosa Facilitator. Closed, laced shoes such as sneakers or running shoes are required.

**Suggested debrief ideas that lead to desired outcomes:** Give the Y-RYLarians a chance to acknowledge other members of the team. Be sure to have your Foundation of Life Leadership Abilities spread sheet handy to make notes on the abilities you observe. Did members of the team provide assistance to others when they needed it? What ideas or expertise did you share with others? How did it feel to give or receive positive, constructive feedback? Did the team cooperate? What lessons from the trust fall were used to traverse the wire? Did members of the team trust in other's abilities and ideas? What did you see happening? What were your strategies for the ropes course? How did this compare to the teams strategies? What leadership styles did you observe? How did these contribute to successfully traversing the ropes course? Was there anyone that surprised you with their leadership today? What did this do for the team?

## Choices





## Core Values

(Leadership awareness: Discuss Values)

**Location:** Team Spots

**Day:** Tuesday or Wednesday

**Time:** See Matrix schedule for your team's time. Stop at least 3 minutes before the end of the hour to allow time for the team to get to its next activity.

**Persons Responsible:** Counselors

**Equipment needed:** Poster paper (two per group), sticky notes, core values compass worksheets in conferee's manuals.

**Objective:** To identify personal values that are used to form individual leadership styles. It is important to help the conferees define morals, and moral behavior. Also, to identify which morals each conferee most supremely values. It is also important to explain why conferees need to understand their moral values, and explain why understanding personal values can help your leadership abilities. Conferees will make 'moral compasses' that should guide their decisions, similar to the 4way test.

**Desired Outcomes:** Y-RYLarians will gain a deeper understanding of how values are important to strong leadership.

**Set up and instructions:** Hang one of the two posters up. Distribute sticky notes. Ask conferees to write down their role models on them, one per sticky note. Explain that their role models can be anyone, from a parent to a teacher to a friend to a celebrity. The Counselor and Rotarian will collect these sticky notes and hang them on the poster board. The Counselor will then lead a discussion about the role models that the conferees listed.

Suggested Questions:

- Who were your role models?
- If they don't want to answer who specifically, you could say "I see that so-and-so is on this poster. Why is this person a role model?"
- What traits do these people possess that make them role models?
- Why are these traits important?

**Counselor facilitation notes:** Tie in the 4 way test, explaining it to be the core values of Rotary. Give examples of your top personal morals, and why you hold particular values above others. Explain how these values have helped you succeed, work through difficult issues, and lead effectively.

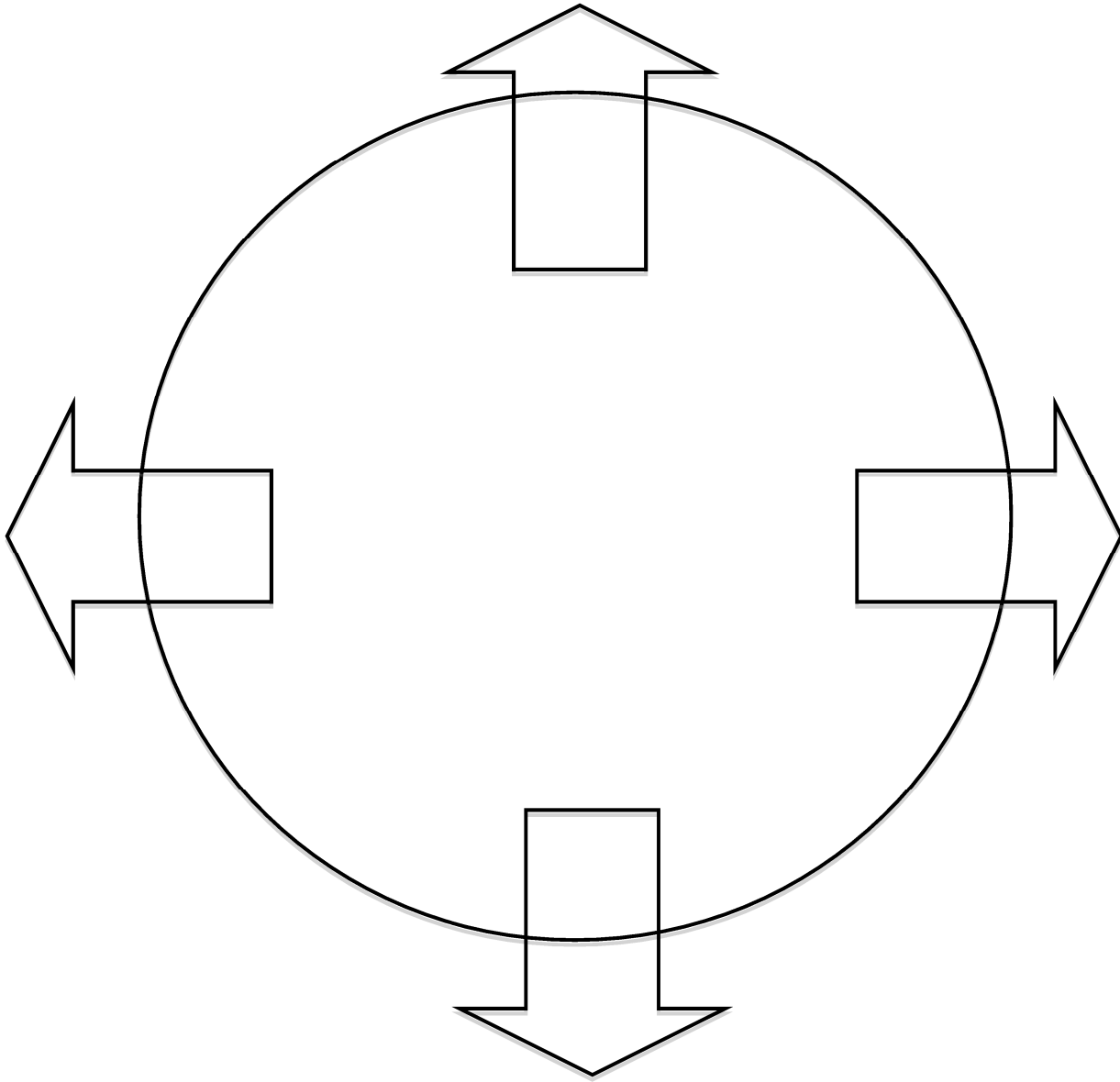
**Safety considerations:** None

**Suggested debrief ideas that lead to desired outcomes:**

Debrief by Counselors and Rotarians; How are values important to leadership? Where did you learn these values, have your values changed over time? What situations would you change your values in? Who would you change/compromise your values for? How important is it to you to uphold your values? What are some possible consequences of not upholding your values? What are steps we can take to ensure our values aren't compromised?

**Reference:** Real Rabbits chasing an authentic life - Corey Ciocchetti

## Core Values My Inner Compass



What are values?

What makes someone's character?

Think of the values of your role models, teachers, friends, parents, siblings, leaders, etc. Use the following list to help get you started and then create a list of values that are important to you as a team. Then choose those four that are most important to you and write them into your compass. This will be your version of the Rotarians Four Way Test. How can you implement these values into everyday life?

Love  
Caring

Thoughtfulness  
Kindness

Compassion  
Tolerance

Courtesy  
Cooperation  
Self- Discipline  
Determination  
Will Power  
Restraint  
Obedience  
Perseverance  
Effort  
Confidence  
Endurance  
Service  
Purpose  
Responsibility  
Helpfulness  
Harmony  
Optimism  
Cooperation  
Enthusiasm  
Forgiveness  
Compassion  
Mercy  
Understanding  
Gratitude  
Generosity  
Sharing  
Thankfulness  
Concentration  
Devotion  
Calmness  
Focus  
Purity  
Perfection  
Simplicity  
Innocence  
Restraint  
Accountability  
Good Intentions  
Integrity  
Truthfulness  
Honesty  
Courage  
Sincerity

Balance  
Moderation  
Inner Peace  
Faith  
Trust  
Hope  
Patience  
Humility  
Modesty  
Sincerity  
Gentleness  
Acceptance  
Freedom  
Contentment  
Discernment  
Self-Awareness  
Courage  
Awareness  
Receptivity

## E-bola Initiative Game

**Location:** Junior's Forest

**Day:** Tuesday or Wednesday

**Time:** See Matrix schedule for your team's time. Stop at least 3 minutes before the end of the hour to allow time for the team to get to its next activity.

**Persons Responsible:** Junior Weed-Ziegler, Counselor

**Equipment needed:** 1 large bucket, 1 long rope to create a circle at least 8 feet in diameter for the radiation zone, 1 short rope to create the "safe" circle, 1 large elastic rubber loop to which is attached 5 different colored cords, 1 koosh ball, and 5 blindfolds.

**Objective:** Save the world by moving the Ebola virus (koosh ball) to a neutralized zone, maintaining a safe distance and using only the materials provided.

**Desired Outcomes:** The exercise will tend to naturally expose processes and issues related to many aspects of teamwork, including cooperation, communication, trust, empowerment, risk-taking, support, problem-solving, decision-making, and leadership.

**Set up and instructions for the Facilitator (Junior):** Place the large rope in a circle at least 8 feet in diameter on the ground to represent the danger zone. The larger the radiation zone, the more difficult the activity. Use the small rope to create a circle no more than 2 feet in diameter placed in the center of the 8 foot circle.

Place the bucket upside down with the koosh ball lying in the center of its base approximately 20 to 30 feet away from the 8 foot circle. The greater the distance, the more difficult.

Put all other equipment in a pile near the rope circle.

Using only the equipment provided and within a time frame, the challenge is for the team to move the bucket into the safe inner circle without touching it and without losing the Koosh ball.

Everyone must maintain a distance (circle radius) from the inner circle.

Time frames: 10 minutes for Y-RYLArrians to develop a plan; 30 minutes for implementation; 15 minutes for debrief.

**Junior will read the following challenge only to the guides.** Once the challenge is fully understood by the guides, they will go back to the edge of the forest and lead the blindfolded Y-RYLArrian they are guiding to the pile of equipment near the rope circle.

**THE CHALLENGE:** "A Koosh Ball containing the Ebola virus has been discovered here at the building. It is on top of a white bucket a few yards away from here. Due to the toxic nature of this Ebola Koosh Ball it can only travel on top of the bucket on which it rests. NO ONE may

touch the ball. Your team of "Incredible Super Heroes" must transport the bucket and Koosh Ball to the small circle of cord, a safe zone, lying on the ground several yards away. A large circle of rope that will isolate the virus surrounds the small circle of cord. The bucket must rest only within the small circle in order to neutralize the virus. You may use only the apparatus that you see lying before you to transport the contaminated Koosh Ball and the only people that may touch the apparatus are the blindfolded implementers. No one may go into the circle of rope. No one may touch the bucket. The completion of this task, be it success or failure, will determine the very existence of the people in this camp. You have 10 minutes to develop a plan for this task and 30 minutes for implementation; otherwise, the Koosh Ball will explode and you will have contaminated the whole camp. A very painful death will follow."

**During the exercise at Junior's option:** She may stop the activity to get the team to reorganize. They may not have planned well and are now not making progress. Once they are excited, and you know that they are not communicating Junior can call for a STOP.

**S:** stop

**T:** think about what is happening. Junior may ask them to silently consider some of the following questions - What is the level of communication? How is your plan working? What is needed right now? What is your biggest challenge? What do you want to change? She will not lead them to a solution, or lecture to them.

**O:** organize - make a new plan if needed, or continue the same plan.

**P:** proceed

**Counselor Facilitation Notes:** On the night prior to this activity, make a list of your team members and pair those who have already shown you their leadership skills or who have the most "orange" (to be blindfolded) with those who have not yet shown you their leadership skills (to be guides). When you get to edge of Junior's Forest, tell the team who will be blindfolded but do not tell them which team member will be their guide. Ask the guides to join Junior in her forest. Let the blindfolded team members know that you are nearby, but they must wait for their guides to come for them. Then be silent but observant for the remainder of the activity. It is important that your team finds its own answers. Do not become attached to the outcome. They will learn a great deal from the experience no matter the outcome.

There is so much to observe, both Counselor and Rotarian need to be taking notes and watching. Note Y-RYLarian's behaviors and reactions. Junior will debrief the session but be prepared to participate with debriefing questions of your own if time allows.

**Safety considerations:** Some people have a phobia about being blindfolded. When the implementers are being led to the site, make sure they are being guided safely. Request that the guides take care of the implementers.

**Suggested Debrief questions that lead to the desired outcomes:** Shows different angles and solutions to a problem - should be debriefed carefully because each person's perspective is different and will contribute to the overall cohesiveness and communication of the group if everyone can explain how they were affected by it.

How did your plan work? What worked well? What challenges did you have to overcome? What was the level of communication? How did leadership show up in this exercise? What was the style of leadership? What about the leadership was effective? What about the leadership would you change to make it better? Who was not listened to? What stopped you from stepping up to lead? What qualities of a leader are important? What did you learn from this experience that is needed for an effective team? Who can you acknowledge for their participation? At what point did you "check out" and stop looking for solutions? How were qualities of each "color" that were important for the success of the team? What assumptions did you make that got in the way of solving this problem?

## Finding My Voice

**Location:** Pikes Peak Attic

**Day:** Tuesday or Wednesday

**Time:** See Matrix schedule for your team's time. Stop at least 3 minutes before the end of the hour to allow time for the team to get to its next activity.

**Responsible Persons:** Guest Ali, Counselors

Y-RYLarian from **Team C** will write thank you note for team to sign

**Equipment needed:** White Board or Flip Chart, markers, Y-RYLarians need paper and pens.

**Objective:** Write a personal poem that expresses purpose and life-direction.

**Desired Outcomes:** Creative self-discovery and expression.

**Set up and instructions:** Room will be set classroom style with chairs in rows facing the white board. Peter will facilitate and debrief the session.

**Counselor facilitation notes:** Be prepared to introduce Peter. Be aware of the "vibes" in the room throughout the session. Participate in the activity along with the Y-RYLarians. At the end of your team's session, reset the room in classroom style.

**Safety considerations:** Writing about self can bring up emotions.

**Suggested debrief ideas that lead to desired outcomes:**

During Twilight time. What are some of the words you used to describe yourself? Words are powerful, how would you transform negative words that came up for you?

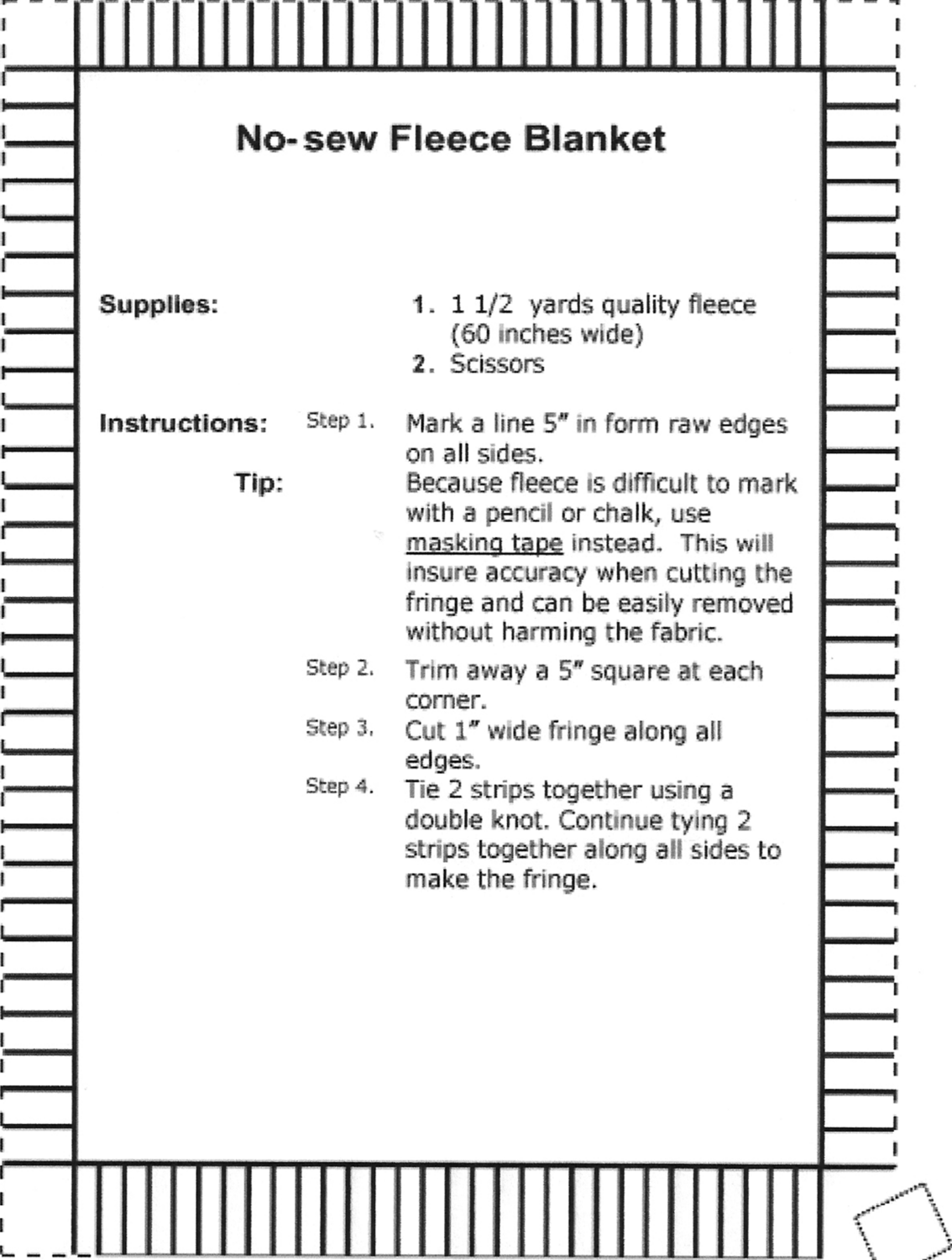


## Food for Thought



# Service Project - Linus Blanket

## BLANKETS OF LOVE PROJECT



**No-sew Fleece Blanket**

**Supplies:**

1. 1 1/2 yards quality fleece (60 inches wide)
2. Scissors

**Instructions:**

Step 1. Mark a line 5" in from raw edges on all sides.

