



*The Power of One*

One **SONG** can spark a moment  
One **FLOWER** can wake the dream  
One **TREE** can start a forest  
One **BIRD** can herald spring  
One **SMILE** begins a friendship  
One **HANDCLASP** lifts a soul  
One **STAR** can guide a ship at sea  
One **WORD** can frame the goal  
One **VOTE** can change a nation  
One **SUNBEAM** lights a room  
One **CANDLE** wipes out darkness  
One **LAUGH** will conquer gloom  
One **STEP** must start each journey  
One **WORD** must start a prayer  
One **HOPE** will raise our spirits  
One **TOUCH** can show you care  
One **VOICE** can speak with wisdom  
One **HEART** can know what is true  
One **LIFE** can make a difference

– You see, it's up to you

-- Author Unknown --

**July 21<sup>th</sup> – July 26<sup>th</sup> 2013**

Ponderosa Retreat and Conference Center; Larkspur, Colorado



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# YRYLA 2013

## Objectives

For Young RYLArrians to walk away with the following abilities:

1. to be an active participant in a team setting
2. to understand what it means to be a person of integrity and responsibility
3. to be motivated to take action
4. to be willing to push the limits of their comfort zone
5. to have confidence in themselves and others
6. to show empathy and demonstrate respect towards others
7. to gain a realistic appreciation of their own strengths and weaknesses

Combined, the abilities listed above are characteristics of a leader. If everybody that attends Young RYLA can leave having gained these seven abilities, they will leave a better leader.

*Here are more details in regards to each of the abilities:*

**to be an active participant in a team setting**

Young RYLArrians should be able to know when to be the 'leader' and when to be the 'follower'

They will also gain an appreciation of how one can 'lead by following'

They will understand the value of cooperation and collaboration

They will improve their abilities to communicate in a team

**to understand what it means to be a person of integrity and responsibility**

Young RYLarians will walk away with a better understanding of how they can lead their lives and lead others by building a unique set of core values and a moral compass.

They will understand the significance of personal responsibility

**to be motivated to take action**

Young RYLarians will be inspired not only to be responsible, but response-able. That is, they will be better prepared to respond to various situations

They will be encouraged to take action in the form a service project, and will develop a lifetime commitment to service

Also, they will be able to mold their passions into the kind of project described above

**to be willing to push the limits of their comfort zone**

Young RYLarians will be more willing to try new experiences

Rather than 'going out of their comfort zones,' Young RYLarians will be encouraged to push out the walls of their comfort zones, so that they begin being comfortable in situations where before they were not

**to have confidence in themselves and others**

Young RYLarians will be confident enough in themselves, especially in their ability to expand their comfort zone

They will develop the confidence necessary to be present before a large group of people

They will gain the ability to know when to trust those around them and be trusted.

They will be able to expand their appreciation for diverse cultures

**to show empathy and demonstrate respect towards others**

Young RYLarians will learn the importance of kindness and emotional sensitivity

They will appreciate the value of mutual respect with others

**to gain a realistic appreciation of their own strengths, weaknesses, and values and those of others**

Young RYLarians will learn how different people approach situations, and will gain an appreciation for different methods

They will learn the value of humility, but also the value of knowing one's strengths

# 2013 YOUNG RYLA Counselor Training

June 28, 29, & 30

Marion's House  
5871 W Rowland Pl  
Littleton, CO 80128  
(303)979-4636

*"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*

**2013 Young RYLA Counselor Training Schedule  
Friday June 28<sup>th</sup> 2013**

<u>Time</u>	<u>What</u>	<u>Leaders</u>	<u>Where/ Needed Equipment</u>
5:00-5:15	COUNSELOR's Arrive	Stefan and Sami will welcome, show you where to put things	
5:15-7:00	Name Games, Wizards Maze, Towers (toothpick only), Debrief	Heads/ Marion/ Returners	Tarp, Wizards Maze instructions Toothpicks, marshmallows
7:00-8:00	Dinner	ALL will cook and clean together	Kitchen and eating area
8:00-8:30	Discussion: Why are we here, etc	Sami/Stefan	Common area
8:30-9:30	Leadership 101	Sami/ Stefan	Teen Room -Brainwise sign ups -Brainwise book
9:30- 10:30	Counselor Skit Prep and Practice	All Counselors	12 different props, thinking caps
10:30-12:00	Chill Time	Everyone	

## Saturday June 29<sup>th</sup>, 2013

<u>Time</u>	<u>What</u>	<u>Leaders</u>	<u>Where/ Equipment Needed</u>
7:00-7:30	Wakeup/ Morning Activity	Sami and Stefan	Marion's front yard, iPod dock for music
7:30-8:00	Clean up/ Get Ready for the Day	Everyone	
8:00-8:30	SC's Arrive, introductions	Everyone	
8:30-9:30	Breakfast	Everyone	Kitchen, Eating area
9:30-10:30	Go over the Manual	Sami/Stefan/Marion	Manual
10:30-11:15	Swept Away	TBD	2 butcher sheets, post it notes, sharpies
11:15- 12:00	Maui Kauai/All Aboard	TBD	Manual, Country Info
12:00-1:00	Lunch, JC's/ SC's eat together	Everyone Clean Up	Kitchen, Eating Area
1:00-1:30	Ebola	Sami/Stefan	Outside
1:30-2:00	Practice Debrief	TBD	Outside
2:00-2:45	Abuse and Harassment Training	Terry Fiske	
2:45-3:00	Service Project	Don Clauseon	
3:00-3:30	Service Project	Everyone (in groups)	Car Supplies from Don
3:30-3:45	RYLA Colors	Everyone	RYLA Colors worksheets
3:45- 4:15	Four Way Test/Core Values	Everyone	
4:15-4:45	Discussion with SCs	Marion/Sami/Stefan	
4:45-5:15	Closing/Camp Logistics	Sami and Stefan	
5:15-5:30	SCs depart		
6:00- 7:00	Dinner	Everyone	Kitchen, Eating Area
8:15-10:00	Catch up Time, One on Ones	Sami and Stefan	
10:00-12:00	Hang out Time	Counselors	

## Sunday, June 30<sup>th</sup>, 2013

<u>Time</u>	<u>What</u>	<u>Leaders</u>	<u>Where/ Equipment Needed</u>
7:00-7:30	Wakeup/ Morning Activities	Sami/Stefan	
7:30-8:00	Clean/ Pack up	Everyone	
8:00-9:00	Breakfast	Everyone	Kitchen, Food Area
9:00-10:00	Tarp Flip and Debrief	Returners	Outside
10:00	Closing Activity and Debrief	Sami and Stefan	
11:00-12:00	Clean Up	Everyone, Split Duties	
12:00	Goodbyes ☺		

## 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 facilitated by the Counselors and are guaranteed to be goofy!

### **Improvistational Theatre**

A theatrical approach to finding real solutions to real needs that occur in personal and community life. Teams will pair with another team to present a scenario 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 an allotted amount of personal time for you to reflect on the day's activities or to fill in your reflection worksheets (in your binder). This will prepare you for the discussions you will have in your team's Twilight Time.

### **Galaxy Galley**

Evening snacks during your team's evening 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!

### **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.

# Map of Ponderosa

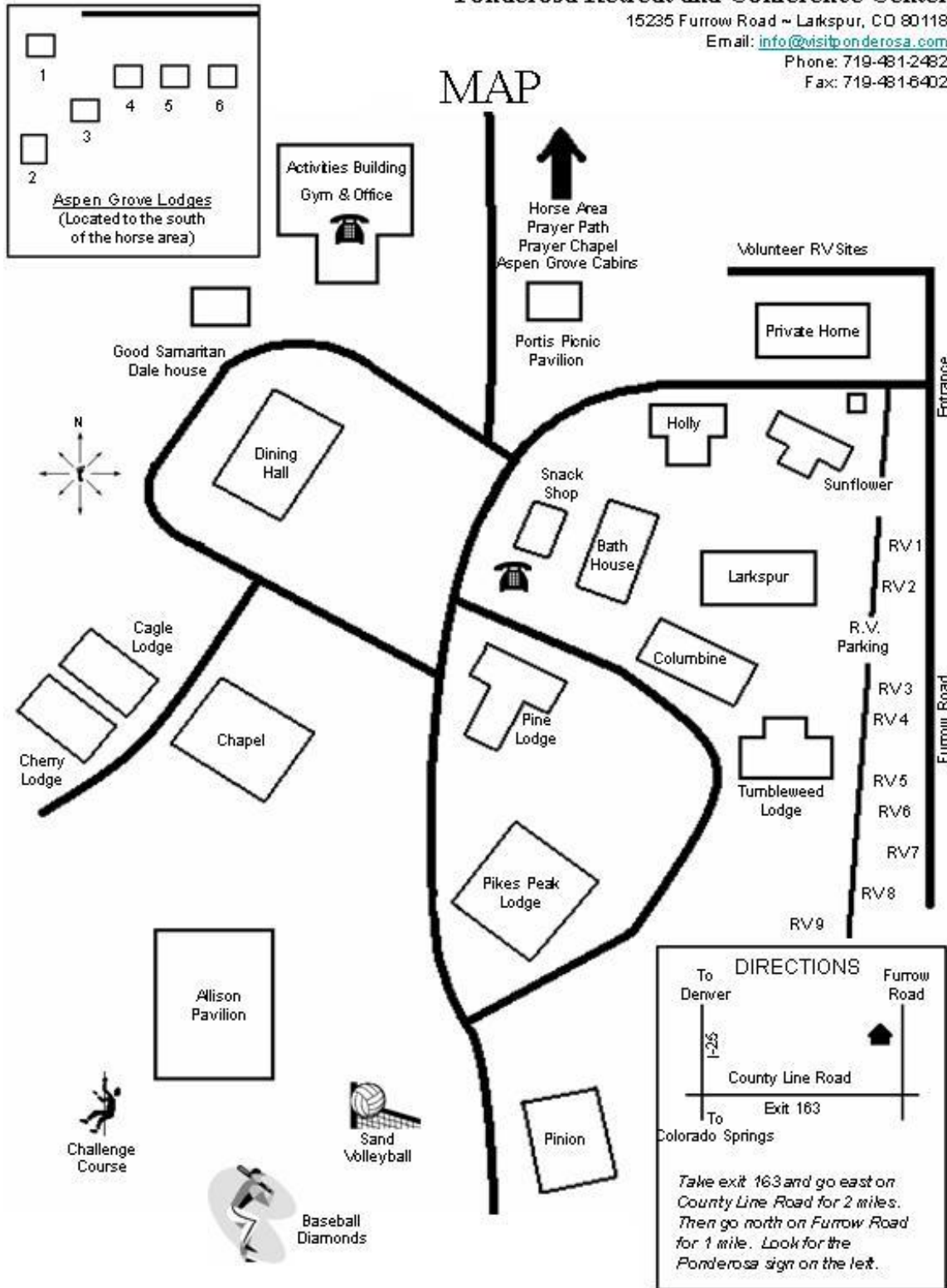
## Ponderosa Retreat and Conference Center

15235 Furrow Road ~ Larkspur, CO 80118

Email: [info@visitponderosa.com](mailto:info@visitponderosa.com)

Phone: 719-481-2482

Fax: 719-481-6402



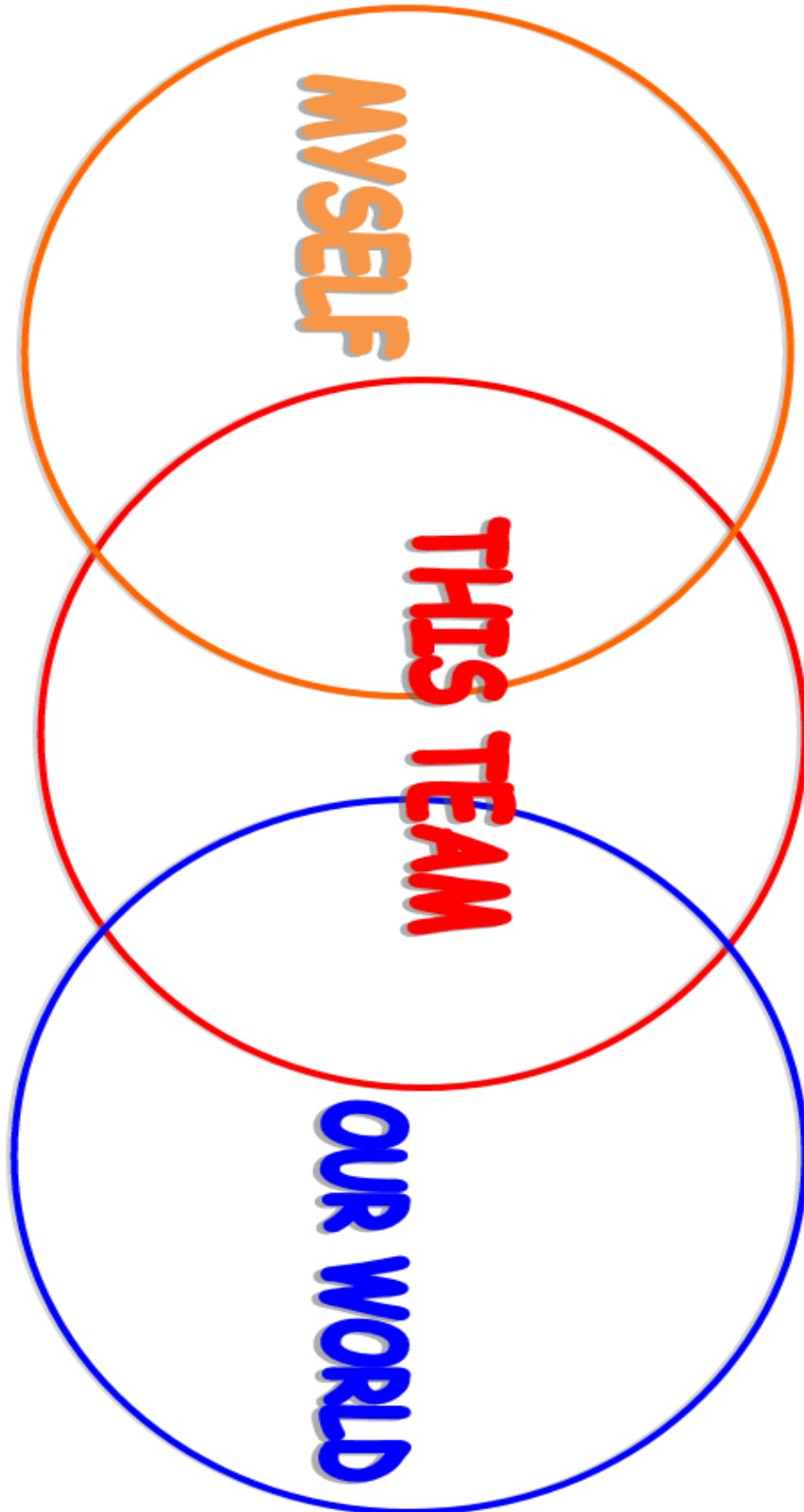
## Making a Difference - The Starfish Story

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."

# Three Hoop Theme



## 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.

Everyday 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:

What kind of leader are you?

-What are your strengths/weaknesses?

How do you lead when you are part of a team?

-Are you vocal or passive? Are you a planner or an implementer?

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?

## Full Week Schedule

Time	Activity	Location
	<b>SUNDAY</b>	
2:00	Registration	(see Reg Matrix)
4:00	Welcome	Allison Pavilion
4:30	Meet Your Teammates	Outdoor Team Spots
5:00	Circle of Support	Ball Field
5:30	Dinner	Dining Hall
6:30	Word of Focus	Allison
6:45	Real Rabbits - Corey C	Allison
8:15	Reflection/Twilight Time	Team Spots
	<b>MONDAY</b>	
6:45	Wake Up	
7:00	Morning Activities	See Morn. Act. Matrix
7:30	Breakfast	Dining Hall
8:00	Word of Focus	Allison Pavilion
8:15	Team Building Activities	Outdoor Team Spots
10:15	Rotarian Passion to Action	Allison Pavilion
10:30	Leadership 101	Allison Pavilion
12:15	Lunch	Dining Hall
1:00	Hike (in teams)	
3:15	Four Way Test	Allison Pavilion
4:15	Towers	Gym
5:30	Dinner	Dining Hall
6:30	Word of Focus	Allsion Pavilion
6:45	RYLA Colors	Allison Pavilion
8:00	Word of Focus	Allsion Pavilion
8:15	JC Skit	Allison Pavilion
8:30	Reflection/Twilight Time	Team Spots
	<b>TUESDAY</b>	
6:45	Wake Up	
7:00	Morning Activities	See Morn. Act. Matrix
7:30	Breakfast	Dining Hall
8:00	Word of Focus	Allison Pavilion
8:15	Matrix - Part 1	See Matrix

12:15	Lunch	Dining Hall
1:00	Word of Focus	Allison Pavilion
1:15	Matrix - Part 2	See Matrix
5:30	Dinner	Dining Hall
6:30	Word of Focus	Allison Pavilion
6:45	Movie - Wreck It Ralph	Allison Pavilion
8:45	Reflection/Twilight Time	Team Spots
	<b>Wednesday</b>	
6:45	Wake Up	
7:00	Morning Activities	See Morn. Act. Matrix
7:30	Breakfast	Dining Hall
8:00	Word of Focus	Allison Pavilion
8:15	Matrix - Part 3	See Matrix
12:15	Lunch	Dining Hall
1:00	Word of Focus	Allison Pavilion
1:15	Swept Away/Dave Boon	Allison Pavilion
2:45	RYLA Ball	Ball Fields
3:45	Word of Focus	Allison Pavilion
4:00	Rotarian Passion to Action	Allison Pavilion
4:30	Walk of Possibilities	Gym
5:30	Dinner	Dining Hall
6:30	Word of Focus	Allison Pavilion
6:45	Take a Look Around	Allison Pavilion
8:15	Reflection/Twilight Time	Team Spots
	<b>THURSDAY</b>	
5:15	Wake Up	
5:30	Sunrise Hike	
7:30	Breakfast	Dining Hall
8:00	Word of Focus	Allison Pavilion
8:15	All Conference Picture	Ball Fields
8:45	Word of Focus	Allison Pavilion
9:00	Scavenger Hunt	TBD
10:45	Rotary Youth Programs	Allison Pavilion
11:45	Rotarian Passion to Action	Allison Pavilion
12:00	Lunch	Dining Hall
12:45	Word of Focus	Allison Pavilion
1:00	Team Passion to Action	Outdoor Team

		Spots
2:00	Goofy Olympics	Junior's Freaky Forest
3:45	Word of Focus	Allison Pavilion
4:00	Comedy Club Presentation	Allison Pavilion
4:30	Rotarian Passion to Action	Allison Pavilion
4:45	Comedy Club Presentation	Allison Pavilion
5:30	Dinner	Dining Hall
6:30	Reflection/Twilight Time	Team Spots
8:00	Dance/Ice Cream Social	Allison Pavilion
	<b>FRIDAY</b>	
6:45	Wake Up	
7:00	Pack Up and Clean Up	Pikes and Pine
7:30	Breakfast	Dining Hall
8:00	Word of Focus	Allison Pavilion
8:15	River Crossing	Ball Fields
9:15	Circle of Friends	Junior's Freaky Forest
10:30	Closing Speakers	Allison Pavilion
11:30	Slideshow	Allison Pavilion
12:00	Closing Remarks	Allison Pavilion
12:30	Check Out with Teams	Outdoor Team Spots



## Counselor Contact Info

<b>Name</b>	<b>Phone #</b>	<b>Email</b>	<b>Status</b>	<b>Team</b>
Marion Trummer	303-908-2657	<a href="mailto:m.trummer@comcast.net">m.trummer@comcast.net</a>	Chair	Chair
Sami Slenker	720-226-7091	<a href="mailto:slenker.s@gmail.com">slenker.s@gmail.com</a>	Head JC	Head JC
Stefan Folkesson	720-284-1920	<a href="mailto:sfolkesson@gmail.com">sfolkesson@gmail.com</a>	Head JC	Head JC
Kate Shields	720-438-0245	<a href="mailto:kate.shields@k2cable.net">kate.shields@k2cable.net</a>	2nd Yr JC	A
Kaylyn White	970-218-0929	<a href="mailto:kaylyn.white@hotmail.com">kaylyn.white@hotmail.com</a>	2nd Yr JC	B
Kinleigh Jones	307-349-0411	<a href="mailto:kinleighjones@hotmail.com">kinleighjones@hotmail.com</a>	2nd Yr JC	C
Rhys Williams	303-246-7315	<a href="mailto:rhys_ew@hotmail.com">rhys_ew@hotmail.com</a>	2nd Yr JC	D
Sheridan Sutton	720-936-4248	<a href="mailto:sherio795@gmail.com">sherio795@gmail.com</a>	2nd Yr JC	E
Jamie Orth	970-520-7130	<a href="mailto:orth_ja@julesburg.org">orth_ja@julesburg.org</a>	1st Yr JC	L
Mark Yee	303-888-6813	<a href="mailto:mark.yee94@gmail.com">mark.yee94@gmail.com</a>	1st Yr JC	F
Maddie Zenk	970-324-6088	<a href="mailto:mczenk14@yahoo.com">mczenk14@yahoo.com</a>	1st Yr JC	G
Austin Bradfield	308-765-0877	<a href="mailto:a.bradfield@comcast.net">a.bradfield@comcast.net</a>	1st Yr JC	I
Tanner Baird	308-765-0877	<a href="mailto:tanbair@gmail.com">tanbair@gmail.com</a>	1st Yr JC	J
Mekinzi Douglas	303-507-0169	<a href="mailto:mekinzi10@gmail.com">mekinzi10@gmail.com</a>	1st Yr JC	H
Keenan Mai	970-397-7953	<a href="mailto:meenankai@gmail.com">meenankai@gmail.com</a>	1st Yr JC	K
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Kay Davis	720-933-2642	<a href="mailto:kldvs9@q.com">kldvs9@q.com</a>	SC	F
Susannah Carroll	303-550-4595	<a href="mailto:suscarroll@hotmail.com">suscarroll@hotmail.com</a>	SC	C
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John Kenyon	805-798-0886	<a href="mailto:john.johnkenyon@gmail.com">john.johnkenyon@gmail.com</a>	SC	H
Jan Keyton	303-931-3827	<a href="mailto:jankeyton@q.com">jankeyton@q.com</a>	SC	D
Joni Ellis	970-389-3255	<a href="mailto:raftin57@msn.com">raftin57@msn.com</a>	SC	J
Nan Jarvis	303-242-2615	<a href="mailto:johnnan@comcast.net">johnnan@comcast.net</a>	SC	L
David Preaus	970-389-8881	<a href="mailto:david@creativecabinetry.com">david@creativecabinetry.com</a>	SC	B
Tom Keyton		<a href="mailto:tomkeyton@q.com">tomkeyton@q.com</a>	Photographer	Staff

## 2013 YRYLA Teams

Marion Trummer	Chair
Sami Slenker	Head JC
Stefan Folkesson	Head JC
Marlee Snyder	Staff JC
Triston Harvey	Staff JC
Michelle Maddex	Head Staff
Wayne Markel	Photographer

<b>Team</b>	<b>Counselor (JC)</b>	<b>Rotarian (SC)</b>
A	Kate Shields	Wayne Markel
B	Kaylyn White	David Preaus
C	Kinleigh Jones	Susannah Carroll
D	Rhys Williams	Jan Keyton
E	Sheridan Sutton	Doug Armbrust
F	Mark Yee	Kay Davis
G	Maddie Zenk	Craig Essex
H	Mekinzi Douglas	John Kenyon
I	Austin Bradfield	Mikaila Way
J	Tanner Baird	Joni Ellis
K	Keenan Mai	Christa Levine
L	Jamie Orth	Nan Jarvis

## Counselor Bios: JCs!

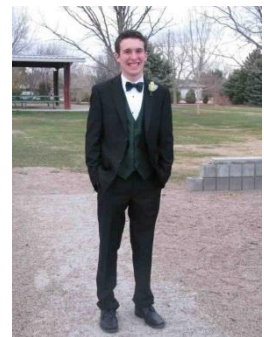
### Mark Yee



Hey! It's time for YRYLA!!!! My name is Mark and I am from Boulder, Colorado. I am super excited to be a JC this year. This fall, I will be starting my freshman year at UC San Diego and I'll be majoring in math (because I'm a nerd!) When I'm not studying, I enjoy listening to music, playing the piano and spending time with my friends. In general, I'm a goofball: I like to have fun and I love a good joke. I am so excited to experience YRYLA with you! It will be AMAZING!!!

My name is Tanner Baird and I'm from good old Nebraska! (Gering, Nebraska to be more precise) I enjoy long walks on the beach... I'm just kidding there aren't beaches in Nebraska. We do have very pretty sunsets though! (On account that there aren't any mountains to block them!) In all seriousness though I'm a Gering High School grad and I am majoring in History at Wayne State College! I have been involved in Theatre and competitive speech, as well as writing for my school paper. My goal is to help all of you feel the YRYLA spirit and hopefully help you throughout the rest of your adolescence! Let's have a great week! DFTBA (Don't Forget To Be Awesome)

### Tanner Baird



### Kaylyn White



Hello! I'm Kaylyn and I'm so excited to be here at Young RYLA with you all! I'm a second year JC and YRYLA is one of my greatest passions! I just graduated from Fort Collins High School and will be attending the University of Colorado Boulder in the fall to study neuroscience. I've been doing gymnastics for my whole life, and I was also involved in track and field and diving. I love music, friends, and being outdoors in our beautiful state of Colorado. You'll rarely catch me without a smile on my face, and I can't wait to get to know each one of you!

HELLO!!! Welcome to the greatest week of your life! My name is Kate and this is my Second summer being a YRYLA JC! I'm going to be a Freshman at the University of Northern Colorado in Greeley, and I'll be majoring in Elementary Education. I am so excited to share this week with such an incredible group of people. I love hanging out with my friends and being spontaneous, my favorite music is country music, I'm a horrid dancer and summer is my favorite time of year. I also love talking to people about anything and everything so come find me and say hi!

### Kate Shields



## Maddie Zenk



Hey there! My name is Madison Zenk but you can call me Maddie! I was born and raised in smelly but beautiful Greeley, CO. I love playing volleyball, basketball, and soccer and I'm a "Sundays are reserved for football" kind of girl. (Peyton Manning is my hero) I love having a good time and I live for random acts of spontaneity. A couple things you should know about me: my favorite color is pink, I love the smell of rain, small acts of kindness are the best way to make the world a more peaceful and loving place, I love to travel, and publishing my own book is on the top of my bucketlist. I'm also incredibly social and outgoing and am very eager to meet each and every one of you, so come and say hello!!

## Austin Bradfield

Hey guys! I'm Austin Bradfield your local giver of bear hugs and lover of good food! I'm a big fan of most kinds of music, but my favorites are jazz and rock. I've performed in most types of ensembles, from marching bands to symphony orchestras to jazz combos, and I love to play my tenor saxophone. Next year I'll be a freshman at CSU where I'll be studying chemical engineering and performing in the marching band. Comics, books, and movies are my favorite pastimes, and if you ever want to discuss the inner workings of Iron Man, I'm the guy to talk to. I'm really easy to talk to and get along with so don't be afraid to stop by and say hi!



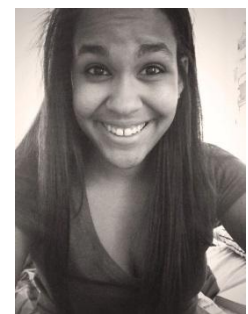
## Jamie Orth



Jamie Orth here, coming to you from a land far, far away, where cattle vastly outnumber humans, and the nearest Walmart is six towns away! From Julesburg, CO, I'm a farmer and teacher's daughter, the middle child of two sisters, and my best friend in the whole world is my dog, Poky! I am a complete Harry Potter nerd, and my second favorite place on Earth behind RYLA, is Disney World (I guess I have a thing for magic!) "Work hard, strive to be the best, and if in doubt, work harder" is my motto. RYLA has profoundly changed my life and made me a more kind, driven person. You will love your time here at RYLA and will make the best friends of your life... I sure did! Please come talk to me, I want to meet each one of you!

## Mekinzi Douglas

Well hey there! My name is Mekinzi Douglas but most people call me Kinzi or Kinz! I was born raised in Colorado and wouldn't have it any other way! I love playing Volleyball, I'm even playing in college! Most people say I can rarely be taken out in public because I'm just so weird. But I just say that's only one my best qualities! I love to watch movies and read books. I enjoy cruisin' around in my little blue bug and watch as people laugh at me jammin' out in it! I am very outgoing and love to have fun. My all-time favorite place to be is RYLA of course! I can't wait for an amazing week of laughs, leadership, and ugly faces (you'll find out soon enough). Get ready for the most mind blowing week of your life; I can't wait to meet you!!!!



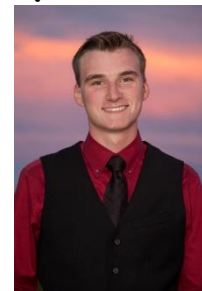
## Keenan Mai



I was born and raised in Greeley, Colorado where I grew up with my dad, mom, and my brother and sister. I spend most of my time in the great outdoors. I love trips to the mountains with my friends and family. I'm a really outgoing guy who is always open to try something new. My life long dream is to be a stand up comedian because I love seeing people laugh. My daily goal is to at least make one person laugh. My passion in life is the game of soccer. Also, I once had a voluptuous mullet but was sadly forced to cut it off by my mother. Well that's me so if you want to know

more just come say hi.

## Rhys Williams



I am Rhys! This is my second year as a Junior Counselor. I just graduated from Denver East High School. 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 2013!!!!

## Sheridan Sutton



I went to Standley Lake High School, and played softball there. I was a peer mentor at school, and a LINK leader. I have an older brother, who I am very close to, and a rather large family that I play slow pitch softball with every Friday night. I'm all about family and friends, and just like everyone else, I'm figuring out my life, one step at a time.(: I love new experiences, and pushing to new limits! I'm a returning JC and I can't wait to get to know each and every one of you, to learn and teach, and take all that I grow with to college and just improve everyone's lives. Let's have a fantastic

week, shall we?

I am 19 years old, and will be attending my second year at the University of Oregon. I am hoping to study dance or history as I progress through college. Dancing and teaching dance to kids is my passion and I have been dancing with my studio for 4 years. I am very excited to be here at YRYLA this year and to see all your bright smiling faces!!

## Kinleigh Jones



## Counselor Bios: SCs!

### Joni Ellis



I am Joni and returning for a 2<sup>nd</sup> time as Senior Counselor at YRYLA. I live in a log home in Silverthorne at almost 9000 feet above sea level. I love to raft, hike, bike, ski in the back country and *Make Good Things Happen* with the Rotary Club of Summit County. I'm currently president of our club, but by the time you read this I will be the past president. For the first time, this June, I am attending the Rotary International Convention which is being held in Lisbon, Portugal. I will tell you all about it at RYLA because I'll have just recently returned. Lastly, I work with my husband, Pat, at our home inspection business. We've also owned a rafting company and a snowmobile tour company. We like to grow small businesses. Sell. Then grow another one! We also love being with our two kids Hawk and Abbey who both live in Broomfield and work in Boulder.

### John Kenyon

I was born in northern California and grew up in Santa Barbara, California. I met my wife in 1970 at the Santa Barbara, California Outdoor Education School where we were both Naturalists. I taught elementary school and college photography. I was a graphic artist; I bucked hay for a feedlot, drove a train for a sugar beet factory and owned a franchise business in California. I have three adult children and two grandchildren. I've been an active Rotarian since 1991, on Rotary International trips to Guatemala, and Bangladesh and to India and Nigeria, working on Rotary's polio eradication campaigns. I have found the trips difficult in terms of illness and comfort; but, paradoxically, that difficulty has made the trips even more fulfilling, We lived with Indian and Nigerian host Rotarians and experienced regular power outages, house guards with bows and arrows and children singing at our bedside. Experiencing Rotary families and their dedication to polio eradication changes one's life.



### Christa Levine



Christa Levine is so excited to be coming back to Young RYLA as a 2nd year senior counselor. When she was a freshman in college she had the amazing opportunity to be the head junior counselor of the first ever Young RYLA Conference. Currently Christa resides in San Jose, California with her husband, Josh. She works for a medical device company, Stryker, as an IT project manager and has been there for eight years. In her spare time she likes to watch live theater, travel to adventurous places like Nepal, New Zealand and Peru with her husband, stay active by running half marathons and spend time with her family and friends.

## David Preaus

David Carrington Preaus. Born in New Orleans but have lived in Summit County since 1992 after graduating from Rollins College in Winter Park Florida. Happily married to my wife Susan for over 13 years and proud father of three boys Theodore (9), Noah (7) and Hamilton (4). Member of Summit County Rotary since 2005. I enjoy camping, fly fishing and cooking.



## Jan Keyton



I have been a Rotarian for thirteen years, active in all aspects of our club and community service. I have been the Club Secretary for five years and remain as Recording Secretary. I am involved in the interview selection process for RYLA and YoungRYLA. I served two years on our Club's Foundation Board and also two years on our Club Board. I have organized and run our Club's annual Peach & Pear Sale for the past twelve years, administered our Club's GSE program involvement for three years, participated in our dictionary project for several years, along with many community service projects and fund raisers. My family has hosted six exchange students and three GSE Team members. My most enjoyable Rotary experience has been serving our youth as an SC at both YoungRYLA & RYLA for the past four years including behind the scenes work with the Chief Registrar last year which I look forward to jumping into action again this RYLA year!!

## Wayne Markel

I'm a Kansas farm boy who worked for IBM long enough to see my hair turn about six shades of gray. I had many great experiences and made many great friends before leaving as a network consultant and author of technical books. 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 five 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 staff for YRYLA five times starting in 2009. As a Rotarian, I have been involved in projects with Parker Task Force, SECOR, Trick or Treat on Mainstreet, and other programs. This summer will be my first year as a Senior Counselor and I am absolutely PUMPED UP!



## Susannah Carroll

Susannah Carroll currently serves as National DEC's DEC Network Services Director. In this role, Susannah is working to raise national awareness about the problem of drug endangered children; developing and sustaining a national network of experts and professionals who can provide accurate advice and information regarding the many needs of drug endangered children; and providing support, information, and resources to the state alliances.



Prior to joining National DEC, Susannah served as the deputy director of the Colorado Association of Families and Children's Agencies, Inc. In this capacity, she managed over forty-five child welfare agencies providing research and advocacy. She testified at the legislature and worked on passing bills that would benefit Colorado's children and families. She also worked as an advocate for refugees seeking asylum at the Human Rights Advocacy Center at the University of Denver. Susannah received her Master's in International Human Rights from the University of Denver and her Bachelor's degree in Creative Writing from Capital University. In addition, she has more than nine years of experience in marketing, proposal writing and design.

## Nan Jarvis

I am Nan Jarvis, a 4'10" white haired 68 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, district, and international level for 13 years. My granddaughter Hailey attended YRYLA two years ago and insisted that I apply to be a SC so I could experience the "magic". Well, I did and am back for a second year. I look forward to meeting you all. I love to read, hike, explore, learn, and spend time with family and friends



## Doug Armbrust



They're all special. Just like **LIFE** . . . It's special . . . filled with special people . . . like my family . . . and friends . . . and Rotarians . . . and Rylarians. That's what makes it special . . . People like all of you. I am a believer. I believe I should try to be all I can be. I am old . . . and yet I am young . . . Forever Young. I live **LIFE**. I love **LIFE**. **LIFE** is too serious to be taken too serious. I am serious . . . and I am fun. **LIFE** is fun! The most important thing in **LIFE** is **LIFE** itself and what you do with it. I am husband, father, grandfather, son, brother, nephew, uncle. I am friend, American, citizen, physician, Vietnam veteran, volunteer, Rotarian, Rylarian, Paul Harris. That's what I've done with my **LIFE**. I have **NO REGRETS**. What are you going to do with **your LIFE**? How are you celebrating your birthdays?



## Craig Essex

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 35+ 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 Financial. 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 five years with YRYLA. In my spare time I practice Hot Yoga, love everything technical, and recently began taking banjo lessons (it was on my Life List!).



## Mikaila Way



Born and raised in the mountains outside Denver, Mikaila is a mountain-loving, tree-climbing, dirt-digg'n gal. Over the past seven years, the Rocky Mountain RYLA family and programs have been transformative for her outlook on life and understanding of her passions. It all started by attending Senior RYLA in 2007 as a conferee from Conifer High School, from there it has progressed to being a junior counselor, a head junior counselor, a senior counselor and facilitator ..and now she's back for more! A recent graduate of Pacific University focusing in Environmental Science, Peace and Social Justice, and experiential learning. Over the past year, Mikaila has been splitting her time between Colorado and Oregon working on a variety of projects and jobs. She is really looking forward to meeting all of you and sharing the experience of Young RYLA.

## Kay Davis

I am a new Rotarian, as of September, 2012, so this is my first year at YRYLA. I am so excited about being around amazing people!! I have been married to my husband Dan for 52 years, have 3 children, 12 grandchildren, and 5 great grandchildren. I retired last year after 37 years as a CPA. Love camping with Dan and grandchildren, reading, and just being retired.



## Counselor Bios: Staff!

### **Sami Slenker - Head Counselor**



Hello!! And welcome to the best week of your LIIIIIFE! My name is Sami and I just finished up my sophomore year at Colorado State University. I am a Wildlife Biology major and am obsessed with animals, hiking, biking, or really anything outdoors! So basically I'm your average college student outside of one thing...I LOVE RYLA! There are not enough words in the English dictionary to explain how excited I am to get to know each and every one of you! Oh...and always remember...Today is the first day of the REST OF YOUR LIFE! ☺

### **Stefan Folkesson - Head Counselor**

Hey guys I'm Stefan i go to college at CSU and just love to have a good time. I love the outdoors and meeting people (perfect for this week!) so come say hi and get to know me because I want to meet all of you!



### **Marion Trummer - Chair**



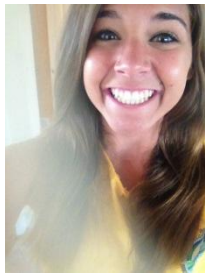
I am excited for another Young RYLA. I learn so much from each of you. I enjoy gardening and cooking. I even grow all my herbs and some vegetables. I love reading and often have several books going at a time. Traveling and meeting new people is one of my favorite things. I like to bring home souvenirs, but the best souvenirs are the memories of the people I meet. In reality, I collect people of all ages and nationalities. I love entertaining my old and new friends in my home. I have 4 children, 8 grandchildren and 3 great grandkids. We are a loud crazy bunch and have lots of fun

### **Michelle Maddex - Head Staff**

Michelle just graduated from Santa Clara University with a double major in Sociology and International Development. She is home for the summer and so excited to get to be a part of Young RYLA once again as it has such a huge place in her heart and has been vital to who she is today. After Young RYLA she will be moving to El Salvador for a year to work with students who are studying abroad at the same program that was absolutely life changing for her. She loves to be outside, spend time with people, go out of her comfort zone, travel, sing and dance like a crazy person, and get to know the wonderful Young RYLA conferees. Michelle is very blue and loves all things that have to do with love, hugs and talking about feelings :).



## Marlee Snyder



KNOCK KNOCK! (who's there) MARLEE! (Marlee who?) I am not the dog from the movie Marley & me. But like the movie, I will make you cry... with my jokes because their that funny! I am a spontaneous theater kid from the luxurious yet cow enchanting lands of Greeley, CO! In my free time I enjoy long walks on the beach, a good leather-bound book, and all things fabulous. I may be fun sized but have a HUGE PERSONALITY; some may even say I have five! I love magic tricks and aspire to attend Hogwarts as a wizard. Aside from being a part time wizard, I participate in many activities, getting involved and making a difference in any way I can. I am so overjoyed to be here this week! I will be working with my handy dandy side kicks (Michelle and Triston) to make this week run by smooth and breezy! I love meeting new people so if we haven't met come introduce yourself; it will be my absolute pleasure to meet you! It is great to have you apart of the RYLA family! I WELCOME YOU TO THE GREATEST PROGRAM ON THIS PLANET. The fun begins now... THIS.IS.RYLAAAAAA!