**Tip:** Because fleece is difficult to mark with a pencil or chalk, use masking tape instead. This will insure accuracy when cutting the fringe and can be easily removed without harming the fabric.

Step 2. Trim away a 5" square at each corner.

Step 3. Cut 1" wide fringe along all edges.

Step 4. Tie 2 strips together using a double knot. Continue tying 2 strips together along all sides to make the fringe.

Cut -> 5" Square from corn

## Star Prep

**Location:** Cagle Meeting Room

**Day:** Tuesday or Wednesday

**Time:** See Matrix Schedule for your team's time. Stop at least 3 minutes before the end of the hour to allow time for the team to get to its next activity.

**Person Responsible:** Counselor

**Equipment needed:** Large Poster Board cut into the shape of 12 large stars, colored markers.

**Objective:** Team collaboration to design a team star that will communicate what the team thinks they are all about.

**Desired Outcomes:** team unification and bonding.

**Set up and instructions:** Ask the team to work together to design a star that represents their team. They have one hour to complete the activity.

**Counselor facilitation notes:** Once the team has accepted the activity, step back and observe the creativity and imagination of your team members. Have your daily Foundations of Leadership Observation List handy to take notes on your teams abilities.

**Safety considerations:** None

**Suggested debrief ideas that lead to desired outcomes;**

What did this activity mean to you? What did it mean to the team?

Did you feel that your ideas were heard? If you wanted a different result, how would you change your participation?

# Trust Walk

**Location:** Jim's Meadow and Forest

**Day:** Tuesday or Wednesday

**Time:** See the Matrix schedule for your teams' time. Stop at least 3 minutes before the end of the hour to allow time for the team to get to its next activity.

**Persons Responsible:** Jim Hoops, Counselor

**Equipment needed:** clean blindfold for each member of your team

**Objective:** Team building centered on trust.

**Desired Outcomes:** Team members learn valuable lessons related to teamwork: the guide learns about the challenge and responsibility of caring for another individual's well being, while the blindfolded partner learns to trust and rely on

**Set up and instructions:**

## **Part 1: Car Car**

Jim will ask the team to form pairs - one partner to be the navigator (guide), and the other to be blindfolded. The guide will be asked to direct the blindfolded team member around the meadow going beep beep like a car. The partners will then switch roles.

## **Part 2: Trust Walk**

When the blindfolded partner is ready, the navigator will slowly spin the blindfolded team member around a few times so that they do not know which direction they are headed. The guide will ask if the partner if they would like to be led both physically and verbally or just verbally. If verbal, from this point on, the guide should not touch the partner at all, but rely solely on verbal cues (e.g. "About five steps ahead, there is a branch. Step over it slowly.") Jim will lead the pairs through the forest, over and around obstacles. The guide is solely responsible for his or her partner's safety. The partner should be navigated to avoid obstacles.

**Counselor facilitation notes:** Observe the pairs carefully and take notes of their behaviors using the Foundation of Leadership Observation List. Use your observations to make the debrief relevant to the activity.

**Safety considerations:** The blindfolded person can't see so if the guide is not using effective communication, the blind person can be lead into dangerous situations.

**Suggested debrief ideas that lead to desired outcomes:** Jim may lead the debriefing but will be delighted if watchful Counselors are willing to do so.

What do you think is the purpose of this team building activity? What was it like to be the guide, responsible for the safety of your teammates? Did you have any difficulty trusting your partner while blindfolded? Why or why not? Why is trust in your teammates important? How did it feel when you and your teammate successfully trusted each other to accomplish something challenging? How does this relate to participating in sports? Can a leader lead without building and gaining trust from his/her followers? What was it like being blind folded? What was it like leading someone else? Which did you like better and why? What does this teach us about trust?

## Zip Line

**Location:** Zip Line Tower

**Day:** Tuesday or Wednesday

**Time:** See the Matrix schedule for your team's time. Stop at least 3 minutes before the end of the hour to allow time for the team to get to its next activity.

**Persons Responsible:** Camp Ponderosa Zip Line Facilitators, Counselor, Rotarian

**Equipment needed:** Make sure campers are wearing tennis shoes and clothes appropriate for climbing and wearing a harness. All necessary equipment is provided by Camp Ponderosa.

**Objective:** Build confidence and establish a sense of personal accomplishment.

**Desired Outcomes:** Safe Risk Taking, Gaining self confidence and self esteem, trusting others

**Set up and instructions:** The Camp Ponderosa Facilitators will instruct the Y-RYLarians, carefully assure that everyone's harness and hats are tight and snug, will observe the team's climb up the tower wall and facilitate the jump onto the zip line.

**Counselor Facilitation Notes:** The zip line is often the talk of the team as the team members are both excited by and fearful of the adventure. Encourage everyone to do it but do not force anyone. Team members will naturally, encourage one another up the tower and then to zip the line. If someone is not willing, they will likely be very embarrassed. Acknowledge their concern in a positive way.

**Safety considerations:** Though safety is the #1 concern of the certified Camp Ponderosa Facilitators, Counselors and Rotarians know the team members best. Be aware of each individual Y-RYLarian and be prepared to gently coach those who may be confronting physical challenges or their personal fears and anxieties. Have your daily Foundations of Leadership Observation List handy to take notes of your team member's abilities.

**Suggested debrief ideas that lead to desired outcomes:**

What was the hardest part of the Zip Line? Why? What was the scariest moment? How can this be a metaphor for another challenge in your life?





# YRYLA Activities

## The Four-Way Test

By Doug Young  
District 5450 Ethics Committee Chairman

**Location:** Allison Pavilion

**Day:** Monday

**Time:** 3:00-4:15 pm

**Persons Responsible:** Doug Young, Counselor, Rotarian

Of the things we think, say or do

- Is it the Truth?
- Is it Fair to all concerned?
- Will it build Good Will and Better Friendships?
- Will it be Beneficial to all concerned?

From the earliest days of the organization, Rotarians have been concerned with promoting high ethical standards in their professional lives. This has never been more important.

Ethics is not merely a trendy buzzword. In today's scandal-plagued world, ethics have become an everyday concern for each one of us. A strong ethical framework provides strength to our families, our friendships, our business relationships, and the daily encounters we have with people in our community. Character, respect, and trust have never been more important, and they are highly predictive of individual success in every aspect of life.

Written by Herbert Taylor in 1932, the Rotary Four-Way Test has stood the test of time. It was adopted by Rotary International in 1943, has been translated into more than 100 languages, and Herbert Taylor became President of Rotary International in 1954-55.

The Four-Way Test is a simple but remarkable tool. Its purpose is to help us make better choices and decisions in our interactions with others. It does not automatically give us the answer to an ethical dilemma, but it causes us to think more deeply about what is right! Using The Four-Way Test as a guide will positively impact the quality of your life and the quality of your personal performance!

## **Call To Action**

### **Focus Group Discussion & Presentation**

**Location:** Allison Pavilion

**Day:** Thursday

**Time:** 4:15-5:15 pm Counselor Opening (10 min), Team brainstorming (50 min)

**Persons Responsible:** Counselors

**Equipment needed:** sound system, microphones, stage

**Objective:** Creating a discussion and step by step action plan showing the conferees how they can make a positive difference in their schools, neighborhoods, states, and countries!

**Desired outcomes:** The focus groups will work collaboratively, demonstrating the trust that has been formed during Y-RYLA. Conferees will find motivation and be excited about having a plan to go back home with. Each group will present what their topic was and what action plan they set up. (Kids will briefly collaborate with JC and SC of team to make for a quick concise presentation)

**Set up and instructions:** JC's will choose their topics before camp and come prepare with resources for their team. Opening comments will be made by Head Counselors, then teams will be spread out into their different spots. Counselors will lead a group discussion about why this topic is important to each individual in the group, what kind of positive action would they be interested in doing (be it in their life, with family, with friends, in school, in the community etc. ) After brainstorming about why this topic is relevant the team will work on the step by step action plan provided. Counselors will stress the importance of putting ideas and passion into ACTION.

**Counselor Facilitation Notes:** It is important to share stories of why we are passionate about the group we have selected, however, don't let the group focus solely on stories, rather: reach a consensus on the problem, and then move forward toward producing a solution.

**Safety considerations:** Reinforcing confidentiality

**Suggested debrief ideas that lead to desired outcomes:**

What focus group were you a part of? What kind of ideas did the group discuss? What is something you are going to try and do when you leave Young RYLA to pay it forward? Was this program helpful for you to start thinking about what you can do with all that you have learned about leadership and service this week?

## **Call To Action Conferee Page**

1. What is the topic we are focused on and looking for solutions to?
2. How has the problem been addressed in the past, what kind of solutions have people attempted?
3. What goal are we trying to reach in working towards a solution and what project will we implement to reach this goal?
4. How many people will we need to help with the project and who are specific people who can help (teachers, Rotarians, friends, parents, etc.)?
5. What is the timeline of the project? How long will preparation take? How long will it be in action? When will we start?
6. What supplies will we need?
7. What are the costs of this project?
8. What fundraising methods can we use to raise the money?
9. How will we measure the success of this project?
10. What will be the long term affect of the project and how can we continue to work for solutions after this project comes to an end?

## Circle of Friends

**Location:** Outside of Alison

**Day:** Friday

**Time:** 9:15-10:15am (60 minutes)

**Persons Responsible:** Rolo, Counselors

**Equipment needed:** none

**Objective:** To thank everyone from the heart for the amazing week.

**Desired Outcome:** Gratitude. Connection. Completion

**Set up and instructions:** Divide all the Y-RYLarians, Counselors, Rotarians and Staff into two mixed groups so that half are standing in a circle facing outwards and the other half stands on the outside facing in. Everyone is paired. Jim will ask us to look into the eyes of the person paired with you acknowledging them and receiving acknowledgment from them. Jim will then ask the outer circle to rotate to the next person and repeat the mutual acknowledgments.

**Counselor Facilitation Notes:** Rolo will facilitate

**Safety considerations:** None

**Suggested debrief ideas that lead to desired outcomes:** N/A

## Circle of Support

**Location:** Ball Field

**Day:** Sunday

**Time:** 5:00 - 5:30pm (30 Minutes)

**Responsible Persons:** Jim Hoops, Counselors, Rotarians

**Equipment needed:** Single length of rope with ends tied, which is long enough for all of the Y-RYLarians, Counselors and Rotarians to stand toe to heel and form a circle holding the rope.

**Objective:** To create community and a sense of belonging

### **Desired Outcomes:**

To build trust, confidence, and understanding that all are a part of creating a community that, with cooperation, can accomplish amazing things. To diminish fear of being in close contact with other people at Y-RYLA. To feel supported by their peers.

**Set up and instructions:** Jim and Junior will set up and facilitate the activity. Everyone must go outside on the ball field. Jim will lead the Y-RYLarians through some explanations and inspirations, and develop the significance of the rope in this exercise. Then the Y-RYLarians will ultimately be able to sit on each others laps in a circle and be able to sing one round of row-row your boat. Counselors and Rotarians will stand on the outside making sure the Y-RYLarians are paying attention, are doing it right, and making sure everyone is safe.

**Jim's facilitation:** Jim will give the following instructions to make a Yurt Circle. Italics are Jim's instructions. Bold are discussion points that Jim will lead.

*"Before you on the ground is a rope that forms a circle. Stand just outside of this rope. When you are told to pick it up, please do so. As you pick it up notice what it feels like in your hands.*

*"Now, still holding the rope, step back and notice how the rope feels when it is stretched.*

**Describe the difference in how the rope feels.** *"Hold onto the rope and place your feet securely in front of you so that you can lean back. I am concerned about everyone's safety so make sure that your feet will not slip on the ground where you are standing right now. The rope should feel stretched and taut. Still holding the rope, stand so that you are leaning back."* **What does it take to trust that you will not fall down even though you are leaning back? Notice that the circle is not static until we get coordinated. What did we have to do in order to get stable?** *"Now that we are stable, stand back up. Please sit down only holding onto the rope. Now let go of the rope."*

Jim will lead a short discussion about what the Y-RYLarians are about to experience during the week including topics such as

- the week is about challenging themselves to trust themselves with the process.

- the combination of the rope and those that are connected with it is a metaphor that Y-RYLA is a community.
- notice that every action that every individual takes will impact the collective group.
- even doing nothing is an action and doing nothing has an impact.
- recognize what outcomes you want to have both with yourself and others
- notice that an individual can stop and think rather than reacting out of habit.
- notice the impact that you are having on other people.
- Ask yourself "Is this what I really want to have happen?"

Jim will then continue the instructions: *"Now place your feet under you and when I say 'now,' I want you to pick up the rope and use it to support yourself to stand up. Do not place your hands on the ground! OK, NOW"*

*"I would like you to place the rope on the ground and step inside of the rope. Turn to your right. Take two side-steps toward the center of the circle. Continue to side-step into the center until you are standing heel to toe and in a perfect circle. Help each other to notice when you are not in a perfect circle. Notice if anyone is not directly facing the person in front of them. If anyone is tilted they will mess up the support system. Please give the person in front of you a shoulder rub."*

*"Thank you. Now let us be quiet and get serious."*

Jim will talk about challenge by choice and what that means. He will tell them what they are about to do and that if anyone does not want to participate we need to know right now. He will assure them that there is no judgment concerning their stepping out and not participating. He will caution that the people that stay in must fully participate! Jim and Junior will double check to see that everyone will have a lap to sit on.

*Jim will then continue the instructions: "Please hold onto the shoulders of the person in front of you. When I say NOW I want you to sit on the lap of the person behind you. You do not want to look backward for that person's lap; it will be there for you. Concentrate on helping the person in front of you! Look right now and see that the person in front of you will land on your lap. Keep your knees close together. You will slowly sit down when instructed, holding onto the shoulders of the person in front of you for balance." When Jim is sure that they are OK, he will say "NOW."*

Jim will ask the group to let go of the shoulders of the person in front of them and put their hands out like a wing and sing "row, row your boat". When the song is over, he will ask them to hold onto the shoulders of the person in front of them once again and stand up on the command to stand.

**Counselor Facilitation Notes:** Shepherd your team to the ball field. Jim will take it from there but be prepared to help make sure that everyone is standing toe to heel. Don't worry about the weights or sizes of people - the way that the weight is distributed, the largest person can sit on

the smallest person and it will still work. When Jim is forming the circle, he may invite the Counselors and Rotarians to step in. Be sure to have your Foundation of Life Leadership Abilities spread sheet handy to make notes on the abilities you observe.

**Safety considerations:** If everyone is not standing in the right position, toe to heel, they could fall on the ground.

**Suggested debrief ideas that lead to desired outcomes:**

This debrief should happen at Twilight Time.

Were you worried about sitting on another person? Were you worried about another person sitting on you? Where do you think you had more trust?

## **Closing Speakers**

**NOTE:** Chairs will be set up for family members and friends behind the teams' seating. To avoid confusion and interruptions, ushers will be assigned to direct them to seats in an orderly fashion beginning with the first empty row and filling the rows in sequential order.

**Location:** Allison Pavilion

**Day:** Friday

**Time:** 10:30-11:30 (60 minutes)

**Persons Responsible:** Rolo, Alex, Ruben, Counselors,

**Equipment needed:** Sound system, microphones.

**Objective:** Completion.

**Desired Outcomes:** All will feel complete about their week at Y-RYLA.

**Set up and instructions:** Y-RYLarians, Counselors, Rotarians and Staff will have the opportunity to speak for no more than 30 seconds about their personal experience of Y-RYLA. Teams will go on-stage one at a time in alpha-order. Teams A, C, E, G, I, and K will line up stage left and Teams B, D, F, H, and J will line up stage right. Once every member of the team has had the opportunity to speak, the team will take their seats in Allison. Immediately after Team K has spoken, the Counselors, Rotarians and Staff will go onstage. Each person will have a 30-second opportunity for a closing remark.

**Counselor and Rotarian facilitation notes:** During Twilight Time on Thursday, prep your team to be ready with a 30 second closing remark. On Friday morning, remind them again that they will be given the opportunity to speak during the closing ceremonies. Seat your teams in the above order, A in row 1, C in row 2, E in row 3, G in row 4, I in row 5 and K in row 6 on the left of Allison as you face the stage. Follow suit with Teams B, D, F, H, and J in the appropriate rows on the right of Allison. When Head Counselors are ready they will ask each team to line up to be ready to go onstage. Counselors will stay in control of the microphone by holding it for team members to speak into. Give everyone a chance to speak and if they do not want to, ask them to let you know by shaking their head 'no' when you offer them the mike. When the last team member has spoken, usher the team offstage in the same direction as they came onstage. The team next to speak will come onstage as the prior team is departing.

Once all the teams have spoken, Counselors and Rotarians will return to the stage with Staff to give their 30-second closing remarks.



## Conference Pictures

**Location:** Ball field area

**Day:** Thursday

**Time:** 8:15 - 8:45- all conference, Team pictures during Goofy Olympics 3:00-4:00

**Persons Responsible:** Wayne Markel, Counselors, Rotarians

**Equipment needed:** Camera, ladder, team stars

**Objective:** To photograph the entire congregation, and in sets by Teams, Counselors, and Rotarians.

**Desired outcomes:** Great photos that will bring back memories for a lifetime.

**Set up and instructions:** EVERYONE needs to be at the photo shoot location promptly wearing your Y-RYLA shirts. Counselors and Rotarians, wear your short sleeved 2012 Y-RYLA shirt. We have 55 minutes to take the All Conference Photo, a photo of the Counselors, one of the Rotarians, and one of the Counselors and Rotarians together.

**Counselor Facilitation Notes:** Bring sunscreen lotion. Have your team wearing their Y-RYLA t-shirts and be at the location for the photos at 8:15 sharp. (Earlier if they have finished breakfast.)

### **Goofy Olympics Team Photos:**

For the "regular" pose, each person should have a pre-assigned position in the group. The basic rule for group photos are, tall people in the back, short people in the front, and wide people in the middle. Get that set up then have the team decide and practice their "creative" pose.