Hello all of my wonderful conferee's! It feels like only yesterday I was sitting in your same position.. Wow. Time flies when you're living the dream! I'm Triston Jay Harvey. I love long walks on the beach, campfires, and...just kidding, but I do love being outdoors, I'd love to actually walk on a beach someday, and I love to have a good time. I'm a Christian, and I would like to be an attorney when I'm older. I love being a helping hand, and feel free to talk to me about anything. I absolutely despise judgmental people, so please feel free to confide in me. I'd never tell your secrets, and I like to think I'm an alright listener. But enough about me, I want to learn about you! If you see me, just grab my arm in passing, and let's have a chat!

## Triston Harvey



## Counselor/Rotarian Tips

### Team Development Resources - Definition of a team

Let's start with the definition of a team. In their best-selling business book *The Wisdom of Teams* (Harper Business Books 1994), Jon Katzenbach and Douglas Smith define a team as:

- 'A small number of people with complementary skills who are committed to a common purpose, a set of performance goals and an approach for which they hold themselves mutually accountable'

The characteristics of a high-performance team therefore are:

- A clearly defined and commonly shared purpose.

High-performance teams have a well-defined, mutually agreed and shared set of goals for which they hold themselves accountable. From a team tasked with sending a space shuttle to Mars to a medical team in an operating theatre, the teams that are effective share a common sense of purpose.

- Mutual trust and respect.

In high-performance teams members have a high degree of trust and respect for each other. There is recognition that everyone has diverse skills and backgrounds and that all contributions are valid.

- Clarity around individual roles and responsibilities.

Have you ever been in a position in a team where roles and responsibilities are not clear? Where there may be duplication of effort or team-member responsibilities are vague and important tasks fall into a black hole? In high-performance teams everyone knows what their role is and what their individual responsibilities are.

- High levels of communication.

A high-performance team has open and high-frequency channels of communication. Information is cascaded to and from the team leader, between the team members and amongst their key stakeholders.

- Willingness to work towards the greater good of the team.

Individuals working in a high-performance team recognize that there will be times when they need to put the needs of the team before their individual goals. Captain Oates was a good example of this. He sacrificed his own life rather than be a burden on the rest of his team. In a high-performance team individuals recognize that at times they may have to make sacrifices for the overall good of the team.

- A leader who both supports and challenges team members.

Leaders of high-performance teams demonstrate a balance of supportive behavior and challenge. They encourage their team, listen and provide ongoing recognition. At the same time they are not content with the status quo. They challenge the team to do greater and better things, question current ways of working and encourage ongoing improvement.

- A climate of co-operation.

High-performance team members are co-operative rather than competitive. They support one another and work towards the common goal rather than being divisive.

- Ability to voice differences and appreciates conflict.

Finally, a high-performance team does not push differences under the carpet. They value challenge and openness and appreciate that conflict will help move the team forwards.

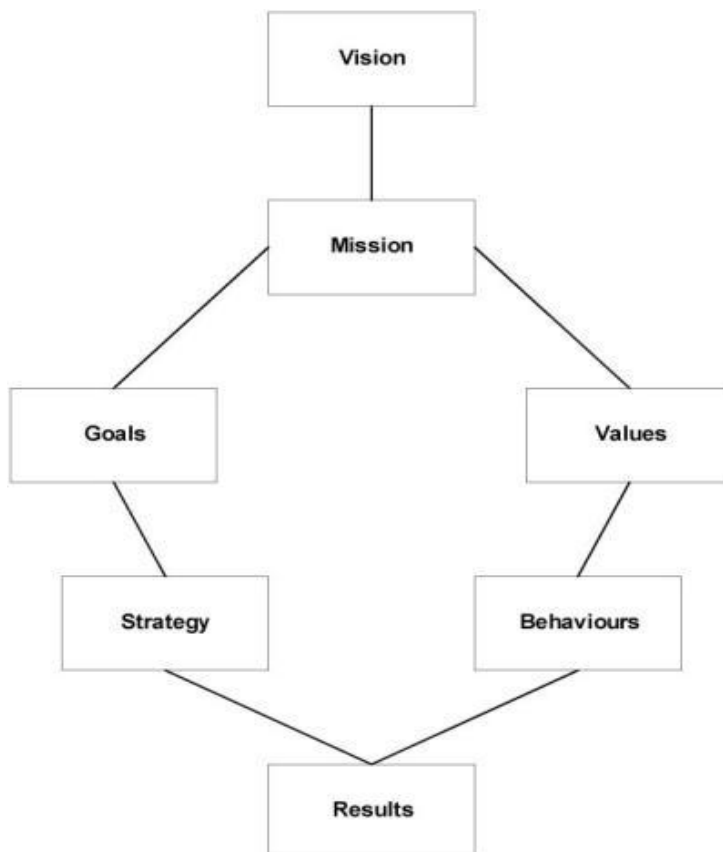
### Vision and values in their context

There are a number of terms that get bandied around in relation to vision and values. Often teams say they have a vision, when in fact this is a 'mission'.

To help clarify terminology, here is our definition of the different words used:

- **Vision:** a picture of a desired future state that is sufficiently appealing and compelling to drive change forward - the 'where we want to be'.
- **Mission:** the purpose of the team - the 'what we want to achieve'.
- **Values:** the underlying principles and ethics that drive the team - the 'how we want to act to guide us towards our vision'.
- **Goals:** the objectives or targets that the team is trying to achieve - the 'what we need in order to achieve our mission'.
- **Strategy:** the approach that the team is adopting to achieve the goals that support the strategy - the 'how we will achieve our goals'.
- **Behaviors:** the way in which people in the team act in terms of what they do and say that brings the strategy and desired culture to life - the 'what we will say and do to bring our values to life'

The 'team diamond' seen in the figure below explains the inter-relationships.



Reference: Cook, Sarah. Building a High-Performance Team: Proven Techniques for Effective Team Working. IT Governance. © 2009. Books24x7.

(JIM) The vision diagram is logical and the "big picture" of how it operates. The definition is all true. The one thing that may be implied in that document, and what I would like to add to or that it would be good to **notice is the importance of saying what needs to be said. In other words, it is destructive for team members to ignore bad behavior, or cover for someone in the hope that a problem will go away.** Some team members in order to get on with the activity will by pass a situation so that there will not be an argument. These people are interested in avoiding conflict and thus do not speak about their perspective. A cousin of this is **when a team member does not value their own perspective enough to speak up. Sometimes this shows up when a team member just fades into the background in the name of cooperation or giving up on the team.**

\*\*This is alluded to in the accountability statement but in the context of having roles and holding each other accountable for performance.

## 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-RYLArrians. 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!

## Counselor Information Summary

### Communication

- ◆ Get to know your team, by name and personality, as quickly as possible.
- ◆ Make them ALL an active part of the team.
- ◆ Make them respectful friends, so they are not alienated from you.
- ◆ Ask how can I delegate and help develop skills.
- ◆ Never give the answer, be patient, they will get it if you let them.
- ◆ Remind them every day of this year's Conference theme: **Three Hoops Theme**

### Information

- ◆ Stress the importance of the schedule and that you expect them to be personally responsible for knowing and following it.
- ◆ **Bring notebooks to ALL activities and events**
- ◆ Keep them excited about the speakers and activities.

### Enjoy

- ◆ Make this week fun for yourself and your team.
- ◆ Laugh with them, cheer them on, be a part of them and love them for they are all wonderful in their individual ways.

### More Practical Tips

- ◆ *Read the manual. Re-read the manual. Take Notes while reading the manual.*
- ◆ Encourage drinking water from hour #1. The high altitude gets some kids, and we don't want people dropping out from something so easily prevented.
- ◆ Suggest that if conferees "go with the program" and not resist it, they have a great opportunity to transform their lives in a week.
- ◆ Listen. Listen. Listen not only to words, but also to the feelings being expressed and listen to what is not being said.
- ◆ Maintain eye-contact when speaking or listening.
- ◆ The best way to make new friends is to let them help you.
- ◆ Keep in mind your actions speak louder than your words, soooo "*walk your talk.*" Practice being quietly competent.
- ◆ When you think of it, initiate...don't procrastinate.
- ◆ Take the initiative, but emotionally let go of the outcome.



## Counselor Roles and Responsibilities

An important function of the Counselors is to pass information on to their teams. The Y-RYLarians 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-RYLarians 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 (JCs) 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 (SCs) 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. A Rotarian who can briefly share a life experience with the team has often been a life-long inspiration to a Y-RYLarian.

Counselors are to be friends, confidants, and resources for the Y-RYLarians as they explore new ideas and ask questions. Counselors have a responsibility to observe, remind, and encourage the Y-RYLarians 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-RYLarians 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-RYLarians to gain full benefit from the program.** Y-RYLarians 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-RYLarians. Enforcing the Wake Up and Lights Out schedule is the Counselors' responsibility.

Sometimes Counselors add stress to their responsibilities by focusing on their group's performance. Every group evolves at a different rate. Relax and let the magic work.

**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 **Marion** 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-RYLArians 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-RYLArians 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-RYLArians.

**Emergencies:** The Y-RYLArians 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, Marion Trummer. 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-RYLArians need to contact their child, they will call the phone number for the Y-RYLA Chair Marion Trummer or the camp. They can leave a message and we will take the appropriate action.

Y-RYLArians are not allowed to contact their parents and parents are not allowed to contact them - any communication must be through the Y-RYLA Chair, Marion Trummer.

**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, Marion Trummer. 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.

## Staff JC Role and Responsibilities

Being a staff JC at YRYLA is a vital role that needs to be filled by someone who is responsible, compassionate, enduring, an independent worker, and FUN! The role of a staff member is to assist the other Counselors, the head Counselors, and the conferees wherever assistance may be required.

In the past, staff members have:

- Filled in for Counselors permanently
- Filled in for Counselors who temporarily had to leave
- Run snacks at twilight time
- Prepare supplies for each activity
- Help smoothly transition teams from activity to activity
- Help with sound system and IT
- Monitor the girls hall during nightly meetings
- Write warm fuzzys
- Get to know the program inside and out
- Accompany individual conferees places when Counselors must stay with the team (restrooms at night, medical center back to the dorms)
- Work closely with the head COUNSELOR's and Chair to make sure each activity and day runs smoothly
- Get to know all of the conferees better than the Counselors!

Staff members are vital to the success and fluidity of YRYLA. Staff members allow Counselors to put their sole focus on the conferees, while the head COUNSELOR's and the staff members take care of the preparation details. Staff members are in a unique position without their own conferee team yet as a vital part of the Counselor team, Without the confinement to one team staff members have the opportunity to get to know more of the conferees on an individual basis. Just like every other person who is a part of YRYLA; the happiness, health, and growth of the conferees is your number one priority.

While most Counselors only have a potential 3 years at YRYLA, staff members are fortunate enough to have a potential 4 years at YRYLA. Often times staff members become the best Young RYLA Counselors because they have gained the time and experience it takes to truly understand YRYLA.

## Y-RYLA Registration Matrix

Rotarians	Counselors	Total Needed	Registration Responsibility
Marion; Dave Amen	Sami and Stefan; Kinleigh	5	Oversight of entire process
1	1	2	Road greeters at the fork in the road before Pike and Pine
1 (m)		1 (male)	Boys Dorm car greeter
	2 (m)	2 (male)	Boys Dorm room check-off list designation and registration instruction
1 (f)		1 (female)	Girls Dorm car greeter
	2 (f)	2 (female)	Girls Dorm room check-off list designation and registration instruction
2		2	Allison greeters
1		1	Medicine table
2		2	Rotarian Master Check-Off
1		1	Name-tag and lanyard
		1	Label, Manual
1		1	Shirt , Water bottle
2		2	Rotarian assurance-giver to parents and family
2	5	7	Ice Breakers/BINGO!!! :-D
16	16	32	
			*Tom Keyton will be taking pictures

## Counselor Word of Focus Matrix

Counselor	Topic	Day	Time
		Sunday	6:30pm
		Monday	8:00am
		Monday	6:30pm
		Monday	8:00pm
		Tuesday	8:00am
		Tuesday	1:00pm
		Tuesday	6:30pm
		Wednesday	8:00am
		Wednesday	1:00pm
		Wednesday	3:45pm
		Wednesday	6:30pm
		Thursday	8:00am
		Thursday	8:45am
		Thursday	12:45pm
		Thursday	3:45pm
		Thursday	6:30pm
		Friday	8:00am

### Rotarian Passion to Action Matrix

Rotarian/SC	Topic	Day	Time
		Monday	10:15am
Wally Van Sickle	IDEA Wild	Wednesday	4:00pm
		Thursday	11:45am
		Thursday	4:00pm

## BrainWise Matrix

BrainWise Role Play / Demonstration					
Counselor Teams	Topic		Demonstration	Materials Needed	Time # minutes
Michelle/ Jessica		Introduce BrainWise/ narrate/		Computer - Power Point	6:35 5
Michelle/ Jessica	WW 1	Use Your Wizard Brain over Your Lizard Brain	<i>Intro Senses, Brain, and reactions</i>		6:43 7
	WW 2	Build a Strong Constellation of Support	<i>Stars</i>		6:51 6
	WW 3	Recognize Internal and External Red Flags	<i>The Visitor</i>		6:58 6
	WW 4	Exit the Emotions Elevator 1	<i>Identify Emotions</i>		7:06 6
		Exit the Emotions Elevator 2	<i>Role plays of ways to be on 10th Floor show 4 ways to come down</i>		7:13 6
	WW 5	Separate Fact from Opinion	<i>Rumor at the Mall or photograph</i>		7:20 6
	WW 6	Ask Questions and Gather Information	<i>She looked at him turn and ran</i>		7:27 6
	WW 7	Identify Choices	<i>What Could you Do? P132</i>		7:31 3
	WW 8	Consider Consequences - Now, Later and To Others	<i>What are the consequences?</i>		7:37 6
	WW 9	Set Goals and Plans for Action	<i>Paper tear</i>		7:44 5
	WW 10	Communicate Effectively 1	<i>Non Verbal role play</i>		7:50 6
	WW 10	Communicate Effectively 2	<i>Verbal "I" messages, recognize differences, avoid double</i>		7:56 6
	WW 10	Communicate Effectively 3	<i>Demonstration + role plays aggressive, passive, passive</i>		8:03 6
					80
Counselors		Choices - Continuum of Success -	<i>Skit on Monday</i>		15

**Morning Activities Matrix**

<b>Morning Activity</b>	<b>Leaders</b>	<b>Where</b>	<b>Equipment Needed</b>
<b>Activity</b>	<b>JCs</b>	<b>Location</b>	<b>Equipment</b>
<b>Ultimate Frisbee</b>		<b>Ball Field</b>	<b>Frisbees</b>
<b>Soccer</b>		<b>Ball field</b>	<b>Soccer ball</b>
<b>Volleyball</b>		<b>Volleyball court</b>	<b>Volleyball</b>
<b>Basketball</b>		<b>Gymnasium</b>	<b>Basketball</b>
<b>Jogging/ Running</b>		<b>Ponderosa Grounds</b>	
<b>Dodgeball</b>		<b>Pit near VB courts</b>	<b>Dodgeball</b>
<b>Dance</b>		<b>Ponderosa Grounds</b>	



## Visiting Speakers Matrix

Day	Who	Intro	Oral Thank you and gift
Sunday	Welcome: DG	Team C	Team H
Sunday	Welcome: DG	Team D	Team I
Sunday	Real Rabbits: Corey Ciocchetti	Team E	Team J
Monday	Towers: Alex Cuadrado	Counselors	Team A
Wednesday	Swept Away: Dave Boon	Team L	Team B
Wednesday	Walk of Possibilities/Passion to Action: Wally	Counselors	Team G
Wednesday	Finding Your Voice: Brianna Exum	Counselors	Team F
Thursday	Rotary Youth Programs	Counselors	Team K

## Decoding the Y-RYLA Matrix

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Activity	Activity name	Location	Facilitator
AA	All Aboard	Outdoors (TBD)	Staff JCs
CC	Challenge Course	Ponderosa Challenge Course	JCs/Ponderosa Staff
CH	Choices/Castaway	Allison Pavilion	Stefan/Sami
EB	Ebola	Junior's Freaky Forest	Junior Weed-Ziegler
FMV	Finding My Voice	Pike Attic	Brianna Exum
CV	Core Values	Pikes Peak 1st Floor	Team-Led
SP	Service Project	Cagle	JCs
TW	Trust Walk	Jim's Meadow/Woods	Michelle Maddex
RB	RYLA Ball	Ball Fields	JCs
SkP	Skit Prep	Pine Main Lobby	Team-Led
SW	Spiderweb	Outdoors (TBD)	JCs
ZL	Zipline	Ponderosa Zipline	Ponderosa Staff

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## YRYLA Main Matrix

### TUESDAY MORNING

Time	A	B	C	D	E	F	G	H	I	J	K	L
8:15- 9:15	ZL	TW	CV	CH	CC	RB	AA	FMV	SkP	EB	SW	RB
9:15 - 10:15	RB	ZL	TW	CV	CH	CC	RB	AA	FMV	SkP	EB	SW
10:15-11:15	SW	RB	ZL	TW	CV	CH	CC	RB	AA	FMV	SkP	EB
11:15-12:15	EB	SW	RB	ZL	TW	CV	CH	CC	RB	AA	FMV	SkP

### TUESDAY AFTERNOON

Time	A	B	C	D	E	F	G	H	I	J	K	L
1:15 - 2:15	SkP	EB	SW	RB	ZL	TW	CV	CH	CC	RB	AA	FMV
2:15 - 3:15	FMV	SkP	EB	SW	RB	ZL	TW	CV	CH	CC	RB	AA
3:15 - 4:15	AA	FMV	SkP	EB	SW	SP	ZL	TW	CV	CH	CC	SP
4:15 - 5:15	SP	AA	FMV	SkP	EB	SW	SP	ZL	TW	CV	CH	CC

### WEDNESDAY AFTERNOON

Time	A	B	C	D	E	F	G	H	I	J	K	L
8:15- 9:15	CC	SP	AA	FMV	SkP	EB	4WT	SP	ZL	TW	CV	CH
9:15- 10:15	CH	CC	SP	AA	FMV	SkP	EB	SW	SP	ZL	TW	CV
10:15-11:15	CV	CH	CC	SP	AA	FMV	SkP	EB	SW	SP	ZL	TW
11:15- 12:15	TW	CV	CH	CC	SP	AA	FMV	SkP	EB	SW	SP	ZL

## Goofy Olympics Matrix

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Activity	Facilitator(s)	Supplies
Dizzy Lizzy		bat, large/baggy clothes
Turnstile		Jump rope
Pain in the Neck		tennis ball
Threading the Needle		~8 hula hoops
Rainbow Parachute		Rainbow Parachute!
Biscuit Pass		dog biscuits, 12 clothes pins
Team Pictures	Tom Keyton	

## Team Spots Matrix

(See map on pg 18)

Spot	Team	Counselors
Admin Lobby		
Admin Elkhorn		
Admin Buckskin		
Pine Lobby		
Pikes Peak 1st Floor		
Pikes Peak Attic		
Allison Stage		
Game Room		
Bear Den		
Cagle Basement		



# Welcome to YRYLA!

## Saturday, July 20, 2013 Schedule *Counselors and Rotarians*

**1:00 pm - Cagle** Arrive, select bunk, unpack, meet and greet

**1:30 pm - Ponderosa** Everyone to review or participate in...

- Walkthrough of Camp grounds
- Car-Car/Trust Walk: Michele
- Challenge Course
- Zip Line
- River Crossing
- I love my neighbor who....