Wayne will have a pre-stage area where Jim Hoops will compose the photo with a camera, then ask everyone to move to the actual spot for the "real" photo and maintain their position within the group. That will give Wayne about one minute to tweak positions so that he can see everyone's face and everyone can see the camera and a minute to shoot 5-10 shots. You will then direct your team to take their "creative" pose. Wayne will make sure he is able to see each face and will shoot another 5-10 shots.

**Safety considerations:** Sunburn.

**Suggested debrief ideas that lead to desired outcomes:** N/A

## **Counselors' Skit**

**Location:** Allison Pavilion

**Day:** Monday

**Time:** 7:00-7:15 PM (15 minutes)

**Person Responsible:** Counselors

**Equipment needed:** Each Counselor will provide a "prop" so that you will have twelve random objects to use in a way other than their intended function for the skit.

**Objective:** Create and present a skit based on good and bad choices incorporating the 7 Leadership 101 Lessons, core values, and the 4 way test. Be a little goofy, have a lot of fun, and let the Y-RYLarians begin to know you a little bit.

**Desired Outcomes:** Set an example for the Y-RYLarians to model (but not copy) when they do their own skit - that is why appropriateness is VERY important - remember that we are their role models so we have to set good examples.

**Set up and instructions:** Counselors create and practice skit and perform for the conferees to kick off Monday morning.

**Refer to the Leadership 101 hand out for usable material.**

**Safety considerations:** none

**Suggested debrief ideas that lead to desired outcomes:** N/A

## Dance and Ice Cream Social

**Location:** Allison Pavilion

**Day:** Thursday

**Time:** 8:00 - 10:00 pm (2 hours)

**Persons Responsible:** Head Counselors, Counselors, Rolo

**Equipment needed:** Sound system, pre-selected CD of music, Ice Cream

**Objective:** Have fun! For Y-RYLarians not on the same team to have an opportunity to mingle

**Desired Outcomes:** Y-RYLarians will enjoy the evening, be social and unwind from some of the other serious activities.

**Set up and instructions:** Check out sound system and have pre-selected music playing at 7:55pm sharp. Arrange for delivery of ice cream at 8:30pm...serve at 8:45pm. Keep the music playing!

**Counselor facilitation notes:** Dance attendance is not optional. All must attend. Have structured dance activities planned that make the dance seem more like a real Y-RYLA activity. (Teams might want to demonstrate a 'dance' created during the Improvisation Dance activity.) Y-RYLarians have a diversity of comfort levels with dancing, depending on their school, their maturity level, and so much else. Be on the lookout for the Y-RYLarians who 'do not like dances' and include them by engaging them in neutral conversation or arranging an activity for them at the front of Allison. Don't try to force them to dance! Keep Y-RYLarians in Allison Pavilion or near its large open entrance. This is an evening when one or two Y-RYLarians will want to wander into Junior's Forest or Jim's Meadow and Forest. This is not allowed. Counselors are to keep their own dancing appropriate, because everything you do is an example that these impressionable youngsters will pick up and imitate.

**Safety considerations:** Be aware of budding romances and encourage the 'couple' to participate and stay involved with the others.

**Suggested debrief ideas that lead to desired outcomes**

What happened at the dance that you especially enjoyed?

## District Governor Welcome

**Location:** Allison Pavilion

**Day:** Sunday

**Time** 4:00 - 4:30 pm. (30 minutes)

**Responsible Persons:** Chair, Designated counselors for introduction and thank you

**Equipment needed:** Bio of District Governor Mary McCambridge; Sound System, Microphones, Speakers

**Objective:** The 5440 District Governor will introduce Y-RYLA and Rotary to the Y-RYLArrians, with inspiration and insights on how to approach the next week with excitement and advice on how to be open to new experiences.

**Desired Outcomes:** The Y-RYLArrians will learn that Y-RYLA is sponsored by Rotary in Districts 5440 and 5450, feel welcome and inspired to have a great week.

**Set up and instructions:** Counselors of the two designated teams will select two Y-RYLArrians one to introduce a governor and the other to thank the governor after he has spoken.

**Chair facilitation notes:** Make sure the DGs speak for no longer than 5 minutes each (or the Y-RYLArrians get bored!).

**Counselor facilitation notes:** Prepare the selected Y-RYLArrians with what to say for the intro and thank you.

**Safety considerations:** None

**Suggested debrief ideas that lead to desired outcomes:** None

# Goofy Olympics

**Location:** Allison Pavilion

**Day:** Thursday

**Time:** 3:00-4:00pm (8 mins per station)

**Persons Responsible:** Counselors and Rotarians

**Equipment needed:** listed below

**Objective:** To have fun accomplishing 6 activities in rapid order.

**Desired outcomes:** Just have fun!

**Set up and instructions:** See attached map for location of each activity. Follow the instructions on the attached Goofy Olympics sheet.

**Counselor Facilitation Notes:** In each session a Counselor will be responsible for managing one of the 12 activities that the teams will rotate through. Rotarians will lead their team through the rotation. Every activity will last for 4 minutes with 1 minute for transition. Rolo and Craig will be the timers, announcing and sounding the whistle when it is time for the teams to transition to the next station. Rotarians will support the teams in being punctual.

**Safety considerations:** Some activities are pretty physical, so be careful.

**Suggested debrief ideas that lead to desired outcomes:** What activity did you feel that your team performed the best on? What was your leadership strategy to make it successful? What did you learn about leadership through these activities? How do these activities relate to other activities you've done throughout this week?

## 1. Dizzy Lizzy (spinning relay)

### COUNSELORS:

Team is split in two, with each half facing each other. A bat will be in the middle of the two halves of the team. Y-RYLarians from one side will put on baggy clothes, run to the bat and spin 5 times, then run to the other side and take the baggy clothes off. New Y-RYLarian will put on the clothes, run to the bat, spin and run to the other side. Repeat the process until all team members have participated.

*Supplies:* bat, large and baggy pants and shirt.

## 2. Turnstile

### COUNSELORS:

Team stands on one side of a jump rope. Two people turn the rope (make sure to have them switch out).

First everyone in the team must go individually through the rope jumping once.

Next everyone must go in teams of two or three through the rope jumping once.

Next everyone must go in individually through the rope jumping once, but if someone misses the whole team must start over.

Next everyone must go through individually but every time the rope hits a new person must be jumping. If someone misses the whole team must start over  
*Supplies:* 20 foot long jump rope.

### **3. Pain in the Neck**

**COUNSELORS:**

Teams pass a ball around a circle only using their necks.

*Supplies:* Soft squishy 4 or 5-inch ball

### **4. Sack Race**

**COUNSELORS:**

Each member of the team must hop in a sack and race from the start line to the finish line. See how many team members can make it in the allotted time.

*Supplies:* Sack or large pillow case.

### **5. Threading the Needle**

**COUNSELORS:**

Team joins hands in a circle, leaving one open space between two Y-RYLarians. Hula hoops are placed on first team member and transferred from member to member without breaking the circle.

*Supplies:* 8 (or so) hula hoops.

### **6. Fore!**

**COUNSELORS:**

Three legged relay. Teams will split into halves, each side (two people) will have 2 spoons and a golf ball on each of their spoons and have to pass the golf ball off to the next 3 legged pair waiting on the other side. If the ball drops, that round doesn't count, but they do not lose the rounds from before. Judged on how many times the balls go back and forth.

*Supplies:* 4 plastic spoons, 2 golf balls, 2 leg ties.

### **7. Penny Race**

**COUNSELORS:**

Split team into two sides, each in lines facing the other about 20 feet apart. Each Y-RYLarian has a penny to put in-between their knees. One at a time Y-RYLarians get from their side to the other with the penny between their knees, attempting to drop the penny into a bucket in the center. Once a Y-RYLarian drops the penny, the next one begins. If a penny is dropped, the next Y-RYLarian in line begins. Score based on pennies landed in the bucket.

*Supplies:* 5-Gallon bucket and 100 pennies.

### **8. Team Pictures**

**Wayne Markel**

Teams will wear their conference shirts and take one serious picture and one in a fun pose. Follow Wayne Markel's directions. Staff members will fill in for JC while they are taking picture with their team.

## Hike

**Location:** Gather at Pine Lodge

**Day:** Wednesday

**Time:** 1:15-3:15pm (2 hours)

**Persons Responsible:** Counselors and Rotarians.

**Equipment needed:** Water, sunscreen, first aid kits. All should wear running or hiking shoes.

**Objective:** To hike to the top of Camp Ponderosa Grounds.

**Desired Outcomes:** Appreciate nature, feel the accomplishment of getting to the top, bond with others. Experience perseverance, determination, and encouragement.

**Set up and instructions:** Wally will give his hiking safety presentation prior to departure. Wear proper clothing and shoes and bring sunscreen and water.

**Safety considerations:** The path to the top can be steep. Once on top, forbid Y-RYLarians from climbing down the face of the cliff.

**Suggested debrief ideas that lead to desired outcomes:** Remember the abilities on the Foundations of Leadership Observation List and take mental notes as you observe your team members. Why is it important to appreciate nature? What can a hike be a metaphor for? (think about life as a journey...). How might hiking relate to your Life List goals?

## Ice Breakers

**Equipment and supplies needed:** Ball of yarn, 8 light sponge balls, 20 foot length of string,

### **Get It Together:**

Have team members line up according to directions given (i.e. shoe size, birth date). Increase difficulty by restricting speech, sight, mobility.

### **Circle Sway - Wind in the Willows:**

Have the team stand in a tight circle around one member. The person in the middle should cross their arms across their chest, and then allow themselves to fall forward keeping the feet in the same place and the body rigid. The members of the circle will support the person while slowly moving them around the circle.

### **Human Clothes Line:**

Have a team member feed a **BALL OF YARN** in their right sleeve and out their left sleeve. Have the rest of the team do this until the whole team is strung together. Then reverse and unstring. If repeated later in the week, and to make it more interesting: time the team or make everybody string themselves together with closed eyes or without talking.

### **Push Me, Pull Me:**

Have the team stand in a circle and hook elbows. Then one member of the team leans forward. The people on either side of the leaner lower the person nearly to the ground, and then pull them back up. The whole team needs to keep its elbows locked, so the entire team will feel the person's weight. The leaner should keep their legs straight.

### **Pattern Ball:**

Have the team stand in a circle. Explain that we'll be gently tossing **8 LIGHT SPONGE BALLS** around the circle to form a pattern. It is important to remember the person to whom you throw the ball, and the person from whom you receive the ball. The first time the ball goes around, people should cross their arms over their chest to show that they have already received the ball. It is best to try to throw the ball to someone across the circle rather from someone to your side. The last person to receive the ball is the one who started the game. After the ball has come back to the beginning, send it through the same pattern one more time to be sure everyone has remembered the pattern. Then slowly add more balls, all following the same pattern. Once the pattern is established, have the team reverse it.

### **Wild Wind Blows:**

Have the team sit in a circle with one person in the center. The person in the middle says something like, "The wild wind blows for all those wearing blue." Then all the people wearing blue must get up and change seats. They cannot move to the seat on either side of them. The person in the middle tries to get to an open seat, thereby taking someone's place and leaving a new person in the middle.



**Close To the Edge:**

With a **20 FOOT LENGTH OF STRING**, make a square with 5 foot sides on the ground (dimensions vary depending on team size). The square is then to be used to simulate a cliff top that is 300 feet in the air. The team has been stranded while climbing and can't be rescued till morning. The team must arrange themselves so they can sleep for the night. No team members body parts are to be outside the square.

**Ha:**

In this game, members of the team lie on the floor on their backs. Each member must have their head resting on the stomach of another team member, so the team forms a zigzag line. The object is to pass around the word "ha" without laughing. The first person begins by saying "ha", and then the next member repeats it and adds on another "ha". This continues on to the last person, unless the team starts laughing first.

**Man, Woman, Bear:**

This is a bit like Paper, Rock, and Scissors. Each member must find a partner and they stand back to back. On the count of three, the partners face each other taking the stance of either the man, woman, or bear. The woman gets the man, the man gets the bear, and the bear gets the woman. The losing partner is out, while the winning partner must find a new partner. Play continues until there are only two people left, and then there is the final playoff.

**Other Ice Breakers suggested by YRYLarians:**

## Letting Go

Throughout the week, you may notice that certain members of your team may be held back because of some baggage that they may have. This could mean a previous event that hinders them from being who they want to be, or an issue with their own self-esteem. This activity is meant to help them separate from whatever may be holding them back and serves as a way for members on the team to feel cleansed of what they feel is an obstacle to their happiness.

This activity is best done in the Twilight Time immediately after Take a Look Around.

1. After going through the planned parts of Twilight Time, gather your team around the fireplace (if there is a fireplace - if not, some sort of urn could work).
2. Say the following: "In each of our lives we encounter obstacles. Most of the time, we pass them without a problem, but sometimes, we get hung up on a few struggles. Unfortunately, what happens is we let these struggles define us. I'm not saying that we need to forget these things that hold us back, but rather, we need to let go and start defining our lives by how *we* want to define them. Don't let a speed bump on the road make you take a wrong turn."
3. Hand out strips of paper, long enough to fit a sentence or two. Tell everybody to write down the things that hold *them* back. You and your SC should do this too. Encourage them to write 3-5 things.
4. Ask if anybody from your team would like to stand up and share.
5. Stand up with them, and tell them that if they don't want to share everything that they don't have to.
6. After they have shared, take their strip of paper, grab a lighter or matches (hidden from the team until this point), light the strip on fire, and place it in the fireplace (or urn).
7. Give that person a hug and take a brief moment of silence.
8. Encourage someone else to come up and repeat. You and your SC should both participate.

### Tips:

- Try and keep the tone serious, much like Take a Look Around.
- Hugs
- It's ok to tear up, and you will definitely want to, but try and avoid crying to the point where it gets out of hand. At least as the JC. Most likely, everybody else will be crying.
- If you don't feel like your team would benefit from this, do not feel compelled to do it.

## Meet Your Teammates!

**Location:** Allison Pavilion

**Day:** Sunday

**Time:** 4:30 - 5:00 pm (30 minutes)

**Responsible Persons:** Head Counselors to set up the meeting; Counselors facilitate session.

**Equipment and supplies needed:** 12 large cards each printed with individual team letter. 12 blank sheets of paper and 12 pens for each team. Ice Breakers List.

**Objective:** To create a comfortable atmosphere in which to introduce ourselves. To begin to learn about each other. Most importantly, to learn the names of team members.

**Set up and instructions:** Head Counselors will set up the meeting to create suspense and excitement about the Y-RYLarians meeting their team mates...finally asking the Y-RYLarians to look at their name badges for the letter printed there. Then ask the Y-RYLarians to join the Counselor who is holding the letter that is on their badge.

**Counselor facilitation notes:** Use your discretion in picking multiple ice breaker games that focus on name recognition. Head Counselors suggest doing plain introductions (like name, where you are from, and a favorite hobby or something) first. Make sure everyone is actively listening - including yourself and your Rotarian! These first impressions are vital. If you can bring something up later that was said, your team members will recognize that you were listening and remembered them. Memorize all the ice breakers so that if you have a team of quick learners and there is down time, you can then play more of them as well. Your team will probably favor one game over others, and want to play it often.

**Safety considerations:** None

**Suggested debrief ideas that lead to desired outcomes:** None

## **Name Recognition Ice Breakers**

### **Name Game**

Have the team sit in a circle. Ask team members to write their full first name vertically on a piece of paper. Then have them write an adjective describing them self that begins with each of the letters of their first name. After everyone has completed their list of adjectives, give each team member time to share their names and adjectives to the full group.

### **New Names**

Have the team stand or sit in a circle. The team is told to think of a positive (not negative or critical) adjective that each member wishes to be known by or aspire to that starts with the same letter as his/her first or last name or else rhymes with his/her name. For example, "Delightful Dori". The counselor starts the game. The second person (on the counselor's right or left) then says the counselor's adjective name and then his or her adjective name. The third person then repeats the first and second persons' adjective names and then his or her adjective name, and so on around the circle until the game ends at the counselor, who has to repeat all the names. Then ask if anyone else in the circle wants to try to repeat the names. These names are likely to stick with the team members throughout Y-RYLA!

### **Two Truths and a Lie**

Have everyone stand or sit in a circle. Each team member prepares three statements, two of which are true and one of which is a lie. In any order, a team member states his/her name and shares the three statements to the entire team. The object of the game is for the rest of the team members to guess which statement is a lie. The rest of the team votes on each statement, and the team member reveals which one is the lie.

## Morning Activities (Overview)

**Location:** See following spreadsheet for location

**Day:** Monday-Thursday

**Time:** 7:00 - 7:30 am (30 minutes)

**Persons Responsible:** Counselors and Rotarians - See following spreadsheet

**Equipment needed:** See following spreadsheet

**Objective:** Wake up and be ready to go for the day.

**Desired Outcomes:** Get everyone's blood flowing!

**Set up and instructions:** Everyone meets by the rock in front of Pine...between Pine and Pikes Lodges. Be there PROMPTLY before 7am because everyone will disperse to the different locations for the different activities AT 7am. Head Counselors will remind Y-RYLArrians of the activities offered, the Counselors or Rotarians that are facilitating them, and everyone will divide into the groups and then head off to their designated area! **Staff Counselors** should double check that all of the Y-RYLArrians are outside of the dorms so that no one is left behind. If they are late Y-RYLArrians, tell them where they need to go for the activity they want to do. Encourage the Y-RYLArrians to try new things! Be creative!

**Safety considerations:** Safety is our most important consideration. We are not here to teach how to win or be competitive. Make sure that ALL activities have TWO Counselors or Rotarians so that if someone is hurt playing a sport, one can stay with the Y-RYLArrian and the other can go get help.