**3:00 pm - Various**

- Organize supplies and equipment in Cagle:  
Triston, Marlee, Sami, Stefan, Marion, Michelle
- Select Twilight Time Team Spots: Counselors
- Counselors Practice
  - Introduction of Counselors
  - BrainWise Intro
  - Counselor Skit with props

**4:00 pm - Allison**

Review registration logistics  
Assign responsibilities

**5:00 pm - Team Spots**

Counselor/Rotarian Time

**6:00 pm - Dining Hall**

Break for Dinner

**7:30 pm - Cagle**

Staff Meeting

**Zzzzzzz...eventually** Try to get some sleep!

**Sunday, July 21, 2013 Schedule**  
***Counselors and Rotarians***

*Dining Hall*

**8:00 am** Breakfast

*Out and About*

**9:30 am** Photos

*Allison Pavilion*

**10:00 am** Set up Check-In

*Dining Hall*

**12:00 pm** Lunch

*Allison Pavilion*

**2:00 pm** YRYLArians arrive!

**4:00 pm** Welcome; Chair, Head JCs, Teams

*Outdoor Team Spots*

**4:30 pm** Meet your teammates

*Ball Fields*

**5:00 pm** Circle of Support, Experiential Leader Jim Hoops

*Dining Hall*

**5:30 pm** Dinner

*Allison Pavilion*

**6:30 pm** Word of Focus:

**6:45 pm** Real Rabbits, Corey Ciocchetti

*Team Spots*

**8:15 pm** - Reflection Time/Twilight Time



## Conference Check-In Process

### Introduction:

These procedures have evolved over 25 years of continuous experience at the Rocky Mountain RYLA and Y-RYLA conferences. This includes over 350 years of cumulative experience among the Rotarian leadership. The procedures take into account a number of diverse objectives and constraints. One of the great aspects of RYLA and Y-RYLA is that these procedures are always subject to change...sometimes on the spot.

### Objectives

- Prepare the Ponderosa staff, Y-RYLA staff, Counselors, Rotarians and Y-RYLarians for a smooth start.
- Familiarize all with the staff, facilities, and programs.
- Assure the parents and guardians of the quality and professionalism of Y-RYLA; assuring them about the Y-RYLA conference and the leadership experience their child will have.
- Practice what we preach.

### Constraints

- We will register 120 Y-RYLarians in two hours from 2 to 4 pm on Sunday.
- There are always early (before 2 pm) and late (after 4 pm) arrivals.
- Counselors and Rotarians need to be with their team by 4 pm.

### Arrival and Check-In

Male Y-RYLarians arrive at Pine Lodge

Female Y-RYLarians arrive at Pikes Peak Lodge

1. Positioned at the fork in the road near the snack shop, a Rotarian and a Counselor warmly greet early arrivals in their cars. They assure them that registration will start at 1:30 pm, and ask to make themselves comfortable in the administration building or tour Ponderosa.
2. Starting at 1:30, the Rotarian and Counselor guide the parents to park near Pikes or Pine, depending on the gender of the child (females to Pikes Peak and males to Pine),
3. Counselors in Pikes and Pine greet the arrivals, check off the Y-RYLarian on their list guide the Y-RYLarian to their room, where they select their bunk and drop off luggage.
4. Counselors ask if the Y-RYLarian has ANY medications with them, including over the counter products such as aspirin, and lets them know they MUST bring all meds with them to Allison Pavilion.
5. Counselors then show them the way to Allison Pavilion

6. At Allison the family is greeted by a Rotarian standing in the pathway near the banners. The Rotarian reminds the adults that they **MUST** pick up their child no later than 12:30pm on Friday and invites them to arrive by 10 am for the final ceremonies and the slide show.
7. Inside Allison, the parents are greeted again by another Rotarian who learns the name of the Y-RYLarian and asks them if they have any medications with them. If yes, the Rotarian directs them to the Nurse's table. If no, they are directed to the registration table which is organized by last name in two groups: A-L and M-Z.
8. Counselors draw the path on the floor with chalk for Y-RYLarians to follow.
9. Rotarians and Counselors run the "conga line" that Y-RYLarians follow in this order:
  - A. Walk into Allison following the chalk arrows.
  - B. In no meds, follow arrows to the check in table.
  - C. If with meds, follow arrows to the nurse's table. Once the nurse has the meds, a Rotarian will direct them to the check in table.
  - D. Rotarians check Y-RYLarians off on the master list - divided into two sets alpha.
  - E. A counselor gives them a name tag and lanyard.
  - F. Someone calls them by name and helps them find their name label and affix it to the manual. He/she then passes the manual to the Counselor passing out shirts.
  - G. The Counselor checks the label on the manual for the shirt size and gives the Y-RYLarian a shirt of that size and a water bottle.
10. At this time Rotarians guide the Y-RYLarian to a Counselor at the self-assessment table and, if the parent has been inclined to stick around, assures them that the child is in good hands and gently encourages them to leave.
11. Counselors will greet the Y-RYLarians and ask them to complete the self-assessment.
12. The Counselors will encourage the Y-RYLarians to participate in the Ice Breakers.
13. Any Y-RYLarian needing a replacement name tag will get it right now from the Registrar.
14. Smooth traffic flow is critical so people in the entrance and check-in area, whether they be Counselors, parents, etc., need to be encouraged to gather elsewhere.
15. At 3:50 pm or when registration is complete, all extra material, computers, etc., will be moved by staff Counselors to the far left side in the back of Allison Pavilion.
16. Staff Counselors and Michelle will remain at the side entrance of Allison at 4pm (the start of the first session) for late arrivals. If any, they will be checked in the same as everybody else and encouraged to take a seat once done with the self-assessment.

## YRYLA Bingo

Play YRYLA Bingo - Blackout! In order to cross off a box, you must write down the names of the people who completed the activity with you. Beware - some boxes require more than one person!

B	I	N	G	O
Create a handshake with 5 people	Teach one person your favorite song	Learn how to sing the alphabet backwards with 5 people	Give 15 compliments	Tell someone 5 things you would like to do in life
Meet someone who is wearing the same color shirt as you are	Introduce yourself to 2 JCs and 2 SCs	Introduce yourself, then introduce yourself in an accent	Give Sami or Stefan a high-five	Do 50 jumping jacks with 10 people
Meet 4 people who are not from your hometown	Teach 3 people your signature dance move	FREE SPACE: GO TO YRYLA!! SAMI AND STEFAN ARE THRILLED TO HAVE YOU HERE! <3 YOUR HEAD JCs	Find someone who has the same name as you	Play two rounds of rock-paper-scissors with 3 JCs
Read two quotes on the floor and write your favorite quote with chalk. Get your quote approved by a JC	Meet 10 people and remember their names	Find someone who has been to a different country	Count how many times you find RYLA/YRYLA	Skip to meet someone new and tell them what you expect YRYLA to be all about!



## 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 than 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!**

## Other Fun Activities

### If needed to fill time

#### **Woosh!**

Team members stand in a circle facing each other. Y-RYLarians choose someone in the team to send positive energy to. All clap their thighs, then hands twice then point at that person and yell "whoosh!" Continue to other people in the circle.

#### **Weavings:** Equipment needed - 3 balls of different colored string

Team members stand in a circle and each person is given a ball of different-colored string. One person at a time states what they have learned today what they will "take away" then they pass their ball to the right. The person states their learnings and then passes both balls as the strings are interwoven... this continues until everyone had had a chance to speak. A long, woven, colored rope/weaving has been created, using the threads of each person. Tie knots and cut sections of this team weaving for each person to take home as a reminder/memento of the day.

#### **Web of Life:** Equipment needed - Long rope.

Team members stand in a circle with a long rope in the center. First person grabs the end of the rope and states what they have learned/valued from the day; they then pass this end across to someone else, keeping hold of the rope. The second person states what they have learned/valued and then passes across to someone else, and so on as a web/net of rope is created slowly. Once the web is complete, one participant at a time can lie down inside it as the team supports them. Team members can tell the team the kind of support they want back and/or the team can tell the teammate how they will support them. If time allows, the team can try to "untie" the web without letting go (like a human knot with rope).

#### **Blind Square:** Equipment needed: 10 blindfolds, rope

The team stands in a circle and each person puts on a blindfold. A rope is placed in front of the team. The team is told to find and pick up the rope. Once they take hold of the rope they must not move their hands from that holding position. The team now must form a square while standing outside the rope. They cannot take off their blindfolds until the whole team has agreed they have formed the square.

#### **Figure 8:** Equipment needed: 10 blindfolds, long rope and shorter rope

The team holds a long length of rope; once they take hold of the rope, they may not move or slide their hands on it. Another, smaller, rope with a figure 8 knot in it, is placed on the ground for all to see (this knot may not be untied or moved). The team must duplicate, using their long rope, the figure eight knot shown by the other short rope.

**Ghost (passive):** Three or four players are chosen to be the ghosts. The rest of the group needs to scatter across the playing space and choose a spot to stand in. All players need to close their eyes. The ghosts will roam about the playing space. They will try to eliminate the others by standing close behind the players for 10 seconds without them knowing. If this happens, the ghost will tap them on their head and they will sit down quietly. If a person suspects a person behind them, they would ask, "Is there a ghost behind me?" If they are right then they become a ghost. If they are wrong they are out and should sit down. This is a great game is you want to quiet your conferees down.

**Sharks and Minnows:** The group starts out on one side of the field or room with one person in the middle of the room. The person in the middle will call out sharks (boys) or minnows (girls). He will then specify how he wants them to cross the room (running, backwards, hop on one foot etc...). It will then chase in the same manner that he called out. If one of the sharks or minnows is tagged they sit right where they were tagged and become seaweed. This seaweed has to stay on their backsides, but they can tag others that are crossing as long as they are sitting. If tagged by seaweed the participants become seaweed as well.



## District Governor Welcome

**Location:** Allison Pavilion

**Day:** Sunday

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

**Responsible Persons:** Chair, Counselors of Teams I, J, K, and L.

**Equipment needed:** Bios of District 5450 Governor Dan Himelspach and District 5440 Governor Julie Phares; Sound System, Microphones, Speakers

**Objective:** The 5440 and 5450 District Governors 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

## 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 to facilitate the 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.

**Objectives:** 1, 4; 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.

## Circle of Support

**Location:** Ball Field

**Day:** Sunday

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

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

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

**Objectives:** 4, 5, 6; 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 Michelle will set up and facilitate the activity. Everyone must go outside on the ball field. Jim will lead the Y-RYLArrians through some explanations and inspirations, and develop the significance of the rope in this exercise. Then the Y-RYLArrians will ultimately be able to sit on each others laps in a circle and be able to sing one round of row-row-row your boat. Counselors and Rotarians will stand on the outside making sure the Y-RYLArrians 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 Michelle 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 and Michelle 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?

## 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.

**Objectives:** 7, provide opportunity for personal review of experiences and learning from the events of the day.

**Desired Outcomes:** YRYLarians will be prepared for Twilight Time discussion.

**Set up and instructions:** Refer to Reflection Time Page included in the YRYLarian Manual. Be sure every YRYLarian 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. Perhaps ask some debriefing questions to lead them into the thought process

**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.

Refer to this page for  
Reflection Time  
throughout the rest of  
the week





## **Counselor Twilight Time Checklist**

### **Sunday July 21<sup>st</sup>, 2013**

- ❖ **Fill out EVALUATIONS (required)**
- ❖ **Provide an Overview of Conference Program** (The camper notebook has a Welcome and Objectives)
- ❖ **Talk about the Rules** (Some of these are in camper notebook)
  - 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 Chair, Jim Hoops
  - No hats when indoors - this is a sign of respect - look people in the eyes
  - Lights out means that, respect bunk Counselors and staff
  - Behavior
    - Punctuality, respect for speakers, attend all events.
    - Be safe and keep your bunkmates 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 bunk mates
  - **MEDICATIONS:** confirm they were checked with the camp Nurse at Registration. They will be returned on Friday at breakfast.
- ❖ **What's Expected**
  - Stay hydrated. Do not forget your water bottles. Make sure their name is on the bottle. Drink water all day long!
  - Wear name tag at ALL times
  - Take notebook with you AT ALL TIMES (hike exception) should have a sticker with name and team letter in corner
  - Always sit with team when in Allison/and at breakfast. This is when you can preview the day's activities and remind them of items not to forget (water bottles, backpacks, notebooks, pens, paper, etc). As a team you can decide whether you would like to sit together for lunch or dinner as well. It would be a good idea to select one other meal to eat together at.
  - Wear Conference shirt for Thursdays picture...keep it clean until then!
  - Make sure a Counselor is present in dorms AT ALL TIMES (after meals, bathroom breaks)

- Morning activities are not **OPTIONAL**, explain what they are
- ❖ **Your expectations/Team Expectations**
  - Have them create ground rules for interacting as a team (eat breakfast together, respect the others point of view even if you don't agree with it.)
  - Team Responsibilities
    - Introducing/thanking speakers/thank you notes as assigned
    - Cleaning up any trash you see in any buildings we are using
    - Keeping things that are hung on walls up and straightly hung
  - Determine team name and cheer
  - Mention team skit (perform Thursday, get props Mon night)
  - Get feedback ask if there are any questions.
- ❖ **Warm Fuzzies**—explain what they are & make bags with designs on them
- ❖ **Debriefing:** Ask a question that starts a dialogue between the YRYLarians. The following questions are only suggestions. If during the time with your team you learned something about the day's activities that will lead to dialogue, ask a question about that. Do not feel like you have to ask every suggested question. Remember it is the interactive dialogue that is important.
  - **Circle of Support.**
    - Were you worried about sitting on another person?
    - Were you worried about another person sitting on you?
    - Where so you think you had more trust?
    - In the sitting circle, did you feel more likely to trust yourself to hold the person in front of you or for the person behind you to hold you?
    - What did you learn from participating in Circle of Support?
    - How do you think what you learned relates to leadership?
  - **Real Rabbits - Corey Ciochetti**
    - Can you distinguish which goals you are chasing are real rabbits (goals)?
    - How can you decide which rabbits are worth chasing?
    - What are some things important in life?
    - What ideas did they think were most important in Corey's talk?
    - What actions in their lives will they take as a result?
    - What are they doing presently that exemplifies the themes that Corey discussed?
  - **Counselors Words of Focus**
    - What did the word of focus mean to you?
    - Would you and how would you apply it in your everyday life?
    - Will it make a difference to you, to others?
- ❖ **Discuss expectations for Monday** (refer to program in their notebook and remind them of what they need to have with them)

## 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

**Objectives:** 1, 4, 5, 6, 7; 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. It will also make 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 go 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, religious, open, family-oriented, giver, 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, including the Counselor and Rotarian.
- 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, this is just for sharing.

## ~ 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



# Monday, July 22<sup>nd</sup>, 2013

## *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** Team Building Activities

**10:15 am** Rotarian Passion to Action

**10:30 am** Brainwise Skits

## *Dining Hall*

**12:15 pm** Lunch

## *Out and About*

**1:00 pm** Hike (in teams)

## *Allison Pavilion*

**3:15 pm** Four Way Test

## *Gym*

**4:15 pm** Towers/Newspaper Shelter

## *Dining Hall*

**5:30 pm** Dinner

## *Allison Pavilion*

**6:30 pm** Word of Focus: \_\_\_\_\_

**6:45 pm** RYLA Colors

**8:00 pm** Word of Focus

**8:15 pm** JC Skit

## *Team Spots*

**8:30 pm** Reflection Time

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

## **Team Building Activities**

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

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

**Day:** Monday

**Time:** 8:30 and 9:40 am (70 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.)

**Objectives:** 1, 4; 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:** **Counselors 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. *Student line* .....
7. There are 12 correct steps to successfully cross the maze.
8. You have 20 minutes to successfully cross - go!

			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>

### **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. As the campers move along trying to get across, and if you 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.

**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?

## BrainWise

**Location:** Allison Pavilion

**Day:** Monday **Time:** 10:45am-12:15pm (90 minutes) **Responsible Persons:** JCs

**Equipment needed:** Sound system, Computer pre-programmed with presentation, LCD projector, Cables, Screen, materials for individual skits- provided by each COUNSELOR.

**Objectives:** 2, 3, 7; To help Y-RYLArrians stop and think and make smart choices,

**Desired Outcomes:** Y-RYLArrians will...

- stop and think rather than react impulsively
- know when, who and how to include in their support group;
- be aware of their physical and emotional states
- develop skills to control emotions
- recognize; and be sensitive to other people and situations
- Learn how to ask the right questions
- practice separating fact from opinion;
- identify choices and before making them, consider their consequences now, later and to others;
- know the importance and practice setting goals and developing action plans to meet those goals;
- be aware of the effects of non-verbal communication and the importance of using assertive communication skills.

**Set up and instructions:** See attached plan (developed by Counselors)

**Counselor facilitation notes:** Counselors will teach the 10 Wise Ways with interactive presentations.

**Safety considerations:** None

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

How will you practice the 10 Wise Ways throughout Y-RYLA and into your lives?.

Which Wise Way do you think you'll use the most?/Benefit most from?

Which Wise Way comes most easily to you? Which is most challenging?

**Suggestions for Counselors to teach Brainwise**

**Use your Wizard Brain over your Lizard Brain**

Covering the anatomy of brain connections that are involved in decision making and explaining the metaphor. *Video Presentation*

### **Build a strong constellation of support**

Dashed line- a towel; Single line- A blanket with holes; Double line- a full blanket;  
Problems-different sized boxes (depending on importance). *Skit*

### **Recognize Internal and External Red Flag Warnings**

Skit- Counselors will show these red flags (sweaty palms, red face, etc) and audience will hold up red flags (need to make 200 red flags)

### **Exit the Emotions Elevator**

A ten level elevator will be made from boxes and as different situations arise both positive and negative COUNSELOR will go up and down the emotional elevator

### **Separate Fact from Opinion**

Leading Counselor will stand on stage dressed in silly clothes and have the audience comment, audience will determine what is fact and what is opinion.

### **Ask questions and gather information**

Importance of asking the right questions (CAT Story)

### **Identify your choices**

Scale with Jelly beans

### **Consider the consequences of one of the choices**

Scale with Jelly beans

### **Set goals and form action plans**

Set a goal at one side of the stage, set down "stepping stones" to get to the goal.  
Obstacles will be in place along the way, forks in the road, etc.

### **Communicate effectively**

Type case 3 people: Aggressive, passive aggressive, passive.

**Aggressive:** Aggressive person trying to make you their puppet, finally you stand up and say, "you always come up with such great ideas, that's why I want to describe my vision to you so you can work on it" recognize their strengths and ask them to work with you.

**Passive Aggressive:** Miley Cyrus-Hannah Montana?? I love your bracelet where did you get it?? That is the ugliest bracelet I've ever seen—video clip??

**Passive:** throw a ball at a brick wall, no response, kick a brick wall, no response, hug a brick wall, no response. Ask a brick wall what it wants and what it needs—it tells you, ask more questions: would you be comfortable if... would you mind if... how do you feel about....

## Hike

**Location:** Gather at Pine Lodge

**Day:** Monday

**Time:** 1:00 - 3:00 pm (2 hours)

**Persons Responsible:** Counselors and Rotarians.

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

**Objectives:** 4, 5, 6, 7; 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:** Hiking safety presentation will be given prior to departure. Wear proper clothing and shoes and bring sunscreen and water. (Facilitator: TBD)

**Safety considerations:** The path to the top can be steep. Once on top, forbid Y-RYLArrians 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?



## The Four Way Test

**Location:** Allison Pavilion

**Day:** Monday

**Time:** 3:15 - 4:15pm (60 minutes)

**Persons Responsible:** Marion Trummer; JCs and SCs (team section)

### THE 4 WAY TEST

*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?*

**Equipment Needed:** none

**Objectives:** 2, 3, 6; To learn to make decisions based upon the 4 Way Test and the individuals core values. The 4 Way test as it relates to Brain Wise can be used- see handout. It is very important to connect this exercise to Core Values and Choices.

**Desired Outcomes:** Realize that every decision (choice) should be value based and that a decision affects others as well as themselves.

**Set Up and Instructions:** YRYLarians will sit in a circle around the JC and SC. It is at your discretion (how rowdy your team is, etc.) if you want to split your team in half (5 conferees per counselor) or all in one circle.

**Safety Notes:** Can bring up emotions

**Counselor Facilitation Notes:** Read the 4Way Test and the introduction below. Present each scenario and allow the YRYLarians to decide what to do in each family, community and school based issue. Remind them that not all 4 test questions need to have a yes answer and that sometimes there is not just one answer. Read the facilitation notes included in the notebook.

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!

## Thoughts on Ethics and the Four-Way Test

Before beginning the dialogue on your first Ethical Dilemma, read The Four-Way Test to the group. Then briefly give the participants some understanding of the purposes and uses of The Four-Way Test.

I offer these thoughts for use as you see fit. You may have your own way of introducing Four-Way Test activities, so please do whatever works for you!!

Definition of Ethics: "The rules and standards that govern our behavior and our actions."

### 5 Keys to Understanding & Using The Four-Way Test

#### 1. Character and Dependability

- Herbert Taylor wrote The Four-Way Test in 1932 while trying to save the nearly bankrupt Club Aluminum Company that manufactured cookware.
- He chose not to focus on his products' features & benefits, or the manufacturing quality, or the price. He chose instead to emphasize the character and dependability of his employees.
- The Four-Way Test was designed to help his employees make "Better Ethical Choices" as they interacted with their customers and with each other.

2. It does not give you the answers to ethical dilemmas. But it does make you think more deeply to help you make a better choice.

3. All 4 Principles may not apply to a specific dilemma.

4. Of the Principles that do apply, one or more may hold more weight than others.

5. Simplicity is its strength but The Four-Way Test is not foolproof.

- For example, should you always tell the truth? The following quote offers an interesting perspective. "Today I bent the truth to be kind, and I have no regret, for I am far surer of what is kind than I am of what is true."...Robert Brault.
- How about Fairness? I'll often ask kids, "Do you ever have a disagreement with a parent because what you think is fair is not what your parent thinks is fair? Heads always nod yes!
- In doing the right thing when in conflict with a friend, it is possible to lose that friendship.
- Finally, tough decisions must often be made for "the greater good," and as such not everyone benefits.

# YOUNG RYLA 2013

## Facilitation Guidelines For Ethical Dilemma Processes

- #1** Split your team into two groups, with a JC and SC with each group.
- #2** Read The Four-Way Test and talk about how it can be used in the Ethical Dilemma Process to follow.
- #3** Outline the Group Ground Rules that apply to the dialogue.
  - Respect everyone's opinion.
  - Everyone gets a chance to talk...don't monopolize the dialogue.
  - Listen when someone is talking...avoid side bar conversations.
  - Don't interrupt.
- #4** Group Leader reads the Ethical Dilemma to the group and then gives each participant a copy of all the dilemmas.
- #5** Allow time for participants to study the dilemma, identify the issues and stakeholders involved, & make appropriate notes.
- #6** Do not begin with applying The Four-Way Test to the dilemma. Instead, facilitate a general dialogue about who the stakeholders are, what the issues are, and decide which ones should be considered in arriving at a solution to the dilemma.
- #7** Facilitate a dialogue about possible solutions.
  - Ask Probing Open-ended Questions to stimulate thinking and commentary such as.....
    - Has anyone been in this situation? If so, what are your comments?
    - What is one way to deal with this dilemma?
    - What are the consequences of choosing that option?
    - Tell me more about that.
    - Can you think of any other possibilities?
  - Don't get caught up in thinking you have asked the wrong probing question. If you don't get a response, ask another one.
  - After some discussion, it may now be appropriate to bring in The Four-Way Test.
  - Encourage participation by everyone but do so in a way that doesn't put participants on the spot.
- #8** Apply The Four-Way Test to assess the effectiveness of your solution(s) and come to consensus as to your preferred solution if you can. But don't get hung up on having to reach a solution. The process is more important than the actual solution.
- #9** Repeat the process for as many additional dilemmas as time permits.
- #10** Have a Wrap Up discussion. Consider asking questions like:
  - As you reflect on this exercise, what are your thoughts at this time?
  - What have you learned as a result of these discussions?
  - How could you apply The Four-Way Test in your daily life?

## Marshmallow Towers and Newspaper Shelters

**Location:** TBD (two separate sections)

**Day:** Monday

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

**Persons Responsible:** Alex Cuadrado, Michelle Maddex, JCs and SCs

**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:** Alex Cuadrado, Michelle Maddex and Head JCs will lead this session. 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 10 Wise Ways 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:** Alex Cuadrado, Michelle Maddex, and Head JCs 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.

## RYLA Colors

**Location:** Allison Pavilion

**Day:** Monday

**Time:** 6:45pm - 7:45pm (60 minutes)

**Persons Responsible:** JCs, Head JCs

**Equipment needed:** In Manual-True colors assessment page

Color plate pie charts, colored stickers for the YRYLArrians 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. Eggs for skit, scripts. Any materials needed by JCs.

**Objectives:** 1, 4, 5, 6, 7, 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 YRYLA 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:** YRYLArrians 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 YRYLArrians to take another look at others before judging them and to plan effective ways to work together. YRYLArrians will have an understanding of their own colors and know that no one is one pure color; we are all a mix. They will understand that leaders come in all colors.

**Set up and instructions:**

Part 1: YRYLArrians take the test (10 mins) - Head JCs go through row by row

Part 2: Egg Skit (10 mins) - 4 JCs perform the egg skit

Part 3: Color Presentations (40 mins, 10 mins each) - groups of 3 or 4 JCs present the different characteristics of the different colors (how to deal with them, how they act, etc. [see following pages]) See True Colors Presentation Matrix on pg 33.

Part 4: True Colors and Leadership (10 mins) - Head JCs give a recap and explain how True Colors are important for leadership

Part 5: Team Breakouts (20 mins) - Split into teams and talk about colors, decorate nametags, etc.

**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 YRYLArians, so that you absolutely know each color's personality characteristics. Record the dominant color of each team member. Take notes. Use the below ideas for the 20 minutes 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 YRYLA?

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.

## What Are Your RYLA Colors?

Rank each grouping across each row from left to right as to the highest priority in your life or most like you. Give a 4 for the highest down to the 1 as lowest. Don't use a number twice in each row.

Add the numbers in each column to determine the amount of each color in your personality. Calculate the percentage of each color in your personality ((total at bottom of column / 16) X 100)

RANK NUMBERS 1 TO 4 IN EACH CATEGORY

|                                           |                                            |                                            |                                                |
|-------------------------------------------|--------------------------------------------|--------------------------------------------|------------------------------------------------|
| Active<br>Variety<br>Sports_____          | Organized<br>Plan<br>Neat_____             | Nice<br>Helpful<br>Friends_____            | Learning<br>Science<br>Privacy_____            |
| Fun<br>Action<br>Contests_____            | Clean<br>On-Time<br>Honest_____            | Caring<br>People<br>Feeling_____           | Curious<br>Ideas<br>Questions_____             |
| Playful<br>Quick<br>Adventuresome_____    | Helpful<br>Trustworthy<br>Dependable_____  | Kind<br>Understanding<br>Giving_____       | Independent<br>Exploring<br>Doing Well_____    |
| Busy<br>Free<br>Winning_____              | Follow Rules<br>Useful<br>Save money_____  | Sharing<br>Getting along<br>Animals_____   | Thinking<br>Solving Problems<br>Challenge_____ |
| Exciting<br>Lively<br>Hands-on_____       | Pride<br>Tradition<br>Do things right_____ | Nature<br>Easy Going<br>Happy Endings_____ | Books<br>Math<br>Making sense_____             |
| <b>Amount Orange</b><br><br>____ / ____ % | <b>Amount Gold</b><br><br>____ / ____ %    | <b>Amount Blue</b><br><br>____ / ____ %    | <b>Amount Green</b><br><br>____ / ____ %       |

## **RYLA 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.

## **RYLA 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.

## **RYLA 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.

## **RYLA 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.

## RYLA Colors Skit

Note: The actors will wear a solid color t-shirt of their respective color. Each actor will be holding a large styrofoam egg which has been painted the same as her/his t-shirt. The actors will perform most of the skit while seated in four chairs in a row facing the audience.

It doesn't matter what gender each actor is. Though it is not essential, assign actors based on their own actual true color.

Teacher: (Enters) Here are our instructions for the next exercise. We are to take care of these eggs and treat them like they are our own children. (Exits)

Note: Green has her egg on the floor beside her chair. Other colors are holding their egg.

Orange: (Starts tossing egg in the air and catching it. Singing some song.)

Gold: (Reacts with horror, with a gasp) Don't do that? You're tossing your child around. What kind of parent are you?

Orange: Hey, this kid might as well learn early in life that you've gotta take risks.

Gold: What you should teach him is right from wrong... and tossing him up in the air is definitely wrong.

Orange: You don't hear him complaining, do ya?

(Hand mics to blue and green)

Blue: (Gurgling baby talk to his egg) Kootchy Kootchy koo. Look at that. She smiled at me!

Green: How can 'she' possibly smile at you? 'She's an egg.

Blue: I tell you, she smiled at me!

Green: And I tell you 'she' is just an egg.

Blue: (Pouting) The trouble with you is that you don't have any imagination.

Green: (Interrupts) What I do have is a strong sense of knowing stupidity when I see it.

(Hand mics to gold and orange)

Gold: (Heaving a sigh and resting his head in his hands) I'm beginning to feel the burden of parenthood!

Orange: Already? The kid's less than an hour old! Why start worrying so soon?

Gold: It's never too early to worry. First, there's all that furniture that I have to buy. Then, the minivan to take him and his friends to little league practice... and what about college? I'm going to have to get a better job!

Orange: You won't see me driving a minivan! My kid is going to have to fit into the back of my Mazda Miata or he doesn't go.

Gold: What kind of parent are you?

Gold: Good parents make sacrifices for their children. Good parents worry a lot and try to give their kids things they never had. And good parents make their children feel guilty for all the sacrifices they've made for them...

(Hands mics to blue and green)

Blue: (To his egg) And daddy's gonna have to take care of his little girl. He's going to protect her and rescue her anytime she needs him.

Green: (Rolling his eyes) Oh brother! How will she ever develop any independence when you are always rescuing her?

Blue: I might not be a perfect parent, but my little girls will always know she's loved.

Green: There are other ways of letting her know she is loved besides kootchy-kooing her to death.

Blue: Oh sure, like what you are doing I suppose.

Green: What am I doing?

Blue: Nothing! That is the problem. Look at your little child just lying there on the floor. You haven't even touched the poor thing! How is he supposed to know you



love him, read your mind?

**Green:** That is an egg lying beside me. When I have a real child, he will know I love him because I let him live in my house. And I will feed him and support him in his growth every day. But that certainly doesn't mean I will hover over him day and night, kootchy-kooing in his ear.

(Hands the mics to gold and orange)

**Gold:** There is so much I have to teach him... how to pull up his little pants, how to tuck his shirt in, how to tie his little tie.

**Orange:** No Abercrombie shirts for my kid. I'm dressing him in tie-dye or Sean John. He'll look good with a Mohawk or spiked. I want him to be noticed!

**Gold:** When he is grown up, I wonder if he'll appreciate all the sacrifices I made for him. I bet he doesn't even invite me for dinner more than twice a year...

**Blue:** Well, I've got to go now.

**Gold:** (Looks at his own egg while blue is walking)

**Blue:** (Drops egg and gets emotional)

**Gold:** (To his egg) Are you going to bring me chicken soup when I'm sick?

**Orange:** (Tosses egg while exiting) Come on kid. Boy, are you lucky to have me for a parent. Just hang loose babe!

**Blue:** (To his egg) If anything ever happens to you, I'll never forgive myself.

**Green:** (To his egg) All right, you can stay with me, you silly little egg. But don't plan on me giving you a lot of attention. I have high expectations for you, although you probably won't live up to them. All right... let's go.

(She stares at the egg a moment longer, then tickles it with one finger)  
Kootchy-Koo.

(She smiles and then stops abruptly, looking around to see if anyone saw her. Then she puts the egg in her pocket and exits) Kootchy-koo.

# RYLA Colors

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

### **Gold's 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

## Counselor Twilight Time Checklist

Monday, July 28<sup>th</sup>, 2013

- ❖ Ice Breaker - suggest My Proudest Achievement
- ❖ EVALUATIONS (required)
- ❖ **Team name/cheer**
- ❖ Skit prep
- ❖ Expectations for Tuesday
  - Have your team look at the matrix schedule and understand it.
  - Reminders: sunscreen, hats, good shoes, good sportsmanship, open mind, encourage all to try new things
- ❖ **Debriefing:** Refer to your Twilight Time Overview and to your Foundations for Leadership Skills chart to refresh you on what might be most beneficial to debrief. 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. Notice that they did a lot today. Ask what activity would they most like to talk about?

### **Team Building Activities**

- How did you work together as a team?
- What happened when you had to be silent?
- Was someone able to lead the group in any of the activities or was it a team effort?
- When new rules were made were you able to think of new creative ways to accomplish the task

### **Brainwise Skit**

- How can you apply one of the wise ways to your life?
- Do you have any questions about any of the wise ways?

### **Towers**

- What worked? What did not work?
- Were you able to use a different strategy the second time?
- What did you learn about planning?
- What did you learn about yourself or about each other?
- What Wise Way did you think of or use with your teammates?

### **RYLA Colors**

- What colors are you? Do you think they are reflective of your personality?



- Do you think anyone can just be one pure color?
- When you're building a team to get something done, do you want the team to all be the same color?
- What did you learn about interacting successfully or unsuccessfully with other people?

Other thoughts of the day

- Counselors Words of Focus
- Other things learned or experiences of the day Y-RYLarians want to share...

## ~ 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

# Tuesday, July 23<sup>rd</sup>, 2013

*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: \_\_\_\_\_

*Out and About - follow your team Counselor*

| Time         | A  | B  | C  | D   | E   | F   | G   | H   | I   | J   | K  | L  |
|--------------|----|----|----|-----|-----|-----|-----|-----|-----|-----|----|----|
| 8:15- 9:15   | CC | SP | AA | FMV | SkP | EB  | 4WT | SP  | ZL  | TW  | CV | CH |
| 9:15- 10:15  | CH | CC | SP | AA  | FMV | SkP | EB  | 4WT | SP  | ZL  | TW | CV |
| 10:15-11:15  | CV | CH | CC | SP  | AA  | FMV | SkP | EB  | 4WT | SP  | ZL | TW |
| 11:15- 12:15 | TW | CV | CH | CC  | SP  | AA  | FMV | SkP | EB  | 4WT | SP | ZL |

*Dining Hall*

**12:15 pm**    Lunch

*Allison Pavilion*

**1:00 pm**    Word of Focus: \_\_\_\_\_

*Out and About - follow your team counselor*

| <b>Time</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> |
|-------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 1:15 - 2:15 | SkP      | EB       | SW       | RB       | ZL       | TW       | CV       | CH       | CC       | RB       | AA       | FMV      |
| 2:15 - 3:15 | FMV      | SkP      | EB       | SW       | RB       | ZL       | TW       | CV       | CH       | CC       | RB       | AA       |
| 3:15 - 4:15 | AA       | FMV      | SkP      | EB       | SW       | SP       | ZL       | TW       | CV       | CH       | CC       | SP       |
| 4:15 - 5:15 | SP       | AA       | FMV      | SkP      | EB       | SW       | SP       | ZL       | TW       | CV       | CH       | CC       |

*Dining Hall*

**5:30 pm** Dinner

*Allison Pavilion*

**6:30 pm** Word of Focus: \_\_\_\_\_

**6:45 pm** Movie: Wreck It Ralph

*Team Spots*

**8:45 pm** Reflection Time

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

## All Aboard and Maui Kauai

**Location:** Kevin's Korner

**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 JC, Counselor

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

**Objectives:** 1, 4, 5; 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. The third platform can be used if needed to form a bridge that can only touch one platform at a time. Everyone must be on the platform at the same time, feet may not touch the ground but both feet do not need to be on the platform.

**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 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 TBD visitor. Be prepared to introduce him or her. 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?

## 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.

**Objectives:** 1, 4, 5, 6

### Part 1: Trust Fall

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

**Desired Outcomes:** Y-RYLarians 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-RYLarian 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-RYLarian is ready to fall, they will call out "Spotters ready?" Upon hearing the team call back in unison "Spotters ready.", the Y-RYLarian 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-RYLarians 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?

## **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.

**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 and Castaway

**Location:** Allison Pavilion

**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:** Head Counselors, Counselor, Rotarian

**Equipment needed:** Video hook-up, Foundation for Better Life videos on a single DVD...in the following order: 1. Respect; 2. The Cafeteria; 3. The Locker; 4. The Race.

**Objectives:** 1, 2, 3, 6; To have the Y-RYLarians think about choices, the power of association, stereotypes, ethics, and what it means to be a good person - both in the videos and in their lives.

**Desired Outcomes:** The Y-RYLarians will be aware that the choices they make have consequences now, later, and to others. Counselors will be able to observe that

Y-RYLarians now identify choices before they act. Rotarians will note specific dilemmas.

**Set up and instructions:** Seat the Team close together in two rows at the front of Allison Pavilion. **Rotarians** will take notes on the problems described for use in the Four Way Test exercises on Thursday...see examples from Bell Middle School below.

### Counselor Facilitation Notes.

Open the session with a discussion about the power of the impressions your choices make upon others...sometimes called the power of associations.

What types of impressions or associations are generally attributed to people who listen to:

Rap music?

Country?

Hard rock?

Punk?

Other music i.e. jazz, soft rock, religious, golden oldies, opera?

What type of impression or associations are generally attributed about people's

- clothing
- friends
- mannerisms
- speech



- how they present themselves

What types of associations have people ever made about you?

What types of associations have you ever made about other people?

Continue with a discussion about choice and respect.

Play videos and discuss them individually one at a time. Lead the discussion so that the Y-RYLarians talk about their own conclusions about the messages in the videos. Also remember to include personal anecdotes to help discussion because people are more likely to remember stories rather than concepts.

Choices "It's choice - not chance - that determines your destiny."-- Jean Nidetch

Ask " What does that quote mean to you?" Make the point that "One of the most powerful (positive or negative) choices you can make is how you will treat people and who you choose to associate with."

- **Play Respect/Bus Video** (Values: respect, putting others before yourself, integrity, doing the right thing.)

Discussion points: How did this video make you feel? Have you ever seen this kind of situation before? Have you ever been in a situation like this? Which side were you on? How did it make you feel? What do you think was the point of the video? Did you learn something from watching it?

- **Play Cafeteria Video** (Values: friendship, helping others, kindness, openness, bravery)

Discussion points: Have you ever been in a situation like that in school? Which side of the story were you on? How did you feel? How do you think they feel?

- **Play The Locker Video** (Values: friendship, helping others, doing what is right, standing up for others.)

Discussion points: The Power of impressions or associations can be either positive or negative. Let's assume that your character is perceived as the average of your five best friends...What character traits do your friends have? Are these the character traits that you want to have?

Friends influence your decisions...When have the choices by your friends influenced your choices? Does stuff like that happen at your school? Do you think stuff like that will happen in high school? What would you do?

- **Play The Race Video** (Values: friendship, sharing, selflessness.)

Discussion points: How did you feel after watching the video? How do you think the racers felt? Do you think they would have been happier if they didn't share? Why

was it so important that they did? Have you ever done anything like that before for someone (if you have volunteered, then you have!)?

**Have a discussion with the team on the power of impressions and choices.**

- Ask for examples: real live situations. You want them to understand the impact that association and choices may have on their life.
  - Ask the Y-RYLarians to come up with 1 or 2 situations they might be worried about. Tell them that the situations must be impactful or meaningful to their life and they should be based on moral, ethical or personal decisions they are struggling with. If needed prompt them with "What would you do if..." questions. For example:
9. What would you do if you knew your sibling was sneaking out at night, and going places they shouldn't be going?
  10. What would you do if someone who you thought was a friend was actually spreading rumors about you?
  11. What would you do if you knew your friend was cheating in school?
  12. What would you do if you knew that your friend was stealing things?
  13. What would you do if you knew that your friend was taking alcohol from their parents' liquor cabinet and drinking or sharing it with other minors?
  14. What would you do if your friend told you that his parents have taken trips and left him alone for several days?
  15. What would you do if you purchased something at a store and the clerk rang up only one item when you were really purchasing two items?
  16. What would you do if you witnessed a student being bullied at school?
  17. What would you do if a clerk in a store gave you more money back than was due to you?