**Suggested debrief ideas that lead to desired outcomes:** N/A

<u>Morning Activity</u>	<u>Leaders</u>	<u>Where</u>	<u>Equipment Needed</u>
Ultimate Frisbee		Field near chapel	Frisbees
Soccer		Ball field	Soccer Ball
Volleyball		Volleyball court	Volleyball
Basketball		Gymnasium	Basketball
Four Square		Allison Pavilion	Kickballs and chalk
Jogging/Running		Ponderosa Grounds	N/A
Dance		Allison stage	Music
Yoga		Pine Meeting Room	

## Movie Review Sheet





# My Life List/Me Quit? Never!

**Location:** Allison Pavilion

**Day:** Monday

**Time:** 1:15-2:15 PM

**Persons Responsible:** Dave Boon, Counselors

**Equipment needed:** Audio system, microphone, LCD projector, computer, and screen.

**Objective:** To get the campers to 1) develop a "My Life List" of the goals and dreams they may want to achieve in the life, 2) to set some steps, or plans, that they can take (personal initiative) toward achieving those dreams/goals, 3) to list those people (mentors and constellation of support) that can help them achieve those dreams and stay on a positive highway in life, and 4) to develop an understanding of how others have overcome obstacles (stories) and challenges so that they will have a new found sense of perseverance to achieve their own goals regardless of the challenges they may face.

## **Desired Outcomes:**

### Goals

1. accept difficult new challenges
2. step out of his/her comfort zone and try new things

### Personal Initiative

3. do what he/she is supposed to do even when he/she does not feel like it
4. look for the positive in all situations

### Mentors

5. ask for help when he/she am stuck or needs it
6. listen to others with understanding and without judging them

### Perseverance

7. stick with a challenging task and see it through to its completion
8. handle set-backs without giving up or becoming discouraged

**Set up and instructions:** Sit in teams.

**Counselor facilitation notes:** Counselors can take an active role in helping identify ways to take initiative toward their goals - whether it be through the 6 degrees of separation by talking about who you might know that has traveled and seen what they want to see, did what they want to do, achieved what they want, or how to get started. Who do you know that can help them on their road to success?

**Safety considerations:** None

**Suggested debrief ideas that lead to desired outcomes:** Ask each member of your team to discuss several of their goals and dreams. What goals/dreams do the members of your team have in common? Ask each to describe a goal that they want to achieve in the next year. Ask each to describe a goal they want to achieve within the next 5 years.

If time allows, you might discuss dreams and goals that you have achieved in life and what are the positive impacts of achieving those goals.

Have the students discuss what personal initiative (PI) means and how they can use PI to start toward achieving one of the goals listed above. Help them identify what they can do to take PI toward a goal.

Have the students discuss the importance of having others as coaches (mentors) in helping them achieve something in the past (sports, music, art, etc) and how much more difficult it would have been without help.

Ask the students to talk of a time when they had a difficult task and how they got through it. What other stories of perseverance do they know that can inspire. What story of inspiration from the presentation (My Life List - Me Quit? Never!) did they like the best and why? Remind them that they will encounter challenges in life and will need to develop the character trait of perseverance to achieve their goals and dreams in life.

# "My Life List"

When John Goddard was 15 years old, he overheard his parents friends say, "I wish I were John's age again, I would do things differently." Something about that remark seemed to have touched a nerve inside the boy. He took out a yellow legal pad and wrote the words, "My Life List" across the top. He began writing down goals. The list grew to 127 items. Today, John has accomplished all but 13 of those original goals. The ones not accomplished by June 2006 are designated with an (\*).

## Explore:

1. Nile River
2. Amazon River
3. Congo River
4. Colorado River
5. Yangtze River, China
- \*6. Niger River
- \*7. Orinoco River, Venezuela
8. Rio Coco, Nicaragua

## Study Native Cultures In:

9. Congo
10. New Guinea
11. Brazil
12. Borneo
13. Sudan
14. Australia
15. Kenya
16. Philippines
17. Tanganyika (now Tanzania)
18. Ethiopia
19. Nigeria
20. Alaska

## Climb:

- \*21. Mount Everest
- \*22. Mount Aconcagua, Argentina
- \*23. Mount McKinley
24. Mount Huascarán, Peru
25. Mount Kilimanjaro, Africa
26. Mount Ararat, Turkey
27. Mount Kenya
- \*28. Mount Cook, New Zealand
29. Mount Popocatepetl, Mexico
30. The Matterhorn
31. Mount Rainer
32. Mount Fuji
33. Mount Vesuvius
34. Mount Bromo, Java
35. Grant Tetons
36. Mount Baldy, California

## Swim In:

68. Lake Victoria

## Study/Learn:

37. Carry out careers in medicine and exploration
- \*38. Visit every country in the world (30 to go)
39. Study Navaho and Hopi Indians
40. Learn to fly a plane
41. Ride horse in a Rose Bowl Parade

## Photograph:

42. Iguazu Falls, Brazil
43. Victoria Falls, Rhodesia
44. Sutherland Falls, New Zealand
45. Yosemite Falls
46. Niagara Falls
47. Retrace the travels of Marco Polo and Alexander the Great

## Explore Underwater:

48. Coral Reefs of Florida
49. Great Barrier Reef, Australia
50. Red Sea
51. Fiji Islands
52. The Bahamas
53. Explore Okefenokee and Everglades

## Visit:

- \*54. North and South Poles
55. Great Wall of China
56. Panama and Suez Canals
57. Easter Island
58. The Galapagos Islands
59. Vatican City
60. The Taj Mahal
61. The Eiffel Tower
62. The Blue Grotto
63. The Tower of London
64. The Leaning Tower of Pisa
65. Sacred Well of Chichen-Itza
66. Climb Ayers Rock, Australia
67. Follow River Jordan from Sea of Galilee to the Dead Sea

101. Run a mile in 5 minutes

- |                    |  |       |  |
|--------------------|--|-------|--|
| 69.                | Lake Superior  | 102.  | Weigh 175 (still does)   |
| 70.                | Lake Tanganyika  | 103.  | Perform 200 sit-ups and 20 push ups  |
| 71.                | Lake Titicaca, Peru  | 104.  | Learn French, Spanish, and Arabic  |
| 72.                | Lake Nicaragua   | 105.  | Study dragon lizards of Komono Island  |
| <b>Accomplish:</b> |  |       |  |
| 73.                | Become an Eagle Scout  | 106.  | Visit birthplace of grandfather Sorrenson  |
| 74.                | Dive in a submarine  | 107.  | Visit birthplace of grandfather Goddard  |
| 75.                | Land on and take off from an aircraft carrier                                    | 108.  | Ship aboard a freighter as a seaman  |
| 76.                | Fly in a blimp, hot air balloon, glider  | *109. | Read the entire Encyclopedia Britannica  |
| 77.                | Ride and elephant, camel, ostrich and bronco                                     | 110.  | Read the Bible cover to cover  |
| 78.                | Skin dive to 40 feet, hold breath<br>2.5 minutes underwater                      | 111.  | Read the works of Shakespeare, Plato,<br>Aristotle, Thoreau, Poe, Rousseau, Bacon,<br>Hemingway, Dickens, Twain, Burroughs,<br>Conrad, Talmage, Tostoi, Longfellow, Keats,<br>Whittier and Emerson |
| 79.                | Catch a 10 lb lobster and ten-inch abalone                                       | 112.  | Become familiar with the compositions of<br>Bach, Beethoven, Debussy, Ibert,<br>Mendelssohn, Lalo, Rimski-Korsakov,<br>Respighi, Liszt, Rachmaninoff, Stravinsky,<br>Toch, Tshcikovsky, and Verdi  |
| 80.                | Play a flute and violin  | 113.  | Become proficient in the use of a plane,<br>motorcycle, tractor, surfboard, rifle, pistol,<br>canoe, microscope, football, basketball, bow<br>and arrow, lariat and boomerang                      |
| 81.                | Type 50 words a minute   | 114.  | Compose music  |
| 82.                | Take a parachute jump  | 115.  | Play Clair de Lune on the piano  |
| 83.                | Learn water and snow skiing  | 116.  | Watch fire-walking ceremony in Bali  |
| 84.                | Go on a church mission   | 117.  | Milk a poisonous snake   |
| 85.                | Follow the John Muir Trail   | 118.  | Light a match with a 22 rifle  |
| 86.                | Study native medicines, bring back useful ones                                   | 119.  | Visit a movie studio   |
| 87.                | Bag camera trophies of elephant, lion, rhino,<br>cheetah, cape buffalo and whale | 120.  | Climb Cheops' Pyramid  |
| 88.                | Learn to fence   | 121.  | Become a member of the Explorers' Club<br>and the Adventures' Club   |
| 89.                | Learn jujitsu  | 122.  | Learn to play Polo   |
| 90.                | Teach a college course   | 123.  | Travel the Grand Canyon (by foot and boat)   |
| 91.                | Watch a cremation ceremony in Bali   | 124.  | Circumnavigate the globe (4 times)   |
| 92.                | Explore the depths of the sea  | *125. | Visit the moon   |
| *93.               | Appear in a Tarzan movie   | 126.  | Marry and have children (has 5 kids)   |
| *94.               | Own a horse, chimp, cheetah, ocelot and coyote<br>(Chimp and cheetah to go)      | 127.  | Live to see the 21 <sup>st</sup> Century   |
| *95.               | Become a ham radio operator  |       |  |
| 96.                | Build own telescope  |       |  |
| 97.                | Write a book   |       |  |
| 98.                | Publish article in National Geographic   |       |  |
| 99.                | High jump 5 feet   |       |  |
| 100.               | Broad jump 15 feet   |       |  |

**Your Life List - So, what's on your life list?** Have you ever sat down and created your own life list? If so, how long ago was that and have you continued to add to the list? **A My Life List**, exercise is a great way to set a plan into action for creating an exciting and successful future. Here is the path: 1) Creating your life list, 2) make sure you have the "vision" of what you want clearly in your mind, 3) take action through personal initiative, 4) attract and find people (mentors) to help you achieve these goals, and 5) persevere by never, never, never giving up. Have a "great future of success!" As John would say, "This conversation it to be continued."

John Goddard recently published a book titled, **The Survivor: 24 Spine-Chilling Adventures on the Edge of Death** (Health Communications, Inc.) which further describes his Life List, many additional goals beyond the original 127 and how he achieve them. Check it out - it's a good read!



## Pack-up and clean-up

**Location:** Dorms

**Day:** Friday

**Time:** 7:00-7:30am (30 minutes)

**Persons Responsible:** Everyone

**Equipment needed:** None

**Objective:** Everyone at Y-RYLA must be packed up and ready to go before breakfast.

**Set up and instructions:** During Thursday night Twilight Time remind your team members that Friday is the last day and they will be leaving Camp Ponderosa at noon. The morning activity will be to pack up ALL their belongings and have them ready for departure before breakfast. **The ticket to breakfast is to be all packed and ready to go!** Suggest that they do some preliminary packing during quiet time. The nurse will return the medications to the families at the end of camp.

**Counselor facilitation notes:** At wake up, be in the dorms to supervise the packing. Have the Y-RYLARIANS double check their bunks and everywhere they may have left something. Don't let them forget their warm-fuzzy bags. Have them put their packed bags on their bunks. Encourage them to leave the dorm ready for the next group that will be using it. (Camp Ponderosa is responsible for cleaning the dorms and emptying the trash) Set an example by packing your belongings.

**Safety considerations:** Nothing should be left on the floor. All trash and loose papers need to be picked up and thrown away.

**Suggested debrief ideas that lead to desired outcomes:** N/A

## Parade of Stars/Comedy Club

**Location:** Allison Pavilion

**Day:** Thursday

**Time:** 10:30 am -12:00 pm

**Persons Responsible:** Counselors

**Equipment needed:** the stars, sound system, mikes, props, stage

**Objective:** Present Team Stars immediately followed by Team skit with props

**Desired Outcomes:** The campers will perform skits and present their team stars designed during Matrix time, taking pride in their creativity and performance.

**Set up and instructions:** Present Team Star in 2 minutes, Skit in 5 minutes, and use 1 minute for transition. After their 7 minutes is up, they will be cut off so make sure that each group uses their time wisely. All performances must be appropriate and kept to the time limit!

**Counselor Facilitation Notes:** Let your team know that they will be cut-off when their time is up. Remind your team that props may not be used for their intentional purpose, (i.e. hairbrush can't be used to brush hair, a hat can't be worn as a hat...) Escort your team to the pre-stage area during the prior performance. Be sure your team knows the time limit. Have your Foundation of Leadership Observations Lists handy to take notes as Y-RYLarians show their abilities. Acknowledge the members of the team as they take their seats.

**Safety considerations:** No jumping, falling, or pretend physical violence on stage.

**Suggested debrief ideas that lead to desired outcomes:**

Acknowledge their performance presenting their Team Star and their Team Skit during Twilight Time. What was it that they liked best? Would they do anything differently next time?

Each team is given 2 minutes to present their team star and 5 minutes to present their skit using ALL the props given at the beginning of the week. The props may not be used for their intentional purpose, (i.e. hairbrush can't be used to brush hair, a hat can't be worn as a hat...) After the 7 minutes is up, time will be called and the team must exit the stage.

Schedule of Appearance!

BREAK

BREAK

Team H

Team L

Team E

Team D

Team F

Team C

Team J

Team K

Team G

Team B

Team A

Team I

## Reflection Time

**Location:** Team Spots

**Day:** Daily preceding Twilight Time

**Time:** 15 minutes

**Person Responsible:** Counselor

**Equipment needed:** Manuals with Reflection Time and Notes, pens.

**Objective:** Provide opportunity for personal review of experiences and learning from the events of the day.

**Desired Outcomes:** Y-RYLarians will be prepared for Twilight Time discussion.

**Set up and instructions:** Refer to Reflection Time Page in the Manual. Be sure every Y-RYLarian has a pen or pencil. It is a good idea for the counselor to slowly review the events of the day while the campers reflect.

**Counselor facilitation notes:** Ask your team to define reflection. Let them know that each day they will have an opportunity to reflect on their experiences of the day before Twilight Time. Encourage them to just let their experience of the day's events flow through their memory and jot down the major points. When time is up, let them know that, if they wish, they can continue their reflecting just before lights out. Encourage them to write no matter what. If they cannot think of something to write about their experiences, then just write whatever comes to mind.

**Safety considerations:** None

**Suggested debrief ideas that lead to desired outcomes:**

The reflections are just for you, but if you would like to share anything with your team, you are welcome to do so.



## River Crossing

**Location:** Ball Field (or meadow beyond ball field)

**Day:** Friday

**Time:** 8:30-9:15 am (45 minutes)

**Persons Responsible:** Rolo, Craig, Counselors

**Equipment needed:** Two ropes - 150 feet long, plastic file folders

**Objective:** for all Y-RYLarians to demonstrate the power of teams and their interdependence to reach the opposite bank of the "river" at the same time.

**Desired Outcomes:** Experience in Coaching, Communication, Problem Solving

**Set up and instructions:** Rolo and Craig will lay the ropes in straight lines parallel to one another, about 25 feet apart, to represent a river. Rolo will ask for each team to select a leader who will gather for a conference with Rolo and Craig inside the river area. They will be given this: *"Before you lies a river filled with hungry piranhas. On the banks of the opposite shore lies wisdom that will help you upon your return to school. The completion of this task, be it success or failure, will demonstrate your skills in communication, teamwork, and leadership.*

- *All of you must reach the opposite bank at the same time. You can work in individual teams, but you must get the **whole** team - all 120 of you, across at the same time.*
- *Each of you will receive one "stepping stone". (plastic folder)*
- *You may step on another person's stone momentarily (about 3 seconds) while in motion or passing, but you may only rest on your own stone.*
- *You may not hand your stone to anyone else.*
- *Should **anyone** fall into the river, that person is lost to the flesh-eating fish that lurk in the depths and the whole team must begin again. (Counselors and Rotarians are the flesh-eating fish that keep watch and are the judges)*
- *Voracious piranhas might nip at any exposed toe or heel.*
- *No "scooching" allowed!*
- *You will have **10 minutes** to plan as separate teams. (How much info does the leader give?)*
- *Time for completion is **15 minutes.**"*

Each Y-RYLarian will be given a plastic file folder to use as their "stepping stone". At the end of the allotted time, Rolo will signal "Start!"

**Safety considerations:** sunburn, losing balance and falling, flesh-eating fish.

**Suggested debrief ideas that lead to desired outcomes:** What strategies worked? What could you have done differently? Did you find yourselves watching other teams, and did that give you any ideas? What skills did you use that are useful in life? Did you get information that you needed? Was the goal communicated to you? Did your perspective change when you were in the middle of the river? Did you need to take charge and tell the others what to do? When did that happen? Was it necessary to share the leadership to actually accomplish the goal?

## Rotary Youth Programs

### **Young-Rotary Youth Leadership Awards (Y-RYLA)**

A leadership training program sponsored by Rotary International that promotes, encourages and rewards outstanding young people. An all-expenses paid five-day camp that brings together a special group of boys and girls from Northern Colorado, Wyoming and Western Nebraska to share ideas about becoming better leaders. An action-packed program of activities that help build confidence and leadership skills (like problem solving games, challenge course, zip line, skits, group discussions and teambuilding activities). An adventure that might change your life! This is what you are at!

**Rotary Youth Leadership Awards (RYLA)** is a life-changing leadership training program for young men and women where leadership skills and principles are learned, developed and enhanced in an atmosphere of trust and respect. The purpose of RYLA is to encourage and assist current and potential youth leaders in methods of responsible and effective leadership. Many past RYLArians have said, "It was the best week of my life!" Any high school sophomore or junior may apply.

**Interact** - Interact is Rotary International's service club for young people ages 14 to 18. Interact clubs are sponsored by individual Rotary clubs, which provide support and guidance, but they are self-governing and self-supporting. Club membership varies greatly. Clubs can be single gender or mixed, large or small. They can draw from the student body of a single school or from two or more schools in the same community. Each year, Interact clubs complete at least two community service projects, one of which furthers international understanding and goodwill. Through these efforts, Interactors develop a network of friendships with local and overseas clubs and learn the importance of: developing leadership skills and personal integrity, demonstrating helpfulness and respect for others, understanding the value of individual responsibility and hard work, and advancing international understanding and goodwill. As one of the most significant and fastest-growing programs of Rotary service, with more than 10,700 clubs in 109 countries and geographical areas, Interact has become a worldwide phenomenon. Almost 200,000 young people are involved in Interact.