18. What would you do if you walked out a store with an item that you had intended to purchase, but forgot to do so?

19. What would you do if you knew someone was really struggling at school because of their home life, and they told you about what their parents do to them at home?

20. What would you do if you knew a person was using illegal drugs?

Conclusion: Be very careful about the choices you make and the people you choose to associate with. These decisions can take you down a positive or negative path.

**Safety considerations:** None.

**Suggested debrief ideas that lead to desired outcomes:** The discussion itself is a debrief. The Y-RYLarians will be exploring concepts that they learn from watching the videos and exploring stories from each others personal lives.

A Twilight Time discussion might look like this:

What was one thing you learned?

How did the videos make you feel?

How can you apply it to life after camp?

~~~~~

You might be interested in some of the questions that came out of this exercise at Bell Middle School in Golden. (These could be use for the Four-Way Test program but it is preferable that Y-RYLarians come up with questions that are relevant to themselves.)

- *I saw a student being harassed and made fun of by a group of students. I want to do something, but I am afraid the group will find out I was the one who told on them. How can I help?*
- *I have a friend who is drinking and it is changing who they are. They don't show up for school, they seem angry all the time, and I can no longer trust they are being honest with me. I don't want to ruin our friendship, but I know they need help. What should I do?*
- *I have a friend who is mad at a teacher. They told me they are going to make up a lie to get that teacher in trouble. What should I do?*
- *A friend told me that they are being hit at home and showed me the marks on their back and legs. They told me not to tell anyone, but I know what is happening in wrong. I don't want my friend mad at me. How do I help them?*
- *I have a friend who is stealing items from other students. I told them to stop, but they won't. I know I should tell someone, but they are my friend. How can I help my friend?*

- *My parents don't want me to be friends with any Mexicans. One of my best friends is Mexican. We have talked about this over and over, but they won't change their mind. I don't understand why I will be punished for their racism. How can I help them to understand?*
- *I have a friend who has talked about suicide for about month. She is cutting, and I am afraid she is going to do something to really hurt herself. When I talk to her about talking to someone, she tells me she will never speak to me again if let anyone know what she is doing. How can I help her?*
- *I sneaked out of my house to go over to a friend's house. On my way over, I saw two boy's break into my neighbor's car and steal it. I know who they are, but if I tell I will get in trouble for sneaking out of my house. How can I help my neighbor, but not get in trouble?*

## CASTAWAY

**Instructions:** Head JCs have 14 name tags that say the following:

- |                                                                 |                                    |
|-----------------------------------------------------------------|------------------------------------|
| 1. Heart Surgeon<br>from a hospital)                            | (Has embezzled millions of dollars |
| 2. Celebrity Hollywood Actor<br>water to India)                 | (Created a charity to bring clean  |
| 3. Pregnant Woman<br>addiction)                                 | (Has a methamphetamine             |
| 4. Rabbi<br>Auschwitz)                                          | (His father was killed in          |
| 5. 15-Yearold Arrested for Shoplifting<br>wants to be a lawyer) | (Is a straight-A student, and      |
| 6. Lesbian                                                      | (Is the proud mother of 3 boys)    |
| 7. Toddler with Downs Syndrome<br>when he grows up)             | (Wants to be an Air Force pilot    |
| 8. Bearded Man Wearing a Turban<br>History professor)           | (Is a world-renowned university    |
| 9. Boy Scout<br>Football team)                                  | (Is the star quarterback of his HS |
| 10. Head Cheerleader                                            | (Bullies her younger sister)       |
| 11. Mexican Firefighter<br>couple from a fire)                  | (Recently rescued an elderly       |
| 12. Black Man in a Wheelchair<br>cure for cancer)               | (Is a biochemist researching a     |
| 13. Man with AIDS<br>medalist)                                  | (Is also a 4-time Olympic gold-    |
| 14. Rotarian                                                    | (Is an SC at Young RYLA)           |

Each member of the team will randomly pick one and wear it:

The Head JCs will read the following:

*It was a gusty day at sea aboard the USS Ponderosa when all of the sudden, the ship capsized. After several hours of confusion and panic, you and handful of other passengers found yourselves shipwrecked upon an island. Luckily, there was also a lifeboat that had drifted onto the island from the capsized ship. Unfortunately, the side of the lifeboat clearly stated "Maximum Occupancy: 5". You have ten minutes to decide who must stay on the island and who will board the lifeboat.*

Ask *Why did you choose to save \_\_\_\_\_? Why did you leave \_\_\_\_\_ on shore?*

After their ten minutes have passed and the shipwrecked voyagers have made their decisions, read the following:

*That night, the five chosen castaways boarded the lifeboat and set off for a course unknown. Those left behind on the island began to scavenge for food and shelter. Three days later, a rescue squad found the lifeboat, yet the five passengers were dead from heat stroke and dehydration. The rescue squad continued to the island where they found the remaining castaways sitting around a campfire on the beach, enjoying the company of one another, and roasting marshmallows (which for some reason made their way to the island intact). Those who were left on the island made it home safely.*

Now ask them: *If you had known this from the beginning, what would you have done differently?*

Now read some more information regarding each person (what is in parentheses on the list above).

Debrief

*What assumptions did you make?  
How do you judge people everyday?  
Why is it hard to make these kinds of decisions?  
How did your Core Values help you decide who you kept?  
etc.*

If time allows, ask them if they would like to do it again.

## **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:** Compass worksheet handouts

**Objectives:** 1, 2, 3, 6, 7; 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:** N/A

**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. Ask the kids to think of role models in their lives and what some of their values are. Why are these important?

**Safety considerations:** None

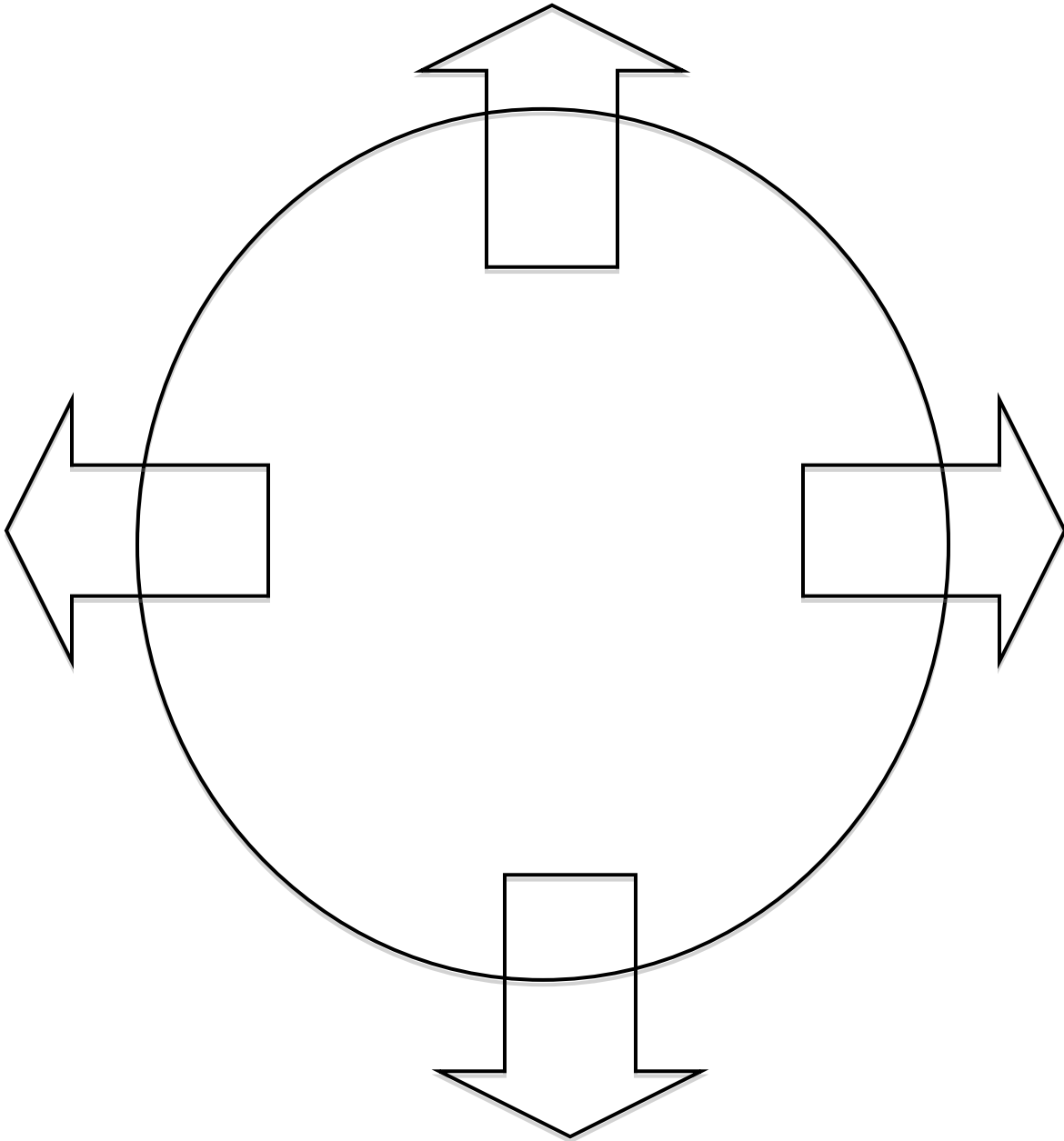
**Suggested debrief ideas that lead to desired outcomes:**

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



# 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.

## 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

## 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:** Brianna Exum, Counselors

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

**Objectives:** 3, 4, 5, 6, 7; Write a personal poem that expresses purpose and life-direction.

**Desired Outcomes:** Creative self-discovery and expression. To realize they can be creative when necessary.

**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-RYLArrians. 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?

## **Ebola Initiative Game**

**Location:** Junior's Freaky 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.

**Objectives:** 1, 2, 4, 5, 6, 7; 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 the activity.

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 work out how to move the large bucket into the safe inner circle without touching it with their hands and without dropping the Koosh ball.

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

Time frames: 10 minutes for Y-RYLarians 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-RYLarian 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. Have your Foundation for Leadership Observation Lists handy to 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 that 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?

## RYLA Ball

**Location:** Ball field

**Day:** Tuesday or Wednesday

**Time:** See Matrix Schedule for your team's time. Stop at least 5 minutes before the end of the hour to allow time for the team to get to its next activity.

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

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

**Objectives:** 1, 4, 6, 7; 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 kickball field. All team members must participate! Play RYLA ball- a game of silly rules that you may change throughout the game.

**Counselor facilitation notes:** Start with the basic rules of RYLA Ball ( similar to kickball but more silly), as the game goes on you can add different challenges. Mix up the members of the team at least once so that the Y-RYLArrians will need to adapt quickly to a different team dynamic. Make certain that the switched teams are gender and athletically balanced.

### Basic RYLA Ball Rules

- The pitcher and "batter" may use any body part to throw and hit the ball.
- The hitter can run in any order but must touch every base.

Start with these rules and allow them to play for a couple innings. After a while switch up the teams and add more creative and challenging rules. For example

- Have both teams line up by height, birthday, or hair length and count off to make two new teams so the Y-RYLArrians are playing with people they do not know well but must cooperate with to play successfully.
- Have them skip, run backwards, etc between bases and when running around in the outfield
- Have outfielders recite a silly song, do a dance or give someone a compliment before they are allowed to throw the ball.



- Have them recite a silly song or poem before they can run (ABC's, Twinkle Twinkle, etc)
- Have runners do a dance, hand shake, or other performance at each base before running to the next one

If particular Y-RYLarians are dominating, the Counselors may prescribe individual or uniform handicaps (i.e. they can only kick with their non-dominant foot, or they must skip, not run, to bases; or they must throw with their non-dominant hand, or they must run backwards).

Have your Foundation of Leadership spread sheet handy to make notes on the abilities you observe.

**Safety considerations:** Sunburn!

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

How did you feel when the teams were mixed up? Did it affect how you played? Did it affect your team's communication? Were you able to feel a new or different team dynamic when you became part of another set of players? How did you have to play differently on the different teams? Could you tell if the other team was more blue? (or green, gold, or orange?)

## Service Project

**Location:** Cagle (Basement)

**Day:** Tuesday or Wednesday

**Time:** See Matrix Schedule for your team's time. Stop at least 5 minutes before the end of the hour to allow time for the team to get to its next activity.

**Person Responsible:** JCs and SCs

**Equipment needed:** Wooden car parts for assembly

**Objectives:** 1, 3, 6; A team activity to do a service project and inspire service projects at home.

**Desired Outcomes:** Team unification and bonding; satisfaction in helping others (even if they aren't helping human beings, it's just as important)

**Set up and instructions:** See project instructions at Cagle (basement)

**Counselor facilitation notes:** Observe the team. Be sure to take notes for a while that you can use for debriefing (should the team want to discuss this activity during Twilight Time). Possibly make a car yourself for more interaction with the team.

**Safety considerations:** Too much fun.

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

- **What happened?**
  - What did you do in the activity?
  - What was the purpose of the activity?
  - How did you feel during the activity
  - How did the team interact?
- **So What?**
  - What did the interactions and feelings signify?
- **Now What?**
  - What did we learn from this activity that can be applied outside of YRYLA?

## Skit Prep

**Location:** Team spots

**Day:** Tuesday or Wednesday

**Time:** See Matrix Schedule for your team's time. Stop at least 5 minutes before the end of the hour to allow time for the team to get to its next activity

**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.

**Objectives:** 1, 4, 5, 6; 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.

**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

## Spiderweb

**Location:** Forest

**Day:** Tuesday or Wednesday

**Time:** See Matrix Schedule for your team's time. Stop at least 5 minutes before the end of the hour to allow time for the team to get to its next activity

**Persons Responsible:** JC, SC

**Equipment needed:** Two trees approximately 8 ft apart, bungee cord to be strung to create a web as shown in the picture. The web does not have to be an exact duplicate as shown in the picture. There should be as many spaces in the web as there are people in the group.



**Objectives:** 1, 4, 5, 6, 7; Each member must get to the opposite side of the spiderweb.

**Desired Outcomes:** Spiderweb is a great trustbuilding and teamwork activity. Teammates will learn to trust each other and to work together to get everyone across the spiderweb in a timely manner.

**Set up and instructions:** *You are a band of explorers and have are attempting to get away from a horde of zombies that are chasing you. They are 30 minutes behind you when you reach a special spider web that will allow you to cross over to the other side where you will be protected.*

*Each member of your team must pass to the other side by going through the open spaces without touching the web. After someone passes through that space it cannot be used again. All members must get through to become safe from the zombies, AND if the web is*

*touched a zombie-spider will come to bite that person. There is no jumping or diving allowed, as it will awake the zombie-spider. Climbing the trees is forbidden.*

*If anyone touches the web, the whole team must start over. You may not go over, under, or around the spiderweb - everyone must go through a different hole in the spiderweb.*

- **Safety considerations:**

- Have someone ask the person being lifted if they are ready and understand the plan
- Control the hips as that is the place that will keep the person from falling hard and getting hurt
- Make sure that the spotters touch appropriate body parts
- The ground surrounding the area should be as level as possible and rock free. Make sure that there are no objects or holes in the ground.
- Make sure that when a person is lifted that there is someone over on the other side to receive him/her safely.
- **Stay close so that if anything goes wrong you are right there to spot the person that is off of the ground.**
- Do not allow anyone to jump or dive!
- If someone touches the web, continue through or help them back. **DO NOT STOP SPOTTING THAT PERSON!**

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

- How did someone on this team help you during this activity?
- The strength of our team is.....
- What were the actions of people that created .....?
- What challenges did you have to overcome to be successful?
- What did you learn from other activities that you used here?
- Where in your school (life back home) are there people that are good supporters for you?
- What leadership attribute do you want to build as a result of this success?
- Who can you trust and when is it important?

## Car Car and Trust Walk

**Location:** Jim's Meadow (Outside of Allison)

**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:** Michelle Maddex, Counselor

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

**Objectives:** 1, 2, 4, 5, 6, 7; 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.

**Objectives:** 4, 5, 6, 7; 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?



## Counselor Twilight Time Checklist

Tuesday, July 23<sup>rd</sup>, 2013

- ❖ Ice Breaker/Activity
- ❖ Expectations for Wednesday
- ❖ **EVALUATIONS (required)**
- ❖ **Debriefing:** Refer to your Foundations for Leadership Skills chart to refresh you on what might be most beneficial for your team to debrief. 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.

Of course, you will be debriefing only the 8 matrix activities accomplished by your team!

Ask what activity would they most like to talk about?

- **Challenge Course debrief:** Wind in the Willows, Trust, Low Ropes
  - What were your strategies for the low ropes course? How did this compare to the teams strategies?
  - What communication styles did you observe or experience today? How did these contribute to or detract from the challenge course?
  - Was there anyone that surprised you with their leadership today?
  - What mistakes were made? What were the lessons learned?
- **Choices**
  - What difference does it make to have choices? Can you make a choice when you are at the 10<sup>th</sup> floor of your emotional elevator?
  - What were the consequences of the choices ...now? Later? To others?
- **Core Values/ Four Way Test**
  - What are your values?
  - How can you implement them into your daily life?
  - Where have your values come from?
  - How can you use the Four Way Test in your daily life?
- **Finding My Voice**
  - What did you discover about writing?
  - Did Finding Your Voice make it easier for you to write your thoughts?
  - What happened when you shared your writing with the team?
- **Ebola Initiative Game**
  - Each of you had a different perspective of what was happening during the Ebola activity. Let's go around the room and describe the experience you had. Mention whether or not you were blindfolded.
  - What did you learn from this activity?
- **RYLA Ball**
  - What did you learn about leadership?

- Is leadership an important part of games?
- **Spiderweb**
  - What worked? What didn't work?
  - How did you feel when you were being lifted? When you were lifting others?
  - How can you apply this to your life?
- **Trust Walk**
  - What is trust?
  - Why is trust in your teammates important?
  - What happens to a project when trust breaks down?
- **Zip Line**
  - What was most challenging about the Zip Line?
  - Did you have an action plan to scale the tower?
  - What did you learn about yourself?
  - Were you using your Wizard Brain or your Lizard Brain when you zipped?

Movie: Wreck It Ralph (not necessary)

- Other things learned or experiences of the day Y-RYLarians want to share...
  - Leadership
  - Brainwise - stopping to think
  - Counselors Words of Focus

## ~ 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



# Wednesday, July 24<sup>th</sup>, 2013

*Dorms*

**6:45 am** Wake Up

*Out and about - see posted schedule*

**7:00 am** Morning Activities

*Dining Hall*

**7:30 am** Breakfast

*Allison Pavilion*

**8:00 am** Word of Focus: \_\_\_\_\_

*Out and About - follow your team Counselor*

Time	A	B	C	D	E	F	G	H	I	J	K	L
8:15- 9:15	CC	SP	AA	FMV	SkP	EB	4WT	SP	ZL	TW	CV	CH
9:15- 10:15	CH	CC	SP	AA	FMV	SkP	EB	SW	SP	ZL	TW	CV
10:15-11:15	CV	CH	CC	SP	AA	FMV	SkP	EB	SW	SP	ZL	TW
11:15- 12:15	TW	CV	CH	CC	SP	AA	FMV	SkP	EB	SW	SP	ZL

*Dining Hall*

**12:15 pm** Lunch

*Allison Pavilion*

**1:00 pm** Word of Focus: \_\_\_\_\_

**1:15 pm** Swept Away/My Life List: Dave Boon

*Ball Fields*

**2:45 pm** RYLA Ball Tournament

*Allison Pavilion*

**3:45 pm** Word of Focus: \_\_\_\_\_

**4:00 pm** Rotarian Passion to Action

*Gym*

**4:30 pm** Walk of Possibilities

*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/Galaxy Galley

## **My Life List/Me Quit? Never!**

**Location:** Allison Pavilion

**Day:** Monday

**Time:** 1:20 - 5:20pm Two 80 minute Sessions - See program for your team's time. Stop at least 10 minutes before the end of the hour to allow time for the team to get to its next activity.

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

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

**Objectives:** To get the campers to develop a "My Life List" of the goals and dreams they may want to achieve in their life, to set some steps, or plans, that they can take (personal initiative) toward achieving those dreams/goals, 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 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**

accept difficult new challenges

step out of his/her comfort zone and try new things

#### **Personal Initiative**

do what he/she is supposed to do even when he/she does not feel like it

look for the positive in all situations

#### **Mentors**

ask for help when he/she are stuck or needs it

listen to others with understanding and without judging them

#### **Perseverance**

stick with a challenging task and see it through to its completion

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 (climb Kilimanjaro - Junior, passion to action items, people with

careers they find interesting, etc), achieved what they want, or how to get started. Who do you know that can help them on their road to success? Show them the thought and planning process on the included planning sheet to accomplish their goals.

**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 if they feel comfortable.

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.

Ask them how they can make a plan to achieve those goals. See goal setting progress sheets.

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 (could be the tower and zip line, or something else they have achieved) 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 Huascaran, 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

### 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. Iguacu 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 Jordon from Sea of Galilee to the Dead Sea

**Swim In:**

- 68. Lake Victoria
- 69. Lake Superior
- 70. Lake Tanganyika
- 71. Lake Titicaca, Peru
- 72. Lake Nicaragua

**Accomplish:**

- 73. Become an Eagle Scout
- 74. Dive in a submarine
- 75. Land on and take off from an aircraft carrier
- 76. Fly in a blimp, hot air balloon, glider
- 77. Ride and elephant, camel, ostrich and bronco
- 78. Skin dive to 40 feet, hold breath  
2.5 minutes underwater
- 79. Catch a 10 lb lobster and ten-inch abalone
- 80. Play a flute and violin
- 81. Type 50 words a minute
- 82. Take a parachute jump
- 83. Learn water and snow skiing
- 84. Go on a church mission
- 85. Follow the John Muir Trail
- 86. Study native medicines, bring back useful ones
- 87. Bag camera trophies of elephant, lion, rhino,  
cheetah, cape buffalo and whale
- 88. Learn to fence
- 89. Learn jujitsu
- 90. Teach a college course
- 91. Watch a cremation ceremony in Bali
- 92. Explore the depths of the sea
- \*93. Appear in a Tarzan movie
- \*94. Own a horse, chimp, cheetah, ocelot and coyote  
(Chimp and cheetah to go)
- \*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

- 101. Run a mile in 5 minutes
- 102. Weigh 175 (still does)
- 103. Perform 200 sit-ups and 20 push ups
- 104. Learn French, Spanish, and Arabic
- 105. Study dragon lizards of Komono Island
- 106. Visit birthplace of grandfather Sorrenson
- 107. Visit birthplace of grandfather Goddard
- 108. Ship aboard a freighter as a seaman
- \*109. Read the entire Encyclopedia Britannica
- 110. Read the Bible cover to cover
- 111. Read the works of Shakespeare, Plato,  
Aristotle, Thoreau, Poe, Rousseau, Bacon,  
Hemingway, Dickens, Twain, Burroughs,  
Conrad, Talmage, Tostoi, Longfellow, Keats,  
Whittier and Emerson
- 112. Become familiar with the compositions of  
Bach, Beethoven, Debussy, Ibert,  
Mendelssohn, Lalo, Rimski-Korsakov,  
Respighi, Liszt, Rachmaninoff, Stravinsky,  
Toch, Tshcikovsky, and Verdi
- 113. Become proficient in the use of a plane,  
motorcycle, tractor, surfboard, rifle, pistol,  
canoe, microscope, football, basketball, bow  
and arrow, lariat and boomerang
- 114. Compose music
- 115. Play Clair de Lune on the piano
- 116. Watch fire-walking ceremony in Bali
- 117. Milk a poisonous snake
- 118. Light a match with a 22 rifle
- 119. Visit a movie studio
- 120. Climb Cheops' Pyramid
- 121. Become a member of the Explorers' Club  
and the Adventures' Club
- 122. Learn to play Polo
- 123. Travel the Grand Canyon (by foot and boat)
- 124. Circumnavigate the globe (4 times)
- \*125. Visit the moon
- 126. Marry and have children (has 5 kids)
- 127. Live to see the 21<sup>st</sup> Century

**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 is 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!



# Plan for My Life List:

**Goal :** \_\_\_\_\_

**Time Frame (deadline):**  
\_\_\_\_\_

**Things to Do in Order To Achieve that Goal:**  
**People/Mentors that can Help Me: (constellation of support)**

Talk To: \_\_\_\_\_

By Which Date: \_\_\_\_\_

Learn About:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Talk To: \_\_\_\_\_

By Which Date: \_\_\_\_\_

Learn About:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Talk To: \_\_\_\_\_

By Which Date: \_\_\_\_\_

Learn About:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Knowledge/Information Required:**

**Item #1:**

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How do I gain that knowledge:

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Date I will have that information:

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**Item #2:**

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How do I gain that knowledge:

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Date I will have that information:

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**Item #3:**

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How do I gain that knowledge:

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Date I will have that information:

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**What do I Need (supplies, money,etc):**

**What do you need:**

\_\_\_\_\_

How much does it cost:

\_\_\_\_\_

How can you raise this money:

\_\_\_\_\_

Who can help you with this:

\_\_\_\_\_

When will you contact this person:

**What do you need:**

\_\_\_\_\_

How much does it cost:

\_\_\_\_\_

How can you raise this money:

\_\_\_\_\_

Who can help you with this:

\_\_\_\_\_

When will you contact this person:

**What do you need:**

\_\_\_\_\_

How much does it cost:

\_\_\_\_\_

How can you raise this money:

\_\_\_\_\_

Who can help you with this:

\_\_\_\_\_

When will you contact this person:

## RYLA Ball

**Location:** Ball field

**Day:** Wednesday

**Time:** 2:45 to 3:45 (60 mins) Stop at least 5 minutes before the end of the hour to allow time for the team to get to its next activity.

**Persons Responsible:** Head JCs, Head Staff, Chair, JCs

**Equipment needed:** Kick balls or large soccer ball, sunscreen (seriously! A lot of YRYLArians will want to apply.), timer, whistle, megaphone

**Objectives:** 1, 4, 6, 7, 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:** Set up 6 fields with cones. 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).

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

Each team will assign one representative who will negotiate with the other team.

The team will first discuss the game they want to play (3 minutes).

The representative will then meet with the opposing team's rep to express their team's wishes (3 minutes).

The reps then go back to their team to discuss what the other team wants (3 minutes).

Then the reps meet one last time to agree on a set of rules (3 minutes).

The game can be anything which is safe and is confined to the assigned field.

Rules can be fun, goofy, or crazy, but it cannot be an existing known game.

ALL team members must play in some role.

You will spend 12 minutes negotiating your game, and then you will play for 8 minutes.

Each round will be a brand new game. You may not repeat the same game twice.

**Suggested debrief ideas that lead to desired outcomes (Debrief ~10 mins):**

How did you feel when everything got mixed up? Did it affect how you played? Did it affect your team's communication? Were you able to feel a new or different team dynamic when you started using a different set of rules? How did you have to play differently with different sets of rules? Could you tell if the other team was more blue? (or green, gold, or orange?) How did you negotiate?

## Walk of Possibilities

**Location:** Teams A-F Gym, Teams G-L Elkhorn

**Day:** Wednesday

**Time:** 3:15 pm

**Persons Responsible:** Michelle, Wally

**Equipment needed:** white board or easel with flip chart, 2 boom boxes, music

**Objectives:** 4, 5; To get everyone to look at things with the perspective of possibility rather than the perspective of doubt.

**Desired Outcomes:** YRYLarians 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:** Michelle and Wally will set up and facilitate this activity.

**Counselor Facilitation Notes:** Have your notebooks 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? See debrief questions on next page.

### WALK OF POSSIBILITIES

What are the top 3 human resources that you use now and want to keep as an adult?

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How do these 3 human resources relate to being a good leader?

Why do you think we are losing intuition?

How do we keep from losing our valuable human resources?

Have we encouraged you to express your human resources at YRYLA?

Which human resources did you need to be reminded of?

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<b>EXAMPLES OF HUMAN RESOURCES</b>		
Intuition	Emotions	Trust
Touch	Movement	<hr/>
Laughter	Freedom	<hr/>
Voice	Curiosity	<hr/>
Creativity	Acceptance	

## Take a Look Around

**Location:** Allison Pavilion

**Day:** Wednesday

**Time:** 6:15 to 7:45 + Music Break 7:45 - 8:15

**Responsible Persons:** Head JCs

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

**Objectives:** 1, 2, 3, 4, 5, 6; To provide an opportunity for YRYLarians 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 YRYLarians in teams. Double check sound system to be certain that there will be NO TECHNOLOGY GLITCHES. One of the Head JCs 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 YRYLarians 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:**

What do you want people to know about you?

What do you never want said about you?

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... \_\_\_\_\_ ...please come onto the stage**

...are a girl...

... 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 30 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'?"

## Counselor Twilight Time Checklist

Wednesday, July 24<sup>th</sup>, 2013

- 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 BrainWise 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.
- **Swept Away**
  - 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?
- **RYLA Ball**
  - What did you learn about leadership?
  - Is leadership an important part of games?
- **Walk of Possibilities - Wally and Michelle**
  - What did you discover about your possibilities? Are they limited? Who sets the limits?
- **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?
- Other things learned or experiences of the day Y-RYLarians want to share...
  - Counselor Word Of Focus

- BrainWise - 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

# Thursday, July 25<sup>th</sup>, 2013

## *Dorms*

**5:15 am** Wake Up for Sunrise Hike

## *Dining Hall*

**7:30 am** Breakfast

## *Allison Pavilion*

**8:00 am** Word of Focus: \_\_\_\_\_

## *Location to be determined by Tom Keyton*

**8:15 am** All-Conference Picture

## *Allison Pavilion*

**8:45 am** Word of Focus: \_\_\_\_\_

## *Ponderosa Grounds*

**9:00 am** Scavenger Hunt

## *Allison Pavilion*

**10:45 am** Rotary Youth Programs

**11:45 am** Rotary Passion to Action

## *Dining Hall*

**12:00 pm** Lunch

## *Allison Pavilion*

**12:45 pm** Word of Focus: \_\_\_\_\_

## *Outdoor Team Spots*

**1:00 pm** Team Passion to Action

## *Junior's Freaky Forest*

**2:00 pm** Goofy Olympics

## *Allison Pavilion*

**3:45 pm** Word of Focus: \_\_\_\_\_  
**4:00 pm** Comedy Club/Compass Presentation  
**4:30 pm** Rotarian Passion to Action  
**4:45 pm** Comedy Club/Compass Presentation

*Dining Hall*

**5:30 pm** Dinner

*Team Spots*

**6:30 pm** Reflection Time  
**6:45 pm** Twilight Time/Galaxy Galley

*Allison Pavilion*

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



## 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 - TBD; Counselors

**Equipment needed:** Walking/hiking shoes, Cameras!

**Objectives:** 4,5,6, 7; To summit the hill in time to watch the sun rise and reflect upon the week of YRYLA.

**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.

**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.

## Conference Pictures

**Location:** To be determined by Tom Keyton.

**Day:** Thursday

**Time:** 8:15 - 8:45- all conference, Team pictures during *Goofy Olympics* 2:00-3:45

**Persons Responsible:** Tom Keyton, Michelle Maddex, 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 2010 Y-RYLA shirt. We have 55 minutes to take 25 photographs: one of each team in a regular pose, one of each team in a pose of its creation, one 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.) Remember to bring their team star. The first team and last team to be photographed will feel like they have a lot of down time...this is a great time to do their favorite ice breakers or talk about their Y-RYLA experiences.

The trick to getting all the photos done in 55 minutes is to have the arrangement of the team decided before stepping in front of the camera. 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.

Tom Keyton will have a pre-stage area where staff 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 Tom 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. Tom 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

## Scavenger Hunt

**Location:** Convene at Allison; across Ponderosa grounds

**Day:** Thursday

**Time:** 9:00- 10:45 am (~2 hours)

**Persons Responsible:** Team-led; counselors help take pictures

**Equipment needed:** Cameras!

**Objectives:** 1, 4, 5; To work as a team to take creative, unique pictures that fulfill the requirements of the scavenger hunt.

**Desired outcomes:** Work cohesively as a unit to complete the scavenger hunt. Great photo opportunity for YRYLarians!

**Set up and instructions:** Gather at Allison. Make sure between each pair of JC/SC teams, at least one has a camera. Use one camera to take all photos for the scavenger hunt.

**Counselor facilitation notes:** Make sure your team is well dispersed and far away from other teams. Let the YRYLarians be creative and come up to solutions for more difficult parts of the scavenger hunt by themselves. JCs and SCs can help by taking pictures, but not in helping their teams come up with ideas.

**Safety considerations:** Sunburn!

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

Discuss any difficulties your team had during the scavenger hunt.

What was difficult and what was easy?

## YOUR LIST - CAPTURE A PICTURE OF EACH OF THESE:

1. Someone having a bad hair day
2. Two team members in an awkward position while playing Twister
3. Imitate your JC and SC
4. Someone not on your YRYLA team in mid-air
5. A self-portrait you might see on Snapchat
6. All of your group and an SC not in your group doing the can-can
7. Someone taking a picture
8. Your group doing their best impression of
9. 6 people doing a human pyramid
10. YRYLA spelled out in clothes
11. Your entire group being chased by zombies (must find willing zombies)
12. Recruit 2 JCs to play leapfrog with your group
13. Recreate a flash mob, interrupting another team's picture
14. Your group with your JC and SC
15. Your entire group sleeping in an unusual place
16. Your group acting out a scene from a Disney movie
17. Your group doing a catalog pose
18. Someone doing exactly what the sign says (can be any sign)
19. Can you find us? Photo (think iSpy) with all group members
20. Getting food without using your food cards
21. Something that begins with the letter Z
22. Someone in your group juggling
23. The evolution between monkey and man
24. Exactly 23 people (including your group)
25. An "arsty" picture - like it could be a painting
26. A picture of the caption, "Ewww, what is that?"
27. A picture of the caption, "Holy cow! Did you see that?"
28. A picture of the caption, "That has got to be the coolest thing ever!"
29. A picture of the caption, "I can't believe we all fit in here"
30. A picture of the caption, "Ain't Nobody Got Time for That"
31. A picture of the caption, "RYLA love"

## Rotary Youth Programs and ShelterBox

**Location:** Allison Pavilion

**Day:** Thursday

**Time:** 10:45-11:45am (45 mins)

**Persons Responsible:**

Shelter Box, Interact, Rotary Youth Exchange and Summer Exchange- See Matrix

**Equipment needed:** Computer and LCD player, projector, screen, ShelterBox

**Objectives:** 3, 6; Introduce YRYLArians to the opportunities of Rotary programs for youth

**Desired Outcomes:** YRYLArians will be inspired and know how they can get involved in Rotary Programs

**Set up and instructions:**

Present brief description of Rotary - its scope, purpose, and some accomplishments followed by three Rotary Youth Programs: Interact (15 mins), Rotary Youth Exchange (15 mins), and ShelterBox (15 mins)

**Counselor Facilitation Notes:** Teams will be seated in Allison Pavilion for their presentations.

**Safety considerations:** none

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

What did you think of the programs? Do you think you might do them? Do you know how to get information on these programs?

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### 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.

## Passion to Action: Developing Your Own Passion and Action!

**Location:** Outdoor Team Spots

**Day:** Thursday

**Time:** 1:00-2:00pm (60 min), Counselor Opening (5 minutes), Individual Passion to Action Brainstorming (30 minutes), Team Discussion (15 minutes), Closing (10 mins)

**Persons Responsible:** JCs and SCs

**Equipment Needed:** Paper in conferees' manuals for the conferees to write their plans on

**Objectives:** 2, 3, 4, 5, 6, 7, Creating a discussion about the conferees' passions and how they would like to act on them and in turn creating a step by step action plan showing the conferee's plans for acting on their passion.

**Desired Outcomes:** The team will work collaboratively, demonstrating the trust that has been formed during YRYLA by helping each other develop their individual plans. Conferees will find motivation and be excited about having a plan to go back home with. A few individuals might volunteer to share their plans to the whole conference.

**Set up and Instructions:** JC and SC will prepare their own example of passion to action before camp and come with the plan to use as an example for the team. Head JCs will make opening comments, and then teams will spread out into their team spots. Counselors will first lead a discussion about what common elements were spoken about in the Rotarian Passion to Actions in regards to how to turn passion into action. Then each member of the team will develop a plan based on their passions. The conferees will then share their passion, what they would like to do with it, and begin developing their plan. The JC and SC will help the conferees with their plans.

**Counselor Facilitation Notes:** It is important to emphasize the establishing of reachable steps. Help the conferees understand that it is the smaller steps that ultimately lead to reaching the goal. Encourage the development of plans that are feasible and impactful.

**Safety Considerations:** None

**Suggested Debrief Ideas That Lead to Desired Outcomes:** What is your passion? What did you want to do with it? Why? What were the elements discussed involved in going from passion to action? How do you plan to complete your goal? Was this activity helpful in getting you started on achieving your goal? How can steps help you achieve your goal? What Wise Ways are involved in going from Passion to Action? How does this activity relate to the three hoops theme?



### **Passion to Action: Creating Individual Plans**

1. What is your something you are passionate about?
2. What have you already done with your passion?
3. What can you do with your passion that can put your passion into action?
4. Which people can help you accomplish this?
5. What resources can help you accomplish this?
6. What is the timeline of your action? How long will it take to reach your goal? When will you start?
7. Will you need supplies or resources? If so, which ones?
8. Will this project cost something? If so, how can you pay for it?
9. How will you measure the success of your goal?
10. What will be the long term effect of putting your passion into action?

## Passion to Action:

**Goal :** \_\_\_\_\_

**Time Frame (deadline):**  
\_\_\_\_\_

**Things to Do in Order To Achieve that Goal:**

**People/Mentors that can Help Me: (constellation of support)**

Talk To:  
\_\_\_\_\_

By Which Date:  
\_\_\_\_\_

Learn About:  
\_\_\_\_\_  
\_\_\_\_\_

Talk To:  
\_\_\_\_\_

By Which Date:  
\_\_\_\_\_

Learn About:  
\_\_\_\_\_  
\_\_\_\_\_

Talk To:  
\_\_\_\_\_

By Which Date:  
\_\_\_\_\_

Learn About:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Knowledge/Information Required:**

Item #1:

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How do I gain that knowledge:

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Date I will have that information:

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Item #2:

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How do I gain that knowledge:

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Date I will have that information:

---

Item #3:

---

How do I gain that knowledge:

---

---

---

Date I will have that information:

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**What do I Need (supplies, money,etc):**

What do you need:

How much does it cost:

How can you raise this money:

Who can help you with this:

When will you contact this person:

What do you need:

How much does it cost:

How can you raise this money:

Who can help you with this:

When will you contact this person:

What do you need:

How much does it cost:

How can you raise this money:

Who can help you with this:

When will you contact this person:

## Goofy Olympics

**Location:** Allison Pavilion

**Day:** Thursday

**Time:** 2:00-3:45 pm (10 min per station)

**Persons Responsible:** Counselors and Rotarians

**Equipment needed:** listed below

**Objectives:** 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. Marion and Michelle 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?

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### 1. Dizzy Lizzy (spinning relay)

#### COUNSELOR:

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 just taken off by the first, 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

#### COUNSELOR:

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

#### COUNSELOR:

Teams pass a ball around a circle only using their necks.  
*Supplies:* Soft squishy 4 or 5-inch ball

### 4. Threading the Needle

#### COUNSELOR:

Team joins hands in a circle, leaving one open space between two Y-RYLarians. Hula hoop is placed on first team member and transferred from member to member without using hands or breaking circle. Once all hula hoops have been placed on the team mates, circle is closed, but threading continues.  
*Supplies:* 8 (or so) hula hoops.

### 5. Rainbow Parachute

#### COUNSELOR:

Miming: Number the players by threes around the parachute, so that you have an equal number (or close to) of ones, twos and threes spread out. Mushroom the parachute, then call out a number and also a description of who you would like them to act as. For example, if you call out: "Number ones are ballerinas," all of the number ones have to cross under the parachute, acting like ballerinas all the way.