**Rotaract** - Rotaract is a Rotary-sponsored service club for young men and women ages 18 to 30. Rotaract clubs are either community or university based, and they're sponsored by a local Rotary club. This makes them true "partners in service" and key members of the family of Rotary. As one of Rotary's most significant and fastest-growing service programs, with more than 7,000 clubs in about 163 countries and geographical areas, Rotaract has become a worldwide phenomenon. All Rotaract efforts begin at the local, grassroots level, with members addressing their communities' physical and social needs while promoting international understanding and peace through a framework of friendship and service. Rotaractors may also: assist in organizing Interact clubs or mentor Interactors, participate in Rotary Youth Leadership Awards, become Rotary Foundation Ambassadorial Scholars or Group Study Exchange team members, and seek membership in their local Rotary club.

**Rotary Youth Exchange Programs** - Whether you participate in Rotary's long-term or short-term Youth Exchange programs, you'll learn a new way of living, a great deal about yourself, and maybe even a new language. You'll also be an ambassador, teaching people you meet about your country, culture, and ideas. You can help bring the world closer - and make some good friends in the process. More than 8,000 young people each year have experiences like these through Rotary Youth Exchange. All students ages 15-19 are eligible. Find out what countries participate by contacting Rotarians or the Youth Exchange chair in your area.

- **Youth Year Long Exchange** - As a Rotary Youth Exchange student, you'll spend up to a year living with a few host families and attending school in a different country. To gain a greater understanding of your host country's culture, you will live with at least two, preferably three, host families during your stay. The host Rotary club will conscientiously screen and select your host families. You will make friends and get to know the area where you're living.
- **Youth Summer Exchange** - Short-term exchanges are available to qualified students and vary in length from several days to several weeks. Although participants in short-term exchanges generally don't attend school in their host country, they may be able to tailor their exchange to match their interests or to include tours of specific places or regions.

## RYLA Ball

**Location:** Ball field

**Day:** Thursday

**Time:** See Schedule.

**Persons Responsible:** Counselors and Rotarians for each team

**Equipment needed:** Kick balls or large soccer ball, sunscreen (seriously! A lot of Y-RYLarians will want to apply.)

**Objective:** To have fun, learn leadership through sports; learn how to make teams successful in different team dynamics.

**Desired Outcomes:** How to work as a team, the importance of including everyone, understanding that it's just a game and the limit on competitiveness, good sportsmanship, respecting the other team, willingness to be where needed to support the team, improved ability to cope with change and embrace it.

**Set up and instructions:** Two teams will assemble at the grass field. All team members must participate! For each round: Negotiate your game (12 minutes). Play RYLA ball (12 minutes).

**Counselor facilitation notes:**

**Read the following instructions to your team:**

- 1) Each team will assign one representative who will negotiate with the other team.
- 2) The team will first discuss the game they want to play (3 minutes).
- 3) The representative will then meet with the opposing team's rep to express their team's wishes (3 minutes).
- 4) The reps then go back to their team to discuss what the other team wants (3 minutes).
- 5) Then the reps meet one last time to agree on a set of rules (3 minutes).
- 6) The game can be anything which is safe and is confined to the assigned field.
- 7) Rules can be fun, goofy, or crazy, but it cannot be an existing known game.
- 8) ALL team members must play in some role.
- 9) You will spend 12 minutes negotiating your game, and then you will play for 12 minutes.
- 10) Each round will be a brand new game. You may not repeat the same game twice.

## Skit Prep

**Location:** Team spots

**Day:** Monday

**Time:** 7:15-8:00 PM (45 minutes)

**Persons Responsible:** Counselor

**Equipment needed:** Each Counselor will provide THE SAME TWELVE "props" so that each team will have twelve random objects. This way, when we distribute props to all of the teams, every single team will have twelve different props, but each team will be using the same combination of twelve different objects.

**Objective:** Use every member of the team and all 12 props to portray an idea through acting.

**Desired Outcomes:** Skit prep is a great opportunity for team members to display many of the abilities listed in the self assessment. Have your observation lists handy while the team is prepping.

**Set up and instructions:** The team must use all 12 props in a way other than their intended function for the skit. Each team will have 3 minutes to present their skit which will follow their 2 minute presentation of their team star. Any team that goes beyond 5 minutes on stage will be cut off. The theme of the skit must be a portrayal of one of the 10 Wise Ways or their experience at Y-RYLA. The team must not act out violence or participate in horse-play on stage.

Should the conferees want more time to prepare their skit, they can use twilight time and/or meal time (provided they finished eating early) at the Counselor's discretion.

**Safety considerations:** Common sense - do not let the campers do crazy tricks in their skits - no throwing, jumping, punching, extensive physical contact, etc. also keep in mind the size of the stage in Allison - we don't want anyone falling off the stage.

**Suggested debrief ideas that lead to desired outcomes:**

What

So What

Now What

## Slide Show

**Location:** Allison Pavilion

**Day:** Friday

**Time:** 11:30am - 12:00pm (30 minutes)

**Person Responsible:** Wayne Markel

**Equipment needed:** Computer pre-programmed with pre-tested slide show, including camp music, LCD Projector, Screen.

**Objective:** To reflect on experiences and memories and share them with family and friends.

**Desired Outcomes:** Delight - and all the other feelings that will come up.

**Set up and instructions:** Y-RYLarians will be seated in their teams. Pre-set chairs for families and friends behind Team seating.

**Safety considerations:** None

**Suggested debrief ideas that lead to desired outcomes:** N/A

## Speaker Schedule





## Sunrise Hike

**Location:** Convene at Pine

**Day:** Thursday

**Time:** Time will be announced to assure everyone can summit before sunrise - approximately 5:30am (2 hours)

**Persons Responsible:** Lead Hikers - Rolo, Alex and Rubs; Counselors

**Equipment needed:** Walking/hiking shoes, Cameras!, Junior's story

**Objective:** To summit the hill in time to watch the sun rise.

**Desired outcomes:** Appreciate nature and camp bonding. Also awesome photo ops!

**Set up and instructions:** Gather at Pine Lodge. Remember and practice hiking safety tips.

**Counselor facilitation notes:** Make sure everyone is awake at least 15 minutes prior to departure time. Ask everyone to be silent during the hike and sunrise. Safety is a priority. First to arrive at steep areas, position yourself to assist others who may need help during both the ascent and the descent.

After sunrise, Rolo reads a story. Encourage the Y-RYLarians to descend thereafter.

**Safety considerations:** Make sure everyone is wearing proper clothing and shoes. There are some very steep areas. Safety comes first.

**Suggested debrief ideas that lead to desired outcomes:**

This is an opportunity for self-reflection. Discuss during Twilight Time.

## **Sweep Up and Clean Up** **No Lost and Found**

**Location:** Allison Pavilion, Pikes Lodge, Pine Lodge, Cagle Lodge

**Day:** Friday

**Time:** 12:30-1:00pm

**Persons Responsible:** All Counselors, Staff and Rotarians.

**Equipment needed:** Good eyes, energetic body, can do attitude.

**Objective:** We will be ready to depart from Camp Ponderosa by 12:30.

**Desired Outcomes:** No Y-RYLarian, Counselor or Rotarian will leave anything behind. All trash will be deposited in appropriate receptacles. Camaraderie will reign and everyone can be on their way home in a timely way.

**Set up and instructions:** Teams will be recruited and assignments given under the direction of:

**Rolo - Allison Pavilion**

**Craig - Cagle Lodge**

**Alex - Pikes Lodge**

**Ruben - Pine Lodge**

**Counselor facilitation notes:** Be a role model for your dorms by being fully packed and ready to go by 7:30 am. Recruit your team and let me know who they are at the Thursday night staff meeting.

## Swept Away and Staying On Top

**Location:** Allison Pavilion

**Day:** Monday

**Time:** 2:15-3:00 PM

**Persons Responsible:** Dave Boon, Counselors, Rotarians

**Equipment needed:** 2 six-foot lengths of butcher paper, roll of masking tape, 10 packets of colorful 3" x 3" post it notes, 10 black markers such as Sharpies.

**Objective:** To identify "things" that knock teens off their highway to success and to also identify those "things" that keep them on track or provide positive support

**Desired Outcomes:** Will help Y-RYLarians understand that influences (family, peers, etc) and choices they make can have both negative (swept away) and positive (staying on top) consequences on them. With this knowledge they are much better equipped to make better and more empowering choices.

**Set up and instructions:**

**Dave Boon will first give his Swept Away talk in conjunction with "My Life List." Then counselors will take their teams to team spots and lead the following activity.**

Use masking tape to attach 2 separate 6 foot lengths of butcher paper to wall with headings Swept Away and Staying on Top.

Counselors will distribute colorful post-its to their team members. Dave Boon will ask for the conferees to write each of those 'things', with one word, on a single post-it note -use a pink post-it for 'things' that knock them off their highway, and a green post-it for 'things' that keep them on track. Encourage the Y-RYLarians to keep writing. If what knocks them off track or keeps them on is the same as another team member, that's OK. They should write it anyway. The Counselors and Rotarians will collect the post-its and post them on the butcher paper, grouping the responses to Swept Away and Staying On Top by categories (family, negative friends, positive friends, peer pressure, drugs/alcohol, etc). This will let everyone quickly see what the top 3 in both are.

**Rotarians** will take notes on the problems described for use in the Four Way Test exercises on Thursday...see examples from Bell Middle School which are written in the "Choices" activity.

**Counselor Facilitation Notes:** After the Y-RYLarians have completed writing and their 'things' are posted, say or read to your team "Many of you know that Dave Boon, one of our Rotarians,

was knocked off Highway 40 by a massive avalanche and buried alive. He literally got "swept away." Many things can knock us off our personal highway to success - things like negative peer pressure, friends, drugs, alcohol, poor grades, etc.

You have listed many of these things on the wall - let's take a look at them and see if there is a theme or many common "things" that we can identify so we can make better choices to steer away from these negative influences. Let's discuss what we see on the wall - why or how do these "things" keep us from being successful? What are the top three (3) that are currently influencing you?" Have the *Y-RYLarians* discuss these "things" openly and how it impacts them.

Once that discussion seems complete, say "Now let's look at those "things" that can help us from getting swept away - things, individuals, and activities that are supportive - that are positive influences on us. Let's discuss what we see on the wall - why or how do these "things" help keep us on the highway to success and how they keep us from being "swept away." What are the top three (3) that you can use to "stay on top?" Have the *Y-RYLarians* discuss these "things" openly and how it impacts them.

At the close of the session, carefully detach the butcher paper from the wall. Lay the Staying on Top paper on the Swept Away paper, roll up the butcher papers complete with all the post-its in one roll and secure it with three rubber bands. Write you team letter on the rolled butcher paper and place the role in the SW corner of the meeting room.

**Safety considerations:** Do not allow the team members to run around and post their own notes. Keep them seated - have the Counselors and Rotarians do the posting.

**Suggested debrief ideas that lead to desired outcomes:** What was the most important thing you took away? What did you learn about the similarities that people have when situations get them off track? Differences? What was the most recurring theme? Have your daily Foundations of Leadership Observation List handy to take notes on your teams abilities.

### Swept Away and Staying On top

On January 6, 2007 Dave Boon, his wife June and a friend of the family, 13-year-old Gary Martinez who attended the 2006 YRYLA, were driving up Berthoud Pass on Highway 40 for two days of skiing at the Winter Park - Mary Jane ski area. As we started the steep climb after the turn toward the summit of Berthoud Pass the song, *Affirmation* by Savage Garden started to play on the CD player. Stanley Mountain rising to a height of 12,524 feet was on our left as we saw the first "Avalanche Area - No Stopping" signs.

I was marveling at the gorgeous deep blue ski when something caught my eye about twenty yards ahead of our car and to the left a small cloud of powder came down onto the road. Both of my hands were on the steering wheel and this little white puff of powder was the only warning we got. Less than a second later our car was literally blown out of control and slammed into the guard rail by a blast of air and snow. It was a total white out and I could not see past my windshield and I could hear snow and ice hitting our car as if being blown by a 120mph wind. One moment I was going 45 mph looking at royal blue sky and now something very wrong was going on - my mind knew I had not hit a car, I wasn't in an accident, I just thought, "What is going on."

The next instant we were hit by an incredible force - one I can only describe as being hit by a freight train. The impact caused the car to flip into the air - then I knew what it was. We had been swept away by an avalanche - a massive avalanche. Everything went dark and we flew into the air. Over and over we went in total darkness. We must have flipped several times in the air before we hit the ground and started to roll. We had driven this road hundreds if not a thousand times and I thought about the steepness of the slope the avalanche was going down - with us in it. The slope must be 30-40° so we were going for quite a wild and long ride. We rolled over and over. Everything was black, we couldn't see anything. We just kept rolling. Then we hit something and the car starting spinning upside down. We started slowing down and as we did, June shouted, "Make an air space. Make an air space." Then the car came to a stop.

#### *Everything was dark - we were upside down and we were buried alive.*

1. What are the things in life that knock you off your Highway 40 (the highway to accomplishing your dreams and goals)? List all the things you can think of that slow you down or keep you from staying on a positive path in life. Post these negative influences on "post-its" and place them on the wall.

**Staying On Top** - If you are ever in an avalanche get rid of everything that can bring you down - get rid of your pack, ski poles, skies or snow shoes, -- then try and swim with the mass of moving snow trying your best to keep your head up and staying on top. If you do get below the surface and as the snow slows down try and pack the biggest air-space you can in front of your mouth - it may be the only air you have.

2. Now list all the things you can do to "stay on top" and not get buried or swept away or away by bad influences. Again, put them on "post-its" and place them on the wall.

3. As a group discuss what sweeps you off your highway of life and what you can do to "stay on top." Have any of these things happened to you or your friends? Could you have used some of the techniques or ideas for staying on top? Will you be better prepared next time to stay on top and not get swept away?

## Take a Look Around

**Location:** Allison Pavilion

**Day:** Wednesday

**Time:** 6:45 to 8:15 + Dance Break 8:15 to 8:30 (105 minutes)

**Responsible Persons:** Alex Wood, Ruben Gonzalez, Counselors

**Equipment needed:** Sound system, two microphones, and pre-selected music to play at the break.

**Objective:** To provide an opportunity for Y-RYLarians to know that they are not alone.

**Desired Outcomes:** Give encouragement and verbal support to others, feel empathy and compassion for others, express his/her true feelings openly without embarrassment, stand up for what he/she think is right when others are afraid to, listen to others with understanding and without judging them

**Set up and instructions:** Seat Y-RYLarians in teams. Double check sound system to be certain that there will be NO TECHNOLOGY GLITCHES. Alex or Ruben will hold the microphone for all speakers.

**Head Counselors facilitation notes.** The head counselors will ask a specific group of people to come to the stage who will be asked questions from the perspective of a person in that stereotype group.

Rules:

- Stay in your seat unless you are asked to come on stage.
- Everyone (YRYLarians, Counselors, and Rotarians) is invited to come onto the stage.
- Individuals on stage may only speak once per question.
- People in the audience must be silent listeners. Be respectful and no talking unless you have the microphone.
- Take a Look Around and realize that you are not alone.
- Learn as much as you can about your fellow RYLarians without using stereotypes.

Counselors will demonstrate the process when asked, If you are a Counselor, please come onto the stage. They will then be asked the three standard questions.

Questions:

9. What do you want people to know about you?
10. What do you never want said about you?
11. How can others support you?

When they have completed their responses, the Head Counselors will invite them and the audience to take a look around. The Counselors will then be invited to leave the stage.

Head Counselors will then invite the following groups on stage, ask the same three questions, and hold the microphone for those who wish to respond.

If you...

...are a Girl, please come onto the stage

... Are a Boy,

...excel academically ...

...struggle academically...

...have been made fun of for your appearance...

...have been made fun of or discriminated against for your racial or ethnic background...

...have been made fun of or discriminated against for your religion...

...do not live with both of your biological parents...

...have felt unsafe around an adult...

...have considered hurting yourself...

There will be a 15 minute break during which the following music will play.

**\*\*\* Closure - Stating the objective of the exercise as it relates to LEADERSHIP.**

At the end of the dance break Counselors will round up their teams and head to their team spots for Reflection and Twilight Time

**Safety considerations:** This activity can elicit expression of deep emotions. If that happens, do not try to 'fix' the person. Simply be available to listen and let them know that you and YRYLA are a constellation of support to them.

**Suggested debrief ideas that lead to desired outcomes:**

This session may be debriefed at Twilight Time. Let the Team Members raise the subject. Listen and gently open the conversation to see if the rest of the team wants to share their experience. You might ask "do you want to share your experience of 'Take A Look Around?'"



## **Team Building Activities**

### **Tarp Drop, Wizards Maze, Tarp Flip, and Human Knot.**

**Location:** Team spots or teams select outdoor spot:

**Day:** Monday

**Time:** 9:15-10:30 AM (75 minutes)

**Persons Responsible:** Counselors

**Equipment needed:** 12 large tarps marked off in squares with duct tape. The squares must be large enough so that a team member can get both feet inside the square. (Bandannas can be used in the Human Knot if team members are not willing to hold hands.)

**Objective:** For the team members to recognize one another, remember names, start bonding and become leaders! These games present problems that the teams must be creative to solve together to accomplish the tasks!

**Desired Outcomes:** Learn names. Build trust, self-control, and responsibility. Increase self-confidence, self-esteem, collaboration and communication skills. Develop awareness of the needs of others. Decrease fear of touch.

**Set up and instructions:** Please conduct Tarp Drop, Wizard's Maze, Tarp Flip, and Human Knot - in that order. See following individual activity sheets for each

**Safety considerations:** See individual activity sheets

**Suggested debrief ideas that lead to desired outcomes:**

What do you think was most successful? What was the least successful? Who do you think was the leader, or was there a leader or was everyone leading? What different leadership styles were most successful in each of the different activities? How did you feel when you couldn't speak (or when a new rule was applied)? What did you learn about successful leadership styles? What did you learn about communication? What mistakes were made? What changed after you made mistakes - were you able to learn from it the second time?

Be sure to have your Foundation of Life Leadership Abilities spread sheet handy to make notes on the abilities you observe.