Ocean: Pretend the parachute is the ocean. Players move the parachute in response in response to the 'weather report' they hear. (Encourages players to be creative.) For example, the Leader says, "I heard on the weather report this morning that there was a slight breeze over the Pacific. What would that look like?" The players respond by making small waves in the parachute. Other suggestions are high winds, snow, tornados, etc.

Shark: Everyone sits on the floor in a circle holding the parachute stretched out with his or her legs underneath it. The parachute is the sea and they are sitting on the beach, happily dipping their toes in the water. By shaking the edge of the parachute, realistic ripple or wave effects can be made. Once the waves are going well, someone is selected to be a shark and disappears under the parachute. They move around underneath and because of the waves it will be difficult to see where they are. The shark chooses a victim and grabs him or her by the feet. The victim can give an appropriate scream before disappearing under the parachute. This person now also becomes a shark and selects

victims. In the end, everyone is a shark. If someone does not want to be bitten, let them sit with their legs crossed underneath the parachute.

### **6. Biscuit Pass**

### **COUNSELOR:**

Pair off YRYLarians into pairs. Each of the pairs must hold a clothes pin in their mouths. The YRYLarians will then pass the dog biscuit using only the clothes pin between themselves and their partner. The goal is to pass the dog biscuit as many times as possible without dropping it. To add more of a challenge, have your team split in half and have each half pass the dog biscuit between members in a relay race, the team that moves the biscuit to the end and back first wins!

*Supplies: dog biscuits, 12 clothes pins*

### **7. Team Pictures**

### **Tom Keyton**

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

## Team Compass/Comedy Club

**Location:** Allison Pavilion

**Day:** Thursday

**Time:** 4:00-5:30 pm

**Persons Responsible:** Counselors

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

**Objectives:** 1, 2, 4, 5, 6, 7; Present Team Moral Compass immediately followed by Team skit with props

**Desired Outcomes:** Pride and community in their creativity and performance as a team.

**Set up and instructions:** Present Team Compass 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 Compass and their Team Skit during Twilight Time. What was it that they liked best? Would they do anything differently next time?



## Dance and Ice Cream Social

**Location:** Allison Pavilion

**Day:** Thursday

**Time:** 8:00 - 10:30 pm (2½ hours)

**Persons Responsible:** Head Counselors, Counselors, Marion

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

**Objectives:** 4, 6; 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?

## Counselor Twilight Time Checklist

Thursday, July 25<sup>th</sup> , 2013

- Ice Breaker/Activity
- **PERSONAL COMMITMENT (Required)**
- **EVALUATIONS (Required)**
- **Exchange contact information** if the team wishes to do so.
- **Expectations for Friday**
  - Need to be packed and have dorm and common spaces cleaned before breakfast
  - Closing Speakers on Friday morning - 30 seconds per speaker - 5 minutes per team
- **Debriefing:** Refer to your Foundations for Leadership Skills chart C&R Page 93 to refresh you on what might be most beneficial for your team to debrief. Include the Four Way Test, BrainWise and True Colors in your conversation. 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.
  - **Leadership**
    - What does leadership mean to you?
    - Give examples of where you have seen leadership in the camp.
    - Do you wish to be a leader? In what?
    - Where have you been a leader?
    - What would it take for you to step up and be a leader?
    - What do you want out of being a leader?
    - What keeps people from being a leader?
  - **Sunrise Hike**
    - What is it about seeing a sunrise that inspires humankind...or you?
    - What can you take from this experience and apply it to your goals?
  - **Scavenger Hunt**
    - What was easy/difficult about working together to complete the scavenger hunt?
    - How can you apply what you did in the scavenger hunt to your life? The world?
  - **Goofy Olympics**
    - 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?

- **Rotary Youth Programs**
  - What opportunities that Rotary offers to youth fit your goals and plans?
  - Did you have both leaders and followers?
  - What other projects can you imagine or would like to lead?
- **Passion to Action**
  - Why is it important to put your passions into action?
  - How can you make sure that you will take the steps to put your passion to action?
  - What other things are you passionate about in your life? What projects can you do to take action?
- **Other thoughts of the day**
  - Counselors Words of Focus
  - Favorite memories of the week, what you learned or took away, what you want to do differently now



## Young RYLA: SELF ASSESSMENT

Name \_\_\_\_\_ Team: \_\_\_\_\_

Please circle the word that best represents you:

**1. I give encouragement and verbal support to others.**

Never      Occasionally      Sometimes      Most of the time      Always

**2. I know when to express my feelings openly without embarrassment.**

Never      Occasionally      Sometimes      Most of the time      Always

**3. I stand up for what I believe is right even when others are afraid to.**

Never      Occasionally      Sometimes      Most of the time      Always

**4. I feel empathy (compassion) for other people and show them respect.**

Never      Occasionally      Sometimes      Most of the time      Always

**5. I feel that I follow through on my commitments even when I don't feel like it.**

Never      Occasionally      Sometimes      Most of the time      Always

**6. I am eager to learn more about my strengths and where I can improve.**

Never      Occasionally      Sometimes      Most of the time      Always

**7. I can handle setbacks without giving up or staying discouraged.**

Never      Occasionally      Sometimes      Most of the time      Always

**8. I am uncomfortable when people say positive things about me.**

Never      Occasionally      Sometimes      Most of the time      Always

**9. I listen to others to understand them without judgment.**

Never      Occasionally      Sometimes      Most of the time      Always

10. **When I am uncomfortable in situations, I still see the value of taking reasonable risks.**

Never      Occasionally      Sometimes      Most of the time      Always

11. **I contribute to the team even when I don't feel like it.**

Never      Occasionally      Sometimes      Most of the time      Always

12. **When listening to people with whom I have a different opinion, I try to listen for common ground.**

Never      Occasionally      Sometimes      Most of the time      Always

13. **I feel that I can be honest and admit my mistakes.**

Never      Occasionally      Sometimes      Most of the time      Always

14. **When working on a team and I have a great ideas, I listen to others' ideas to improve the outcome.**

Never      Occasionally      Sometimes      Most of the time      Always

15. **I want others to recognize how much I have contributed to the team's success.**

Never      Occasionally      Sometimes      Most of the time      Always

Thank you!

**Turn this in to your JC!**

## Personal Commitment

**Location:** Team Spots

**Day:** Thursday

**Time:** during Twilight Time

**Persons Responsible:** Counselors

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

**Objectives:** 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 Patricia Fiske at the staff meeting. Every team member must participate.

**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.

## ~ 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



# Friday, July 26<sup>th</sup>, 2013

## *Dorms*

**6:45 am** Wake Up

**7:30 am** Pack and Clean Up

## *Dining Hall*

**7:30 am** Breakfast

## *Allison Pavilion*

**8:00 am** Word of Focus: \_\_\_\_\_

## *Meadow near Kickball Field*

**8:15 am** River Crossing

**9:45 am** Circle of Friends

## *Outdoor Team Spots*

**10:30 am** Closing Team Time

## *Allison Pavilion*

**11:00 am** Closing Speakers

## *Slideshow*

**11:30 am** Slideshow

## *Allison Pavilion*

**12:00 pm** Closing Remarks

## *Outdoor Team Spots*

**12:30 pm** Check out with Teams

## 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

## Y-RYLA River Crossing

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

**Day:** Friday

**Time:** 8:15-9:35 am (80 minutes)

**Persons Responsible:** Marion Trummer, Sami and Stefan, Counselors

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

**Objectives:** 1, 2, 4, 5, 6, 7; for all Y-RYLArrians 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:** Michelle and staff will lay the ropes in straight lines parallel to one another, about 25 feet apart, to represent the river. Michelle will ask for each team to select a leader who will gather for a conference with Michelle and staff inside the river area. They will be given this information: *"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 be given **10 minutes** to plan in your separate teams. (How much info does the leader give the team?)*
- *The leaders will then come together for **5 minutes** to create a joint plan.*
- *You will have **3 minutes** for the representatives to return to their team to finalize the plan.*
- *Time for completion is **15 minutes.**"*

Each Y-RYLArrian will be given a plastic file folder to use as their "stepping stone". At the end of the allotted time, Staff 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 didn't? 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 all the information that you needed? Was the goal clearly communicated to you? Did your perspective change when you were in the middle of the river? Why? Did you ever feel like you needed 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?

## Circle of Friends

**Location:** Ball field

**Day:** Friday

**Time:** 9:45-10:15am (30 minutes including transit time)

**Persons Responsible:** Jim Hoops, Counselors

**Equipment needed:** none

**Objectives:** 4,6; 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:** Jim will facilitate

**Safety considerations:** None

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

## Closing Time With Team

**Location:** Various spots behind Allison

**Day:** Friday

**Time:** 10:15-11:00 am (75 minutes)

**Responsible Persons:** Counselors and Rotarians

**Equipment needed:** Manuals, scissors, lighter to create bracelets; "Constellation of Support" string

**Objective:** To give teams a final time together allowing them to leave feeling connected and supported.

**Desired Outcomes:** Y-RYLAirans will...

- Affirm each other
- Understand how these week has affected them individually as a team
- See the support system they have created this week.
- Receive a bracelet as a memory of Young RYLA
- Wrap up any necessary discussions
- Say a final goodbye to their team members, Counselor and Rotarian before the parents arrive
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**First spend no longer than 15 mins filling out the final evaluations**

**Set up and instructions:** Counselors may think of a final activity on their own or use this one. The team will sit in a circle and create a compliment web using the ball of string that will be used to create bracelets. The first person to speak will start with the ball in their hand compliment one of their team members and pass the ball while holding onto the piece of string. Each member will compliment another holding onto the string and passing the ball on to the next. By the end there will be a web and the Counselor, Rotarian and team can talk about how this week has made us all connected and we will continue to be a web of support for one another. At the end the kids can each cut off a piece of the string to wear as a bracelet and the Counselor can help them tie it or melt it together.

**Safety Considerations:** Be careful of the kids wrapping the web around them and be careful when cutting and melting the bracelets.

## 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:** 11:00 - 11:45am (45 minutes)

**Persons Responsible:** Chair, Head Counselors, Counselors,

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

**Objectives:** 1, 2, 3, 4, 5, 6, 7, The culmination of YRYLA.

**Desired Outcomes:** All will feel complete about their week at YRYLA.

**Set up and instructions:** YRYLArians, Counselors, Rotarians and Staff will have the opportunity to speak for no more than 30 seconds about their personal experience of YRYLA. Teams will go on-stage one at a time in alphabetical order. Once every member of the team has had the opportunity to speak, the team will take their seats in Allison. Immediately after Team L 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. 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.





**Personal Reflection Questions**  
Friday July 26<sup>th</sup>, 2013

What will you remember most about Young-RYLA?

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How have you personally changed as a result of this Young-RYLA?

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What does the "Power of One" mean to you?

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How do you plan on continuing the spirit of RYLA at home?

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How will you continue to put passion into ACTION?

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## Post-YRYLA Clean-up

**Location:** Allison Pavilion, Pikes Lodge, Pine Lodge, Cagle Lodge, (everywhere!)

**Day:** Friday

**Time:** 12:30 - 1:30

**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 1:30.

**Desired Outcomes:** No YRYLarian, Counselor or Rotarian will leave anything behind. All trash will be deposited in appropriate receptacles. Pack up all supplies into their appropriate containers in Cagle. Camaraderie will reign, lunch enjoyed, and everyone can be on their way home in a timely way. **EVERYBODY HELPS**

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

\_\_\_\_\_ Allison Pavilion  
\_\_\_\_\_ Cagle Lodge  
\_\_\_\_\_ Pikes Lodge  
\_\_\_\_\_ 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.



## YRYLA 2013 Evaluation

Rating Scale: 5) Amazing 4) Good 3) Alright 2) Didn't Like it 1) Never Again

### Speakers and Presentations

<b>Sunday:</b>	Welcome - <b>District Governors</b>	5	4	3	2	1
	Real Rabbits - <b>Corey Ciocchetti</b>	5	4	3	2	1
	WoF _____	5	4	3	2	1
	Circle of Support	5	4	3	2	1
<b>Monday:</b>	Brainwise	5	4	3	2	1
	Hike	5	4	3	2	1
	WoF _____	5	4	3	2	1
	WoF _____	5	4	3	2	1
	WoF _____	5	4	3	2	1
	Team Building Activities	5	4	3	2	1
	JC Skit with props	5	4	3	2	1
	Four Way Test	5	4	3	2	1
	Towers	5	4	3	2	1
	RYLA Colors	5	4	3	2	1
<b>Tuesday:</b>	Movie: <b>Wreck it Ralph</b>	5	4	3	2	1
	WoF _____	5	4	3	2	1
	WoF _____	5	4	3	2	1
	WoF _____	5	4	3	2	1
<b>Matrix</b>	RYLA Ball	5	4	3	2	1
	Core Values	5	4	3	2	1
	Choices	5	4	3	2	1
	Spiderweb	5	4	3	2	1
	Car Car & Trust Walk	5	4	3	2	1
	Ebola	5	4	3	2	1
	Skit Prep	5	4	3	2	1
	All Aboard & Maui Kauai	5	4	3	2	1
	Zip line	5	4	3	2	1
	Challenge Course (low ropes)	5	4	3	2	1
	Finding My Voice- <b>Briana Exum</b>	5	4	3	2	1
	Service Project	5	4	3	2	1
<b>Wednesday:</b>	Rotary Youth Programs	5	4	3	2	1
	WoF _____	5	4	3	2	1
	WoF _____	5	4	3	2	1

	WoF _____	5	4	3	2	1
	WoF _____	5	4	3	2	1
	Walk of Possibilities	5	4	3	2	1
	Take a Look Around	5	4	3	2	1
	Swept Away - <b>Dave Boon</b>	5	4	3	2	1
	Passion to Action: <b>Wally van Sickle</b>	5	4	3	2	1
<b>Thursday:</b>	WoF _____	5	4	3	2	1
	WoF _____	5	4	3	2	1
	WoF _____	5	4	3	2	1
	WoF _____	5	4	3	2	1
	Sunrise Hike	5	4	3	2	1
	Scavenger Hunt	5	4	3	2	1
	Comedy Club Skits	5	4	3	2	1
	Goofy Olympics	5	4	3	2	1
	Dance and Ice Cream Social	5	4	3	2	1
<b>Friday</b>	WoF _____	5	4	3	2	1
	River Crossing	5	4	3	2	1
	Circle of Friends	5	4	3	2	1
<b>All week:</b>	Morning Activities	5	4	3	2	1
	Words of Focus - <b>JCs</b>	5	4	3	2	1
	Rotarian Passion to Action - <b>SCs</b>	5	4	3	2	1
<b>All evenings:</b>	Reflection Time	5	4	3	2	1
	Twilight Time	5	4	3	2	1

**Suggestions for Speakers/Presentations:**

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**Suggestions for Team and Group Activities:**

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**Your ideas and comments are welcome.**

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**Thank you**

<b>Sunday</b>	
<u>Activity</u>	<u>Rain Plan Location</u>
Ice Breakers during Registration	Pavilion by Zipline
Meet Your Team	Team Spots
Circle of Support	Gym
<b>Monday</b>	
Morning Activities	Split between Indoor Morning Activities
Team Building Activities	Team Spots
Hike	Move to Wednesday; Movie
<b>Matrix</b>	
Spiderweb	Inanimate Object Improv, Pavillion by Gym
Car Car & Trust Walk	Game Room
Ebola	Gym
All Aboard & Maui Kauai	Pavillion by Zipline
Zipline	Minefield, Bear Den
Challenge Course	Construction Site, Cagle
<b>Wednesday</b>	
Hike (if rained out Monday)	--
<b>Thursday</b>	
Sunrise Hike	Indoor Morning Activities
All-Conference Pictures	Allison
RYLA Ball	Gym
Goofy Olympics	Back of Allison, Pavilion by Zipline
<b>Friday</b>	
River Crossing	Gym
Circle of Friends	Gym
Closing Team Time	Team Spots

## Rain Activity: Inanimate Object Improv

**Location:** Pavilion by the Gym

**Persons Responsible:** Facilitator, JC, SC

**Equipment needed:** Any inanimate object - could be a chair, traffic cone ... anything

**Objectives:** 4, 5, to break out of their comfort zone and to practice communicating

**Set up and instructions:** Have the team stand in a semi-circle around an inanimate object

[the following prompts will be done with different people - up to the facilitator's discretion]

Part 1 (15-20 mins): Have different conferees express different emotions (anger, jealousy, love) towards the object. This can be done alone, in pairs, with their own emotions, with prompted.

Part 2 (15-20 mins): Freeze. This is an improvised acting experience, where a prompted scene takes place (still using the object) and the facilitator yells "freeze!" and substitutes someone new into the scene, then giving another prompt. The actors must assume the same stance and act based on that in the new scene. Prompts could be "you're in a classroom" or "[the object] just threw mayonnaise in your face" or "you're participating in the zombie apocalypse"

**Counselor facilitation notes:** Encourage everyone to participate. It will seem ridiculous at first, but once everyone joins in it's a lot of fun.

**Safety considerations:** Just watch for inappropriate acting.

**Possible Debrief Questions:**

In what ways does this resemble real-life communication?

What was hard about talking to an inanimate object?

How do you feel about improvisation?

How was it different when there were more of you acting?



## Rain Plan Activity: Minefield

**Location:** Bear Den

**Persons Responsible:** JC, SC

**Equipment needed:** Chairs, benches, etc.

**Objectives:** 1, 4, 5, 7, to use trust and communication to get across the room

**Set up and instructions:** Do not let your conferees see you do this. Set up a rectangular area with obstacles (chairs) in such a way that one could not walk across from one side to the other in a straight line. Blindfold all but two conferees and split them into four groups. Guide each group to stand on one end of the rectangle.

*You have somehow arrived in a war zone. The tear gas has left you blind, and there are landmines throughout the field before you, so you must tread softly to the side on the opposite end. Luckily you have two friends who were not affected by the tear gas and can see where the landmines are. You have 20 minutes to get to the opposite side of the minefield. You may not touch any of the landmines, nor may you touch anybody else. If you do touch anything, everyone must start over.*

**Counselor facilitation notes:** Choose your 'seers' strategically,

**Safety considerations:** Make sure they are moving very slowly. This could be dangerous if people are running into each other.

**Possible Debrief Questions:**

Who stood out as a leader? How could a blind person 'lead' in this situation?  
How does this relate to other activities you may have done?

## Rain Activity: Construction Site

**Location:** Cagle

**Persons Responsible:** JC, SC

**Equipment needed:** Lego Kits

**Objectives:** 1, 2, 5, 6, 7

**Set up and instructions:** Select one person to be your "Deputy". They will help you take notes, create a sense of integrity, and debrief.

Split the remaining conferees into groups of three and assign them "Architect", "Messenger", and "Builder". Explain that the Architects will all be on one side of Cagle, and that the Builders will be elsewhere. Read the following:

*Each team is tasked with replicating a Lego construction exactly the way the Architect sees it. In order to do this, the Architect will give directions to the Builder. But, all communications must be made with the Messenger. So in order to give directions, the Architect will tell the Messenger something, and the Messenger will repeat it word-for-word to the Builder. The Messenger is not allowed to say anything more than exactly what the Architect said. Also, the Builder cannot ask the Messenger anything, nor can the Messenger tell the Architect anything regarding the progress of the Builder's Lego construction. You have 30 minutes.*

**Counselor facilitation notes:**

Choose your most kinetic conferees to be Architects - they will be challenged to sit still and only give verbal directions. Choose your most vocal leaders to be Messengers - they will be challenged to say only what was said to them. Choose your most curious and inquisitive conferees to be Builders - they will be challenged to take directions without being able to ask questions.

**Possible Debrief Questions:**

What was most frustrating?

What role would you have preferred?

How was it difficult to keep your team's integrity?

How is it difficult to be honest in school? at home?

What is the value of asking questions?