### **Tarp Drop**

**Equipment needed:** Large tarp

**Objective:** name recognition and identification

**Desire Outcomes:** Team members will recognize each team member and remember their name.

**Set up and instructions: Time Limit: 12 minutes**

If you think it is necessary, ask your team to sit or stand in a circle. Go around the circle and ask the team members to introduce themselves, (name, school, and other information such as a hobby). If introductions are not necessary, separate the team equally into two sides. The Counselor will hold one end of the tarp and the Rotarian will hold the other end; separating the two sides so that neither side can see the other. Each side will select one team member to stand at the very front of the tarp, and the Counselor or Rotarian will count to three and drop the tarp! The first team member standing at the front to say the other team member's name wins. The loser joins the opposite side.

**Safety considerations:** None

### Tarp Flip

**Equipment needed:** Tarp, (Game bag adds another option)

**Objective:** For the team to flip the tarp over without stepping off or making contact with the ground around the tarp.

**Desired Outcomes:** Team will set a plan and working together, achieve the goal.

**Counselor Facilitation Notes: Time limit - 15 minutes.**

Fold the tarp in half so it is a big square. If using the game bag, place it in the middle. Have the team stand on the tarp with both feet. The problem has been solved when the team has flipped the tarp so the other side is facing up without anyone's feet leaving the tarp to touch the ground. If the game bag is used it may not touch the ground around the tarp. If it proves too easy, Counselors may make new rules like no talking or no use of names.

Be sure to have your Foundation of Life Leadership Abilities spread sheet handy to make notes on the abilities you observe.

**Safety Considerations:****Suggested debrief ideas that lead to desired outcomes:**

Did the team have a plan? Did everyone know what the plan was, if not what prevented you from knowing the plan? How involved were you in the process on a scale from one to four, (four being the most involved)? What kind of effort did it take for the team to make the change and flip the tarp over? Can these same words help you change something in this school that you do not like? If the game bag was used, did it present any additional challenges? What kind of "baggage" or barriers may get in our way this week as a team?

## The Wizard's Maze

**Equipment needed:** The maze can be created by placing duct tape on a tarp or carpet, by marking squares in the dirt outside, or by using street chalk on the back of a tennis court or paved surface. Mark 6 squares across and 8 down - large enough so that a team member can get both feet inside the square.

**Objective:** One at a time, the entire team must complete the maze.

**Desired Outcomes:** All abilities in the self-assessment are tested with this exercise.

**Set up and instructions:**

**Counselor's script:**

"On a walk through the enchanted forest you come across a wise, but not so old, Wizard -- *The Wizard of Ponderosa*. He tells you that he can help make all your "dreams come true" -- if you successfully complete the maze. Here are the rules - please listen carefully because you cannot ask a Wizard any questions:

1. There is only one correct path through the maze.
2. Each space can only be used once.
3. If you step on an incorrect space, I will say, "*That is incorrect, Thank you for trying*" -- at that point you must rejoin your team at the end of the line.
4. Each person must participate in order.
5. Being the wise, and not so old, Wizard that I am, I might cast a spell on you from time to time. Don't worry, just listen to me, and continue to be part of your team and reach for your goals.
6. The entire team must get successfully across in the allotted time.
7. There are 12 correct steps to successfully cross the maze.
8. You have 20 minutes to successfully cross - go!"

*Student line* ••••••••

**COUNSELOR facilitation notes**

- You can select any pattern, or number of correct steps or time limits to complete the maze.
- As the Wizard, you can make the entire group "mute" - team members will get innovative and point, drop stones, or use other ways to communicate the correct path through the maze.
- Make sure that no one can see the key to the map. the campers move along trying to get across, and if have time to do so, make it more difficult. You, as the wizard, can make up rules like no one can talk, only certain people can talk, only one person on the maze at a time, etc.

			X <sub>1</sub>		
		X <sub>2</sub>			
X <sub>4</sub>	X <sub>3</sub>				
X <sub>5</sub>			X <sub>8</sub>		
	X <sub>6</sub>	X <sub>7</sub>		X <sub>9</sub>	
					X <sub>10</sub>
					X <sub>11</sub>
				X <sub>12</sub>	

As you

**Safety considerations:** Only allow one person at a time to cross the maze.

**Suggested debrief ideas that lead to desired outcomes:** Ask the team members what they learned from the exercise? Did all team members participate and did everyone contribute to the team's success? How does the exercise relate to achieving your dreams in life? How did you feel when your team encouraged you and/or corrected you? How did you feel if you made a mistake? How many correct steps were there and how many mistakes did you make? Do you have to make mistakes to get better at a skill?

### Human Knot

**Equipment needed:** None. However, have **10 BANDANAS** handy in case people do not want to touch each other.

**Objective:** The team will figure out how to untangle a human knot without letting go of their hands so that after much try-this, try-that squirming and contorting, a hand-in-hand circle is formed.

**Desired Outcomes:** Team learns how to be part of a team and collaborate to build an understanding of communication, leadership, problem solving, trust, and persistence. Decrease fear of touch. Develop awareness of needs of others. Practice making requests.

#### **Set up and instructions:**

- ❖ Have your team face towards each other, in a tight circle. Each person should be standing shoulder to shoulder.
- ❖ First, instruct everyone to lift their left hand and reach across to take the hand of someone standing across the circle, as if they were shaking hands. To emphasize learning of names and get a bit of fun going, ask team members to introduce themselves to the person they are holding hands with.
- ❖ Next, have everyone lift their right hand, reach across to take the hand of a different person standing across the circle, and introduce themselves.
- ❖ Make sure that no one is holding hands with someone standing directly beside them.
- ❖ This hand-in-hand configuration should come out equal.
- ❖ Explain to the team that what you'd like them to do is untangle themselves, without letting go of hands, into a circle. Tell them they may change their grip to be more comfortable, but they are not to unclasp and re-clasp their hands which would undo the knot. Palms may pivot on one another, but skin contact may not be lost.
- ❖ If any team member lets go of a hand (breaks the chain), then the team must start from the beginning.
- ❖ If someone is unwilling to hold another person's hand, they may use a bandanna as a link with another team member. Encourage the Y-RYLarians to not have to use the bandanna.
- ❖ Explain that whenever the team is talking to someone, or about someone, that the person's first name must be used. This usually helps the team to work together and find solution. Their communication is more accurate with names involved.

**Counselor facilitation notes:**

- Observant Counselors and Rotarians can get a lot of information about team members in a short space of time with this activity.
- Let the team struggle for about 10 minutes
- Stay at a moderate distance, allowing the team to handle the activity without feeling like they're being too closely observed; maintain good hearing contact and be aware of appropriate and inappropriate behavior.  
Be ready to step in to help answer questions or change the direction of the activity quickly if needed.
- Slowly wander around the circle, moving in and out as appropriate, emphasizing that team members should use one another's name.
- It is relatively easy to notice who is talking and who is not, who seems comfortable and who does not. Also, note that sometimes the natural leaders are not in a good position to lead - do they try to dominate inappropriately or do they sit back appropriately and just do what they can. Sometimes, a new leader emerges from being in an opportune position in the knot. This can offer this team member a significant boost. Almost everyone gets a positive sense of having participated in the solution.
- Observe external red flags - people in pain, looks of anger or disgust, energy level, fun, team success.
- Some team members may have difficulty enjoying the activity due to their physical shape (e.g., very tall, obese, or inflexible people may find the activity particularly awkward).
- It is important to provide appropriate help (Knot First Aid!) if the activity proves too difficult. This might be encouragement that it can be done (some teams lack confidence and would give up too early); helping a couple of people communicate to find a solution for part of the knot. If essential, consider allowing the team to discuss an unclasp-reclasp. How much encouragement to give is a fine balancing act. The task should be challenging, especially as an initial activity. It should give the team some initial confidence and momentum in being able to work together to solve problems.

**Safety considerations:**

- Use a level surface, remove objects, and be aware of jewelry that might be a problem.
- Some team members may be reluctant to be touched or to touch others.
- Participants may have to step over the linked arms or go under them. The participants may change the way they are holding onto the other person's hand so that they are not twisted and uncomfortable.

**Suggested debrief ideas that lead to desired outcomes:** What worked to arrive at a solution? What got in the way of a solution? How well did you work as a team? What strategies did your team adopt? How did it feel to solve the game?

What could have been done differently? What do you think you've learned from this activity which can be applied in future activities?

## Towers

**Location:** Activities Building

**Day:** Monday

**Time:** 4:15-5:30 PM

**Persons Responsible:** Rolo, Alex, and Ruben, each leading simultaneous sessions in separate rooms of the activities building

Rolo's session: Teams A, B, C, D

Alex's session: Teams E, F, G, H

Ruben's session: Teams I, J, K, L

**Equipment needed:**  $\frac{1}{2}$  a bag of mini-Marshmallows per team and  $\frac{1}{2}$  box of wooden toothpicks per team. Twelve stacks of newspapers, 10" high. Twelve rolls of 1" masking tape. The quantity of newspapers is not limited.

### Part 1: Marshmallow Tower

**Equipment needed:**  $\frac{1}{2}$  a bag of mini-Marshmallows per team and  $\frac{1}{2}$  box of wooden toothpicks per team

**Objective:** The team is to build the tallest tower using only marshmallows and toothpicks

**Desired Outcomes:** The task will be completed by the team with all involved.

Y-RYLarians will build confidence and resilience; learn the importance of pre-planning to achieve a goal, and the need for effective communication during pre-planning. They will learn that both leading and following skills are needed for a team to succeed.

**Set up and instructions:** Rolo, Alex, and Ruben will lead the sessions. Your team is challenged to build the tallest freestanding tower from mini marshmallows and wooden toothpicks. You will have 5 minutes to plan your structure and how your team is going to implement that plan. When you are asked to start building then you may pick up the marshmallows and toothpicks. You will be given 10 minutes to implement the plan **WITHOUT TALKING!** You will then be given 5 minutes to discuss what worked well and formulate any changes that you need to make in order to improve for the next challenge. In group activities like this there are several parts, including: Plan→→Action→→Reflect/Debrief→→Celebration.

**Counselor Facilitation notes:** Y-RYLarians must do these activities on their own without prompting from Counselors or Rotarians. Keep reminding them that they cannot talk during the building process. Do not allow them to start before the allotted time. Have your Foundation of Leadership Observation List handy to observe the members of the team and the team as a

whole. Notice how well they work together during the planning phase. In the building phase, are they able to communicate without talking? Are they all participating? Stay away from being judgmental. Acknowledge participants as much as you can. Notice all and be prepared to talk about specific instances so the team members can learn from their mistakes and successes.

**Safety considerations:** None

**Suggested Debrief questions that lead to the desired outcomes:**

Apply the Leadership 101 methods and True Colors in your debrief. How well did your plan work? (Set goals/Action Plan). If you were to do the planning part over, what would you have done differently? (Set goals). What did you notice about the other people in the group? (Constellation of Support), (True Colors). How well were you listened to by the group? (Communication). What is the level of leadership in this group? Who do you want to acknowledge for their participation and why? (Assertive Communication). Who had a positive impact on the group? What did the greens, golds, blues and oranges contribute? Who kept you motivated when you wanted to give up? (Constellation of support). On a scale of 1 to 10 how is your group performing and how do you know? What can you take from this experience to improve your leadership skills?

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## Part 2, Newspaper Shelter

**Equipment needed:** Twelve stacks of newspapers, 10" high. Twelve rolls of 1" masking tape. The quantity of newspapers is not limited.

**Objective:** Build a shelter from newspapers in 12 minutes that will hold 3 people and will stand in place for at least one minute at the end of the building time period.

**Desired Outcomes:** Team will utilize lessons learned from part 1 to be successful in part 2, thus deepening the lessons.

**Set up and instructions:** Rolo, Alex and Ruben will lead this session. They will tell your team that they have been on a treasure hunt in the jungles of Mexico and have found the mother lode of gold left by the Aztec warriors hidden from the Spanish centuries ago. You need to go back and get help to get the treasure back to your office in the city. You must leave 3 people back to guard the treasure, but they need a shelter built to protect them from the rains.

Your job is to build a freestanding shelter for 3 people in your group. This will be done with the newspaper and masking tape which you will be provided. The shelter must not be supported by anyone including the people in the shelter. It must remain standing with 3 people in the shelter for one minute after the time is up for the implementation of your plan.

You have 7 minutes to plan, and 12 minutes to build the shelter **WITHOUT TALKING!**

**Counselor facilitation notes:** Make sure that the Y-RYLarians do not talk during the implementation period. Keep reminding them of their integrity. Do not allow them to start before the allotted time. Keep your Foundations in Leadership Observation List handy as you observe your team members and take lots of notes.

**Suggested debrief ideas that lead to desired outcomes:** What did they learn from Part 1 that helped them in Part 2? How well did they listen to each other? (Communication). Did they utilize everyone? (Constellation of Support). How well did they stick to the plan? (Set Goals/Take Action). What did they learn about each other? (Other Points of View) How can they build on what they learned to carry on in the future? Always look for places to acknowledge who they are and who they are becoming. (Communication). Were you able to use a different strategy the second time? (Identify Choices) What did you learn about planning? (Set Goals/Take Action). Why did you select the design you did for your shelter? (Identify Choices). Be sure to have your Foundation of Life Leadership Abilities spread sheet handy to make notes on the abilities you observe.



## True Colors

**Location:** Allison Pavilion

**Day:** Monday

**Time:** 8:15-9:15am (10min skit, 20min explanation, 10min app to leadership, 20min team)

**Persons Responsible:** John Ahlenius, Counselors

**Equipment needed:** In Manual-True colors assessment page with pictures and word Handouts - 150 orange, green, blue and gold trait sheets. John is bringing, 150 color plate pie charts, colored stickers for the Y-RYLarians to place on their "pie chart" of colors on their badges, and all other materials he will need for this session. Projector and preprogrammed video clips.

**Objective:** Identify personality characteristics utilizing the colors of orange, green, blue and gold to differentiate four basic personality types. Provide an uncomplicated language for everyone at Y-RYLA to convey complex ideas very simply. Use on screen examples to show how true colors are used in leadership. Understand the true colors of themselves and others and how they affect daily interactions and their role as a leader.

**Desired Outcomes:** Y-RYLarians will be more socially and emotionally intelligent, have a quick and consistent way to communicate how people's personalities differ, understand those differences, how they affect the way people act, and how that should affect the way that they act towards others. Provide the language to enable Y-RYLarians to take another look at others before judging them and to plan effective ways to work together. Y-RYLarians will an understanding of their own colors with the understanding that no one is one pure color; we are all a mix.

**Set up and instructions:** John Ahlenius will present True Colors in an interactive way, will ask Counselors to participate in a skit to portray the personality type, and lead interactive activities with the Y-RYLarians. Video clips displaying the true colors will be queued ahead of time and counselors will lead a debrief at the end.

**Counselor Facilitation Notes:** Be prepared to fully participate in the process, take the True Colors Assessment, and create a paper-plate pie chart of your personal True Colors. Become a True Colors Expert - study the following pages, which will be given to the Y-RYLarians at John's instruction, so that you absolutely know each color's personality characteristics. Record the dominant color of each team member. Have your Foundation of Leadership Observation List handy to take notes. Use the below ideas for the 20 mins with your team.

**Suggested debrief ideas that lead to desired outcomes:** What are your True Colors? How can you use True Colors to be a better team? How can you use True Colors outside of Y-RYLA? Do you think the characteristics of your dominant color are accurate? Do you think anyone can just be only one color? What did you learn about using true colors to successfully interact with other people? How did the true colors of the characters in the video affect their daily life? How can the knowledge of your own color affect your relationships with friends, parents, teachers, etc.

## True Colors Skit

### Scene One

(Whistle blows offstage. All characters enter. Gold is at the head of the line giving commands. Its complete chaos as everyone tries to put in their say.)

GOLD: Ten Hut! Left, Right, Left, Right, Left, Left, Left, Left...

(Green gets annoyed at the directions that don't make sense. Orange is confused as to why they stopped, and Blue is gently trying to help Orange to understand).

GREEN: (to Gold) that was four lefts in a row! You know, performing the pattern of taking four steps in a row with the left foot is entirely impossible for the human race!

ORANGE: Yeah, the whole Left, Right thing went right over my head...

GOLD: That's because you don't follow orders!

GREEN: Well, perhaps if you explained the orders clearly, then we might not all be so confused.

BLUE: Hey guys, come on now. There is no need to get hostile...Can't we all just get along?

GOLD: If everyone just followed the rules then there wouldn't be any problems.

GREEN: (getting angry) I have a hard time following rules that don't make any sense.

BLUE: What if the rules hurt someone's feelings? I couldn't live with that!

ORANGE: (in a mocking tone of Gold) what are these "rules" we're supposed to follow anyway?

(With visible disgust, Gold exists).

ORANGE: (pinpoints someone in the audience and shouts to them...) How you doin'? Enjoyin' this little shindig I hope...

GREEN: Don't you ever THINK before you ACT? I could never imagine...

ORANGE: (in a mocking tone, interrupts) Don't you ever ACT before you THINK? I could never imagine...(exits mimicking Green)

GREEN: Hmm....I'll have to think about it...(begins to exit).

BLUE: Do you want to talk about what just happened? It would hurt to try you know. You never open us and talk about your feelings!

GREEN: Why should I? You talk about your feelings enough for the both of us!

BLUE: Hey, that's not fair! Can we talk about this? (exit)

True Colors Worksheet

# WORD CLUSTER



\_\_\_\_\_

Active  
Variety  
Sports\_\_\_\_\_

Fun  
Action  
Contests\_\_\_\_\_

Playful  
Quick  
Adventure\_\_\_\_\_

Busy  
Free  
Winning\_\_\_\_\_

Exciting  
Lively  
Hands-on\_\_\_\_\_

**Total Orange**

\_\_\_\_\_

\_\_\_\_\_

Organized  
Plan  
Neat\_\_\_\_\_

Clean  
On-Time  
Honest\_\_\_\_\_

Helpful  
Trustworthy  
Dependable\_\_\_\_\_

Follow Rules  
Useful  
Save money\_\_\_\_\_

Pride  
Tradition  
Do right\_\_\_\_\_

**Total Gold**

\_\_\_\_\_

\_\_\_\_\_

Nice  
Helpful  
Friends\_\_\_\_\_

Caring  
People  
Feeling\_\_\_\_\_

Kind  
Understanding  
Giving\_\_\_\_\_

Sharing  
Getting along  
Animals\_\_\_\_\_

Nature  
Easy Going  
Happy Endings\_\_\_\_\_

**Total Blue**

\_\_\_\_\_

\_\_\_\_\_

Learning  
Science  
Privacy\_\_\_\_\_

Curious  
Ideas  
Questions\_\_\_\_\_

Independent  
Exploring  
Doing Well\_\_\_\_\_

Thinking  
Solving Problems  
Challenge\_\_\_\_\_

Books  
Math  
Making sense\_\_\_\_\_

**Total Green**

\_\_\_\_\_

Rank each grouping as to the highest priority in your life.  
Give a 4 for the highest down to the 1 as lowest. Don't Use a number twice.  
Add the numbers in each column to determine your style of personality.  
Rank each column according to the total of each column.

### **True Colors Traits**

WE HAVE ALL FOUR OF THE TRUE COLORS IN SOME VARIATION.  
WE USE TRUE COLORS AS A TOOL TO EXPLAIN BEHAVIOR,  
NOT EXCUSE IT.  
WE ARE NOT TRYING TO STEREOTYPE OTHERS OR LIMIT OURSELVES.  
EVERY COLOR HAS STRENGTHS & CHALLENGES.

Copyright of True Colors  
Adapted by Emily Prascher

## WHEN I AM GREEN...

I seek knowledge & understanding.  
*Analytical - Global - Conceptual*

I live life by my own standard.  
*Cool - Calm - Collected*

I need explanations & answers.  
*Inventive - Logical - Perfectionistic*

I value intelligence, insight, fairness and justice.  
*Abstract - Hypothetical - Investigative*

I am a natural non-conformist, a visionary and a problem solver.

### **Green May Perceive Self As:**

- Confident
- Mentally Tough
- Logical, Rational
- Visionary, Inventive
- Self-Controlled
- Enjoying One's Own Company
- Good at Analysis/Objective
- Having Ability to Reprimand
- Having High Expectations
- Respecting Knowledge
- A Deep Thinker

### **Others May Perceive Green As:**

- Arrogant, Know It All
- Cold, Hard
- Insensitive
- Head in the Clouds
- Cool, Aloof, Unfeeling
- Afraid to Open Up
- Critical, Fault-Finding
- Lacking Compassion
- Unappreciative of Others
- Intellectually Demanding
- Argumentative
- Absent Minded

### **Greens Are Stressed Out By:**

- Not Being In Charge
- Lack of Independence
- Subjective Judgment
- Elaborate Use of Adjectives
- Emotional Displays
- Small Talk
- Routine
- Social Functions
- Lack of recognition of their abilities
- Incompetence

## WHEN I AM BLUE...

I need to feel unique and authentic.  
*Enthusiastic - Sympathetic - Personal*

I look for meaning and significance in life.  
*Warm - Communicative - Compassionate*

I need to contribute, to encourage and to care.  
*Idealistic - Spiritual - Sincere*

I value integrity and unity in relationships.  
*Peaceful - Flexible - Imaginative*

I am a natural romantic, a poet and a nurturer.

### **Blue May Perceive Self As:**

- Having Feelings
- Compassionate
- Romantic
- Idealistic
- Empathetic
- Caring
- Seeing the Best in Others
- Nurturing
- Liking to Please People
- Wanting Harmony
- Great Communicator
- Valuing Feelings

### **Others May Perceive Blue As:**

- Very Emotional
- Overly Sensitive
- Mushy
- Too Tender-Hearted
- Easily Persuaded
- Too Nice
- Too Trusting
- Smothering
- Too Soft, Too Giving
- Weak
- Talking Too Much
- Illogical

### **Blues Are Stressed Out By:**

- Broken Promises
- Too Much Negative
- Not Being Involved
- Lack of Social Contact
- Clock Watching
- Being Compared to Others
- Lying
- Rejection
- Insincerity
- Completing Paperwork
- Placing the System Before People
- Conflict

## WHEN I AM GOLD...

I follow the rules and respect authority.

*Loyal - Dependable - Prepared*

I have a strong sense of what is right and wrong in life.

*Thorough - Sensible - Punctual*

I need to be useful and to belong.

*Faithful - Stable - Organized*

I value home, family and tradition.

*Caring - Concerned - Concrete*

I am a natural preserver, a good citizen and helpful.

### **Gold May Perceive Self As:**

- Consistent
- Providing Structure
- Goal-Oriented
- Very Traditional
- Knowing Right From Wrong
- Loyal to Organization
- Realistic
- Decisive, Seeking Closure
- Dependable
- Concerned About Security
- Follower of a Routine
- Having Leadership Ability

### **Others May Perceive Gold As:**

- Rigid, Inflexible
- Controlling, Bossy
- Too Serious
- Resistant to Change
- Opinionated
- System-Bound
- Lacking Imagination
- Judgmental
- Boring
- Uptight
- Predictable
- Autocratic

### **Golds Are Stressed Out By:**

- Incomplete Tasks
- Disorganization
- Irresponsibility
- Changing Details
- Lack of Direction
- Waste
- Non-Conformity
- Lack of Structure
- Haphazard Attitude
- Too Many Things Going On At Once
- People Who Don't Follow Through
- Ambiguous Tasks



## WHEN I AM ORANGE...

I act on a moment's notice.

*Witty - Charming - Spontaneous*

I consider life as a game, here and now.

*Impulsive - Generous - Impactful*

I need fun, variety, stimulation, and excitement.

*Optimistic - Eager - Bold*

I value skill, resourcefulness, and courage.

*Physical - Immediate - Fraternal*

I am a natural trouble-shooter, a performer, and a competitor.

### **Orange May Perceive Self As:**

- Flexible, Easy-Going
- Having a Playful Attitude
- Exploring New Possibilities
- Clever, Good Negotiator
- Open to Change
- Having Many Interests
- Able to Do Many Things
- Adventurous, Courageous
- Valuing Freedom
- Bold, Assertive
- Fun-Loving, Enjoying Life
- Independent

### **Others May Perceive Orange As:**

- Irresponsible
- Goofing Off Too Much
- Manipulative
- Unable to Stay On Task
- Scattered
- Taking Unnecessary Risks
- Resisting Closure or Decisions
- Obnoxious
- Immature
- Self-Centered

### **Oranges Are Stressed Out By:**

- Repetition
- Following Detailed Directions
- Routine
- Deadlines
- Inactivity
- Lack of Fun
- Lack of Variety
- Too Much Responsibility
- Rules and Regulations
- Being Stuck at a Desk
- Abstract Concepts
- Reading Manuals
- Imposed Structure
- Personal Criticism

## Lizard and Wizard Brain Behaviors

### GREEN

#### "Lizard Brain" Behaviors

- Behaves indecisively
- Refuses to comply or cooperate
- Extreme aloofness and withdrawal
- "Snobbish" put-downs and sarcastic remarks
- Refuses to communicate, the silent treatment
- Perfection ties to performance anxiety
- Highly critical towards self and others

#### "Wizard Brain" Behaviors

- Questions and explores ideas
- Considers others ideas
- Works independently
- Pleasant but not very social
- Thrives on own work and ingenuity
- Strives for improvement
- Has high expectations

### BLUE

#### "Lizard Brain" Behaviors

- Attention-getting behavior
- Lying to "save face"
- Withdraws
- Fantasizes, day-dreams excessively
- Overly expresses emotions
- Behaves in passive, resistant ways
- Cries often & appears depressed

#### "Wizard Brain" Behaviors

- Appreciates everything, everyone
- Behaves with honesty & integrity
- Likes teamwork
- Creates things to make life better
- Strives for peace & harmony
- Contagiously enthusiastic
- Cooperative & encouraging

### GOLD

#### "Lizard Brain" Behaviors

- Complains & behaves with self pity
- Exhibits anxiety & worry
- Is depressed & acts fatigued
- Expresses psychosomatic problems
- Malicious in judgment of self & others
- Exhibits "blind herd" mentality
- Exhibits phobic reactions

#### "Wizard Brain" Behaviors

- Task & structure focused
- Serious attitude
- Likes to do things to help
- Cares for own body & health
- Direct but cautious
- Respects authority
- Is dependable & reliable

### ORANGE

#### "Lizard Brain" Behaviors

- Acts rude & with defiance
- Breaks the rules on purpose
- Runs away, drops out
- Involved with alcohol, drugs
- Acts out boisterously
- Lying & cheating behavior
- Violent behavior

#### "Wizard Brain" Behaviors

- Acts boldly & is direct
- Risk-taking behavior
- Acts impulsively & spontaneously
- Seeks reasonably "safe" adventures
- Has high expectations
- Wants "hands-on" activities
- Is assertive & to the point

## True Colors - Blue Character Traits

**Values:** Honesty, Friendship, Sensitivity, Harmony, Compassion

**Joys:** Romance, Family, Friendships, Music, Affection

**Strengths:** Communication, Creativity, Nurturing, Sincerity, Listening

**Needs:** Harmony, People, Understanding, Love, Affection

**Stresses/Frustration:** Disharmony, Uncaring, Time limits, Insincerity, Lack of romance

**Life Philosophy:** "To thine own self be true"

**Nicknames:** Catalyst/Energizer

**Leadership Strengths:** Creates enthusiasm and energy, Finds potential in others, Natural democratic leader

**Keys to Leadership Success:** Authenticity, Harmony, Uniqueness, Self-actualization, Cooperation, Personal relationships

**Keys to Personal Success:** Devotion to relationships, Making a difference in the world, Seeking harmony, Self-searching

**Team Contributions:** Ensures group participation, Brings inspiration and enthusiasm, Values open and honest communication

**How it helps to understand blue friends:** Spend quality time, one-on-one with them. Be aware that they wear their hearts on their sleeves. Listen to them as they listen to you and be supportive. Share your thoughts and feelings and praise their imagination and creativity.

**How it helps to understand blue teachers:** Respect their concern for the feelings of students. Get along with other students in the class. Offer your ideas and feelings and give the teacher positive feedback. Appreciate their warmth and caring attitude. Be dramatic and expressive.

**How it helps to understand blue parents/adults:** Respect their need to know about you. Be truthful, sincere, helpful, open and communicative. Take a creative approach to problem solving and cooperate with other family members. Show that you value them through thoughtfulness.

## True Colors - Gold Character Traits

**Values:** Loyalty, Dependability, Honestly, Responsibility, Perfection

**Joys:** Time for family, Home, Job satisfaction, Order, Sense of family

**Strengths:** Organization, Commitment, Consistency, Responsibility, Dependability

**Needs:** Stability, Time, Consistency, Organization, Appreciation

**Stresses/Frustration:** Lack of control, Change, Disloyalty, Money insecurity, Inconsistency

**Life Philosophy:** "Be prepared"

**Nicknames:** Stabilizer/Traditionalist

**Leadership Strengths:** Establishes and follows policies, procedures and rules, Meticulous attention to detail

**Keys to Leadership Success:** Tradition, Dependability, Loyalty, Discipline, Trustworthy, Decisiveness

**Keys to Personal Success:** Work ethic, Predictability, Sense of history, Home and family

**Team Contributions:** Stabilizing force, Gets the job done

**How it helps to understand gold friends:** Try to be organized, efficient, dependable and loyal. Remember to be on time. They are generous and like things to be returned. Respect their need for security and do what you say you will do.

**How it helps to understand gold teachers:** Pay attention to details and be neat and orderly. Respect their need for rules and regulations. They value their position as a teacher, so follow directions carefully. Make an extra effort to be on time for class.

**How it helps to understand gold parents/adults:** Respect their need for tradition and stability. Be loyal, dependable and truthful. Be up front with them and understand their desire for structure and security. Be clean and neat in appearance.

## True Colors - Green Character Traits

**Values:** Intellectual (achievements), Logic, Knowledge, Competency

**Joys:** High achievement, Recognition of ideas, Personal achievement, Meeting challenges, Investigation

**Strengths:** Confidence, Analysis/Analytical, Logic, Problem-solving, Determination

**Needs:** Challenge, Need to understand, Autonomy, Truth and Facts, Accuracy

**Stresses/Frustration:** Rules, Unfairness, Incompetence, Confusion, Nonsense rules

**Life Philosophy:** Knowledge is power"

**Nicknames:** Visionary/Architect

**Leadership Strengths:** Excellent analytical skills, Enjoys complicated theories and models, Comfortable with rapid change

**Keys to Leadership Success:** Clarity, Competence, Intelligence, Logic, Ideas, Critical Thinking

**Keys to Personal Success:** Using precise language, Exploring ideas, Abstract thinking, Striving for competence

**Team Contributions:** Can see the "big picture", Can see potential barriers, Not afraid to challenge the process

**How it helps to understand green friends:** Be aware of their curiosity about life. Respect their need for independence and know that they are caring even though they may not show their feelings easily. Reinforce their new ideas and concepts.

**How it helps to understand green teachers:** Be curious, observing, and ask lots of questions. Be open to their ideas and praise their competence and knowledge. Be original in your assignments. They like to say it once, so pay attention the first time.

**How it helps to understand green parents/adults:** Respect their preoccupation with wisdom, knowledge, ideas and logic. Help them with the day-to-day details and praise their ingenuity and intelligence. Think ahead because they are future-oriented.

## True Colors - Orange Character Traits

**Values:** Freedom, Adventure, Fun/Play, Variety, Spontaneity

**Joys:** People, fun, Adventure, Excitement, Performing

**Strengths:** Independence, Flexibility, Energy, Taking action, Optimism

**Needs:** Freedom, Variety, Money, Recognition, Expression

**Stresses/Frustration:** Being on time, Waiting, Lack of money, Unnecessary routine, Rigidity

**Life Philosophy:** "Forget the torpedoes, full speed ahead!"

**Nicknames:** Troubleshooter, Negotiator

**Leadership Strengths:** Welcomes change and taking risks, Excels in crisis situations, Flexible, yet practical

**Keys to Leadership Success:** Action, Variety, Performance, Fun, Freedom, Spontaneity

**Keys to Personal Success:** The impulse to really live, Testing limits, The need for variety, Spontaneous relationships

**Team Contributions:** Quickly diagnoses problems, works well under pressure, Sees opportunities

**How it helps to understand orange friends:** Be active with them and do not slow down. Be energetic and ready to go. Be adventurous, optimistic, spontaneous, and fun. Compete in fun when appropriate. Do not play heavy.

**How it helps to understand orange teachers:** Because they like students to solve problems and to move quickly, be open and ready to wing it. Be willing to work on your hands-on activities. Respect their changes of directions and fast pace. Get actively involved in class.

**How it helps to understand orange parents/adults:** Compliment their generosity and sense of humor. Use a direct, right-to-the-point approach. Get involved in physical activities with them. Respect their lack of structure and need for spontaneity.

## Twilight Time (Overview)

**Location:** Team Spots

**Day:** Daily

**Time:** Usually 8:30 pm

**Persons Responsible:** Counselor; Rolo, Craig, Beka and Mark will deliver *Galaxy Galley*

**Equipment needed:** Your Manual's daily Twilight Time page.

**Objective:** Team members will share observations and experiences, prepare for following day's activities, and participate in team building exercises.

**Desired Outcomes:** Most likely time for team to bond. The Y-RYLarians will think critically about the day and analyze the events and the personal significance of them. Once the week is over, many feel that Twilight Time is what mattered most.

**Set up and instructions:** It is important that every Counselor and Rotarian realize the huge responsibility that we have in facilitating Twilight Time effectively. Your team spot needs to be comfortable and the environment conducive to open discussion. First, review the activities for the following day. Use the Twilight Time page in your Manual to facilitate the discussions. Utilize the points as guides but don't be rigid about it. If you see that the discussion is not productive, move it to another topic. If you see that the discussion is productively sharing experiences or developing team spirit, let it take the team there. Learning from mistakes is sometimes the best way to learn. Be prepared to talk about all the perceived "mistakes" that happened during the day. Make sure that everyone is participating, and Rotarians can help with this by directing questions toward quieter Y-RYLarians.

It is a good idea to take notes of events during the day using your daily observation check list so that at the end of the day you won't forget anything that could be useful in this discussion. The observations check list will also be invaluable in writing your Warm-Fuzzies.

**Counselor Facilitation Notes:** See Daily Twilight Time Pages

**Special considerations:** Be as non-judgmental as possible.

**Suggested debrief ideas that lead to desired outcomes:** See Daily Twilight Time Pages

## Walk of Possibilities

**Location:** Teams A-F Gym, Teams G-L Allison

**Day:** Wednesday

**Time:** 4:30-5:30pm

**Persons Responsible:** Rotarian Wally Van Sickle, Counselors

**Equipment needed:** white board or easel with flip chart, markers, boom box, music

**Objective:** To get everyone to look at things with the perspective of possibility rather than the perspective of doubt.

**Desired Outcomes:** Y-RYLarians learn that there are limitless possibilities, if you only use your imagination and creativity; there are lots of benefits to thinking outside of the box; and there is more than one way to solve a problem.

**Set up and instructions:** Wally will set up and facilitate this activity.

**Counselor Facilitation Notes:** Rolo will introduce Wally. Have your Foundations for Leadership Observation List handy to take notes.

**Safety considerations:** Make sure that the floor that they are using is clear of objects.

**Suggested debrief ideas that lead to desired outcomes:**

What did you learn? Was it what you expected? Why was it so important to have an open mind?

Why was it so different (harder or easier) when traversing the room in different numbers?

Where else could taking a look at possibility be of value for you?



## Young RYLA Evaluation



# Counselor Resources

## A Brief History of RYLA

By Trustee Irving J. "Sonny" Brown

This article was originally published in the December 1999 issue of *The Rotarian*.

In 1959, the state government of Queensland, Australia, invited local Rotarians to help plan a festival celebrating Queensland's upcoming centenary. Learning that Queen Elizabeth II was sending her cousin Princess Alexandra, who was in her early 20s, to the celebration, Rotarians planned activities specifically for the princess' age group.

The gundoo, an aboriginal word meaning "festival" or "fun together," was a rousing success. More than 300 men and women between the ages of 17 and 23 attended. Encouraged by the event's popularity with the young attendees, Rotarians saw potential to create a similar annual youth program. With little hesitation, Governor Art Brand of then-District 260 approved the project, and on 2 May 1960, RYLA was born.

Australian districts 258 and 260 shared in establishing a committee that developed the official framework of RYLA: to train youth (ages 14-30) in character, leadership, personal development, and good citizenship. These guidelines helped RYLA expand to all Rotary districts in Australia and led to RYLA's approval as an international program by the Rotary International Board at the 1971 RI Convention in Sydney, Australia.

After District 5520's first RYLA camp 20 years ago, a conferee summed up his RYLA experience in one word, "Camelot." He wrote the RYLA chairman, "If you know the story of King Arthur, you may recall that as King Arthur was dying in a young man's arms, he turned to the youth and said, 'If you learn of anyone that has not heard of Camelot, tell them loudly and clearly that there really was that one wisp of glory called Camelot.'"

"Gundoo" or "Camelot?" RYLA is both and aren't we fortunate? Dedication, passion and love describe the heart of RYLA, a most remarkable investment that assures Rotary's future.

~~~~~

The first RYLA in districts 5440 and 5450 for students going into the 11<sup>th</sup> or 12<sup>th</sup> grade took place July 26-31, 1987. This year the districts comprise 117 Rotary clubs in Central and Northern Colorado, Western Nebraska, and Wyoming.

In 2002, a team of Rotarians from these districts established the first Young RYLA in the United States. Eighty-eight middle school students from the two districts participated in building a foundation for their "personal leadership" - making good decisions, withstanding peer pressure and developing empathy for others, among many other topics. Young RYLA has grown to 120 students annually and plans for growth are underway.

## All For You

- Sister Hazel

*(Chorus:)*

Finally I figured out,  
But it took a long long time  
Now there's a turnabout,  
Maybe cause I'm tryin'  
There's been times, I'm so confused  
Down my road, will it lead to you?  
Just can't turn and walk away  
It's hard to say what it is I see in you  
Wonder if I'll always be with you  
Words can't say it, I can't do  
Enough to prove, it's all for you

And I'd thought I seen it all,  
Cause it's been a long long time  
Oh bothered that we'll trip and fall,  
Wonderin' if I'm alive  
There's been times, I'm so confused  
Down my road, will it lead to you?  
I just can't turn, and walk away

Its hard to say what it is I see in you  
Wonder if I'll always be with you  
Words can't say, and I can't do  
Enough to prove it's all for you

Rain comes pourin' down,  
Fallin' from blue skies  
Words give out a sound,  
comin' from your eyes

*(Chorus)*

Well it's hard to say what it is I see in you  
Wonder if I'll always be with you  
Words can't say, I can't do  
Enough to prove, it's all for you

Hard to say  
Hard to say, it's all for you

## Character Traits of Leaders

List from participants at Previous YRYLA Conferences

Work hard	Are learners	Are good role models
Follow through	Are trustworthy	Are fair
Have courage	Are inclusive	Set high expectations
Challenge the team	Have vision	Believe in the vision
Strong	Caring	Get the team to see vision
Persistent	Open minded	Honest
Respectful	Knowledgeable	Good listeners
Non-judgmental	Take calculated risks	Works well with team
Have charisma	Loyal	Well rounded
Inspiring	Values self	Values others
Empowers others	Energized	Motivated
Motivates others	Creates excitement	Believes in self
Believes in the team	Use "us" and "we"	Gives credit to team
Responsible	Quick on their feet	Organized
Poised	Creative	Humble
Problem solvers	Are teachers	Believes in service
Have empathy	Live passionately	Can take feedback
Are sincere	Are committed	Supporting
Proactive	Patient	Have a sense of humor
Visionary	Energizer Bunny	Personal Integrity

## A Formula for Effective Debriefing

Remember that the debriefing process has a sequence. It works best when you begin with simple ideas and then work the group into more difficult and abstract debriefing topics. Try thinking of the debriefing process as a three-step process - or just three (3) leading question headings:

### **What? ..... So What? .....Now What?**

#### **What?**

- What actually happened?
- What was observed?
- Who said what?
- What did you see done?
- What did you see?
- What did you hear?
- What did you think?

#### **So What?**

- So what was learned?
- So what skills or talents were demonstrated and by whom?
- So what feelings arose? When did they arise? What thoughts promoted them?
- So why did the team's plan work or not work?
- So what would have made it work more effectively?
- So how would you rate your current level of teamwork?
- So what resentments, apologies, requests or acknowledgments would you like to make before moving on?

#### **Now What?**

- Now what plans, techniques or strategies do we want to keep?
- Now what plans, techniques or strategies do we want to avoid?
- What new skills do we want to develop or practice before going on?
- How does anything we have learned so far apply to our daily lives?
- What skills and talents have you used effectively today that you would like to use more often in your daily lives?
- What knowledge or skills are you willing to bring to the next activity?

These and the suggested debrief ideas with each activity are only a guide to start discussion. As a facilitator, you then have the opportunity to uncover what the team learned by doing the activity. Do not shut off active, positive discussion by team members in order to complete the list of suggestion.

## Hints for Guiding Teams

### Some Suggestions for Leading

- ❖ Watch for body signals to see who is ready to speak next. Bring in those who are continually overridden.
- ❖ Natural leaders will emerge...just make sure other viewpoints are heard. Ask if anyone has another opinion.
- ❖ Ask other members of the team (privately) to help to include the shy individuals.
- ❖ Listen to what is being said, as well as what is not.
- ❖ Don't evaluate or judge what is said; that is for the team to do.

### Some Principles to Consider as a Facilitator for Your Team

- ❖ Be patient.
- ❖ The discussion and learning are more important than finishing an activity.
- ❖ Guide the Team (*OUR JOB IS TO STEER THE BOAT, NOT ROW IT*).
- ❖ Allow the team to make mistakes (so they can learn from them).
- ❖ Make it Fun.

### Some Ways to Handle Difficult Situations

- ❖ If the team is not communicating or challenging each other or anyone...
  - Ask the team what it thinks needs to be done to make it better.
  - Ask the team to explain in more detail what is not working.
  - Make sure more than one person is offering suggestions.
  - Never allow blaming.
- ❖ If one or two people in the team are consistently being disruptive...
  - Talk to those individuals in private.
  - Tell them that your perception is that they are disruptive to the team process in a way that is not helpful.
  - Ask them to explain how they see the situation.
  - See if they will agree to tone it down so the team can have a better meeting process.
- ❖ If they are consistently violating rules...
  - Ask them to please follow the rules everyone agreed to.
  - If that does not work, ask the Rotarian to speak to them privately.
  - If that doesn't resolve the issue then talk to the Head Counselors to arrive at other solutions.

## I Believe

Yolanda Adams

They said you wouldn't make it so far uh uh  
And ever since they said it, it's been hard  
But never mind the nights you had to cry  
Cause you have never let it go inside  
You worked real hard  
And you know exactly what you want and  
need  
So believe and you can never give up  
You can reach your goals  
Just talk to your soul and say...

(Chorus:)

I believe I can  
I believe I will  
I believe I know my dreams are real  
I believe I can  
I believe I will  
I believe I'll grow real soon and  
That is what I do believe

Your goals are just a thing in your soul uh uh  
And you know that your moves will let them  
show  
You keep creating pictures in your mind

So just believe they will come true in time  
It will be fine  
Leave all of your cares and stress behind  
Just let it go  
Let the music flow inside  
Forget all your pain  
And just start to believe

(Chorus)

(Music break)

Nevermind what people say  
Hold your head high and turn away  
With all our hopes and dreams  
I will believe  
Even though it seems it's not for me  
I won't give up I'll keep it up  
Look into the sky  
I will achieve all my needs  
I will always believe....OoOo

(Chorus 4x)



## Making a Difference - The Starfish Story

A man was jogging down a beach early one morning. The sun had been up for approximately two hours and it was starting to get hot. The tide was receding and all along the beach were thousands and thousands of starfish. Stranded at high tide the starfish were all going to die on the beach, as the sun rose higher by the minute. The seagulls had spotted the opportunity for an easy morning breakfast and were starting to swoop down on the helpless starfish.

As the man ran down the beach he noticed a young boy in the distance walking back and forth between the high tide mark and the water. As he got closer to the boy he observed that the boy was picking up starfish and throwing them back into the water. The man slowed his jog to a walk and approached the young boy.

The man stopped and asked the young boy what he was doing. The boy replied, "The tide is going out and these starfish are going to die, so I am helping by putting them back in the water." The man commented to the boy, "There are thousands maybe even a million starfish on this beach. Your efforts cannot make a difference." The young boy picked up another starfish from the beach, walked to the water's edge tossed it into the ocean and turned to the man and said, "It made a difference to that one."

This is also .... The Power of One!

## My Wish

- Rascal Flatts

I hope that the days come easy and the moments pass slow,  
And each road leads you where you want to go,  
And if you're faced with a choice, and you have to choose,  
I hope you choose the one that means the most to you.  
And if one door opens to another door closed,  
I hope you keep on walkin' till you find the window,  
If it's cold outside, show the world the warmth of your smile,

But more than anything, more than anything,

(Chorus:)

My wish, for you, is that this life becomes all that you want it to,  
Your dreams stay big, and your worries stay small,  
You never need to carry more than you can hold,  
And while you're out there getting where you're getting to,  
I hope you know somebody loves you, and wants the same things too,  
Yeah, this, is my wish.

I hope you never look back, but ya never forget,  
All the ones who love you, in the place you left,  
I hope you always forgive, and you never regret,  
And you help somebody every chance you get,  
Oh, you find God's grace, in every mistake,  
And you always give more than you take.

But more than anything, yeah, and more than anything,

(Chorus 2x)

This is my wish  
I hope you know somebody loves you  
May all your dreams stay big

## Safety Plan



### Young RYLA Z.A.P. (Zombie Action Plan)



As the inevitable zombie apocalypse looms on the horizon of the destruction of mankind, Young RYLA has established an action plan in the event of a zombie outbreak at Camp Ponderosa. The safety of the conferees is our number one concern. Crafted carefully by a handful of highly skilled counselors, the Z.A.P. is the official protocol for the zombie apocalypse that, when followed correctly, should flawlessly allow for the survival of all conferees, counselors, and staff. As you avoid or fight the living dead, it is crucial to remember that any zombie is no longer a human being but rather a hungry creature that wants nothing else but to eat your brains. At all costs avoid the living dead and if need be destroy the brain to kill them. The Z.A.P. is as follows:

- 1. Report any odd behavior to a JC, SC, Staff, or Ponderosa Staff.** If a person seems to be moving oddly, moans like a ghoul, shows signs of unresponsiveness, or frequently tries to bite another human, report this person at once.
- 2. In the event that one to ten zombies are spotted in the camp, there should be no need to panic.** Everyone must remain calm and with their team. Teams must find the closest indoors area and lock themselves in until further notice. Alison Pavilion is OK as long as the door and back are guarded. Certain JCs, SCs, and Staff are qualified to kill a very small population of zombies. The qualified should eliminate the zombies immediately and camp can resume as usual.
- 3. In the event that ten or more zombies are spotted in the camp *Code Z* must be called.** Again, everyone must remain calm and with their team. JCs, SCs, and Staff have all been trained with basic zombie protection skills and should be able to safely transport their team from any spot of the camp to another.

Regardless of everyone's whereabouts on the campgrounds, as soon as *Code Z* is announced, all teams must retreat to the Dining Hall. The Dining hall offers a great obstacle to the zombies: the stairs. While the living dead can climb up stairs, they are very slow in doing so and thus the elevated Dining Hall is the perfect place to take shelter. Additionally, once the qualified zombie assassins begin their noble work, the piled corpses of the once living dead may help to create a barricade that will help keep the pesky buggers out. The back door of the Dining Hall must be shut tight and locked. The qualified eliminators must stand guard at the main doors while all the conferees wait quietly in the hall.

In the event that a team or group of people cannot reach the dining hall in time, they must seek shelter in the nearest building, and in a second floor if possible. The dorms are tempting, but the ground level doors and windows may offer easy entrance to the walking dead. Luckily both dorms have an upstairs and the person in charge, either the JC, SC, or Staff must be incredibly vigilant of any sign of danger. The person in charge in the dorm must not hesitate to eliminate any living dead. Again, the conferees' safety is the camp's number one concern.

**4. Once Code Z has been enforced, the camp will wait until help comes or until the qualified zombie-killers have eliminated any major threats to camp.** Both the dining hall and dorms are equipped with enough food to last about a week. It is crucial that help comes in this week either from Larkspur or other surrounding areas. The zombie hoard could grow to the hundreds or even thousands. If help comes from a local city or town, or elsewhere, and they can eliminate the zombies, then the camp must wait until they have killed every last zombie before resuming the Young RYLA program.

While the camp waits, the Golds are to maintain order. They will organize defense and offense tactics closely with the other colors. They will organize teams into appropriate areas of the dining hall for optimum efficiency. The Greens are responsible for calculating rations of food with an effort to preserve it as long as possible as well as supply all with the essential nutrients to help eliminate the dead. The Blues play an important role of keeping everyone emotionally intact. They will help comfort the conferees as well as boost morale by working closely with the Oranges and playing many exciting rounds of Ride That Pony. Oranges should be the first to take over in the event that a qualified zombie killer cannot perform his duty. Oranges are fearless and will no doubt find many creative ways to kill the dead.

If no help arrives, then it is up to everyone to take matters into their own hands. Every willing person must help in this endeavor. Since Camp Ponderosa does not allow weapons on the campgrounds, the camp may be at a disadvantage. However, with careful execution, even large zombie hoards can be taken down. The two staff that run the running morning activity must be the 'bait' for the zombies. These two will exit the dining hall through the back door, and attract the zombie hoard clawing at the doors of the Dining Hall. The two will then run at an appropriate pace, leading the mass of ghouls to the kickball fields. Then they will give them the slip and climb the zip-line tower to wait.

When the zombies are in the open space of the ball field, they are much easier to eliminate. Here the qualified will eliminate the zombies. If the hoard is too big to eliminate on the first try, then just repeat this process until all zombies are eliminated on the kickball field. Resume camp as usual.

And always remember: Double tap.

Good luck.

# Successful Leadership Character Qualities

By Lloyd J. Thomas, Ph.D.

Very few of us aspire to be followers in everything we do. It might be useful therefore, to identify some personal character qualities of competent, ethical and successful leaders.

**Self-discipline.** Any person who leads others needs to do so by example. If you expect those who follow you to be self-disciplined, you must be so yourself. Self-discipline is a willingness to do what needs to be done, even when you don't want to do it. Practice self-control to accomplish your objectives...step by step.

**Fairness.** Without a highly developed sense of justice, no leader will ever be respected by those she or he wishes to lead. If you treat everyone, including yourself, with fairness and respect, you will be emulated and receive the same in return from those who follow you.

**Courage.** You must have the courage to confront personal fears and take reasonable risks. When we confront common fears like rejection, others opinions, public speaking etc., they usually diminish. Most of our fears are around non-dangerous, anticipated events. Courage to take reasonable risks is like stealing second base in a baseball game. You can't expect to succeed at it unless you risk taking your foot off first base. No intelligent follower will follow a wimp. Leaders who lack self-confidence rarely risk anything.

**High moral values.** A study by Harvard Business School a few years ago indicated that the primary characteristic needed most by top-level executives was integrity. The next one was a desire to serve the common good. Whatever happened to those character qualities? Dishonesty, undependability, lack of caring for those less fortunate, greed and an unwillingness to sacrifice self in the service of others may characterize some people, but certainly not long-term successful leaders.

**Awareness and understanding of other points of view.** A competent leader must listen much more than talk. Only through observing and listening with the intention to understand does any one become aware of another's perceptual world.

**Willing to assume full responsibility.** The genuine leader assumes responsibility for the mistakes and shortcomings of his/her followers. Blaming or trying to shift responsibility always undercuts one's personal power and ability to take action to correct mistakes.

**Attentiveness to people, the organization and to details.** Leaders must have a mastery of detail. Efficient action requires detailed organization, strategic plans, and persistence.

**Doing more than required.** Finally, doing more than the minimum required. Leaders pursue their goal-attainment with focus and a willingness to do "whatever it takes" within their moral and ethical standards, to reach their envisioned goals. Minimum effort attains only minimum results.

If you ever find a company in which the leadership has most of the above personal characteristics, you have found a leading company. If you develop those personal character qualities yourself, you will be, by definition, a leader of character.

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Dr. Thomas also serves on the faculty of the Institute For Life Coach Training and the International University of Professional Studies. He recently co-authored (with Patrick Williams) the book: Total Life Coaching: 50+ Life Lessons, Skills and Techniques for Enhancing Your Practice and Your Life! (W.W. Norton 2005) available at your local bookstore or on Amazon.com.

## Top Ten Do's and Don'ts for Y-RYLA Counselors and Rotarians

10. DO learn your team members' names. Actively include all of your team members in all team discussions and activities. Look at their profiles and know their interests.
9. DON'T worry if your team isn't immediately bonding together and forming the "dream team"... Have patience and allow your team to naturally develop into something truly special...No two teams are ever the same!
8. DO talk and communicate with the other Counselors, and especially the Rotarian with whom you are paired. You are a team.
7. DO privately ask one of the naturally emerging leaders in the team to help draw in those who are not actively participating.
6. DON'T be afraid to ask for help if you need it. This is the best support group you'll ever find!
5. DO end Twilight Time at 10:15 PM sharp and lights out at 10:30 PM! Get logistics done first. Then enjoy the fun of discussing the day's activities and what the team members learned each day! The exception is Wednesday's Twilight Time which can be extended if needed.
4. DO be the first on your team to do the Trust Fall, if no team member is eager to do so - but be the last on the Climbing Wall and Zip Line.
3. DO stress RESPECT for each other. Require and confirm that all team members are in attendance at **all sessions and activities** and are **on time!!!** (*The team is a team only when all team members are present*).
2. DON'T be disappointed if you feel like your team is forming in a way that leaves you on the outside looking in. Y-RYLA is for the Y-RYLARians. You are there to support and foster your team, not to relive the experience you had as an attendee.
1. DO make sure you get some SLEEP. You will be sharper, you will be more observant, and you will do a better job!

