**RYLA 2014 ~ Make a Difference!**

# Counselor Manual

**\*The blue and gray pages are only in the counselor manual!**

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## Mission Statement

RYLA believes that leadership is a skill that can be learned, practiced, and must be applied to have worth. RYLA strives to improve judgment and personal responsibility, and build awareness of key leadership traits, group needs, and the needs of the world. RYLA values leaders who exhibit integrity, accountability, and humility. Through personal interaction and firm teaching, we accomplish our mission of bettering the young leaders of our region.

## Welcome Counselors­!

Congratulations! You have been selected as a Counselor for RYLA 2014!!! Prepare to embark on a great experience with a team of extremely special young men and women. The teams of young people with whom you will be working have been carefully selected by many Rotarians, and are the best Colorado, Wyoming, and western Nebraska has to offer. RYLA Counsellorship is a wonderful opportunity to enjoy the lives of these special young people and help to direct them toward a positive future. Many have asked for this opportunity, but you were selected because you have the skills and abilities to become an outstanding RYLA Counselor.

The **primary responsibility** of RYLA Counselors is to help the conferees receive the greatest benefit from the RYLA program in a safe and healthy environment. Also, of equal importance, whatever counselors do will be perceived as acceptable behavior by other counselors and students. It is nothing less than being a role model 24 hours a day. The theme of the conference may help: **Make a Difference!** Our Rocky Mountain RYLA definition of leadership is **“Leaders are those who compel others to positive action by the power of their own positive actions.”**

***This week is for the Conferees! Everything you do is for their benefit!***

There are two orientation sessions for the Junior and Senior Counselors. The first is **June 27-29** and is a **Dress Rehearsal** of the week. The second is on the Saturday and Sunday morning **July 19 and 20** before RYLA registration begins.

The counselors will be given a binder containing information about their conferees. Each team will be a mix of males and females entering their junior or senior year of high school. The counselor binder will include: the conferees in the team, their room assignment, and their sponsoring clubs. Also you will receive a list of all the conferees attending the conference, their home addresses, phone numbers, emergency phone numbers, and medical information and restrictions (if applicable). Counselors will also be furnished with copies of the program and other relevant information such as conference rules, policies, and emergency procedures. Information on the conference is also available at **www.rmryla.org.**

An important function of the counselors is to pass information on to their teams. The teams need to be kept informed and on track. Students need to be frequently reminded that they are expected to wear their nametags and be on time to all activities. They represent their communities, their schools, and sponsoring Rotary Clubs.

Start gearing up for an incredible week of RYLA Magic!!!

## Counselors as Facilitators

**Counselor Roles:** Counselors are to be friends and resources for the conferees. JCs and SCs operate as a team, with the JC taking the lead. The main role of the JCs is to facilitate team discussions, help develop a team identity, and foster creativity and leadership during designated activities. SCs will aid them in these goals, providing JCs with support and acting as the main enforcer of the rules when necessary. Counselors **MUST NOT** dominate the discussions!

**Group Dynamic:** Don’t stress out over how your group is doing. Every group evolves at its own rate. No need to worry, each team always finds their special bond. Relax!

**Rules and Behavior:** If a problem arises, the Chair or Assistant Chair will be available to help. Counselors have a responsibility to observe, remind, and encourage the conferees to abide by the rules and fully participate in activities of the conference. Counselors must be especially vigilant during times like “Rise and Shine” and “Lights Out” as well-rested conferees will benefit more from the week. RYLA insists that conferees attend all sessions, and conduct themselves with dignity. The counselors are expected to know where their conferees are and see that they are in attendance at the various scheduled activities. **This includes sitting with the team during sessions at Willome Hall and requires unobtrusive head counts**.

**Emergencies:** The conferees have been instructed to contact the nearest counselor if anyone is hurt or injured. Please go to the person that is injured to determine the extent of the problem. Have someone contact **Curt Harris** (cell phone 303-589-4723) or **Bill Manning** (cell phone 720-560-3522). Stay with the injured party. If the injury is minor, there is dispensary available between 8:00 AM and 4:30 PM just east of the Ponderosa Dining Hall. A doctor is on call 24 hours a day. RYLA has prearranged with the hospital in Estes Park for any major problems, and an ambulance can be summoned. RYLA has the signed parental release forms for all conferees.

**Phone Call Emergencies:** Should parents of conferees need to contact their child, they will call the phone number for the camp that is in their application brochure. They will leave a message with the Conference Center Office. The office will bring us the message and we will get the information to the person quickly.

## JC Credo

My main goals:

1. To help everyone on my team improve their leadership skills and personal skills.
2. To succeed and improve my own leadership and personal skills, as well as help the other members on the JC team.
3. To assist the Chair, Head JCs, SC’s, other JC’s, and everyone at the conference in any way I can.

My team will be my number one priority throughout the conference. Everything I do will be to help them learn and grow.

My team has earned my respect simply by becoming a RYLArian, and my admiration for them will only grow over the week. I will let them know this.

I’m eager to learn about each conferee’s life – their likes, dislikes, thrills, fears, plans, and hopes for the future.

I realize myself and my SC are the guides of our team of conferees, and we will be respectful, communicate and work together.

If my team stumbles, I will let them – for a while. I want them to have an opportunity to recover!

If my team falls, I will step in to help them – and challenge them to reflect on why they failed, and what they learned.

I’ll be an active participant on the team, but will never dominate the activity or discussion.

I will never “talk over” my SC or a conferee while they are speaking.

I will laugh and cry with my team, both in private and in front of the team.

I will make it obvious to my team that they can safely tell me anything – issue, concern, cause for celebration, or anything else.

I will walk with my SC often, but we will also walk apart while with different members of our team, because the SC and I know that we’re walking together in spirit.

## SC Credo

My new JC has risen to the top several times that I know about:

1. Selected and sponsored by a Rotary Club to attend RYLA from a large pool of applicants
2. Selected to be a JC from 120 outstanding RYLArians
3. Best of all, they were paired with me!

Obviously, they have many outstanding qualities. I now have the opportunity to know this amazing young person and to help them improve their personal and leadership skills even more!

My main goals:

1. To help everyone on my team improve their leadership skills and personal skills.
2. To help my JC succeed and improve their leadership and personal skills.
3. To assist the Chair, other SC’s, JC’s, and everyone at the conference in any way I can.

My JC has earned my respect simply by becoming a JC, and my admiration for them will only grow over the week. I will let them know this.

I’m eager to learn about my JC’s life – their likes, dislikes, thrills, fears, plans, hopes for the future.

My JC will be the leader of our team of conferees. I will let them lead.

If my JC stumbles, I will let them – for a while. I want them to have an opportunity to recover!

If my JC falls, I will step in to help them – especially if they give me our pre-arranged signal.

I’ll be an active participant on the team, but will never dominate the activity or discussion.

I will never “talk over” my JC or a conferee while they are speaking.

I will laugh and cry with my JC, both in private and in front of the team.

I will make it obvious to my JC that they can safely tell me anything – issue, concern, cause for celebration, or anything else.

I will walk with my JC often, but we will also walk apart while with different members of our team, because the JC and I know that we’re walking together in spirit.

## Counselor Tips:

**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 there is a level of respect between everyone.

- Never give the answer, be patient, they will get it if you let them.

- Remind them of the Conference’s theme: **Make a Difference!**

**Information**

- Stress the importance of the schedule and that you expect them to be personally responsible for knowing and following it**.**

**Enjoy**

- Make this week fun for yourself and your team.

- Laugh with them, cheer them on, be a part of the experience, and love them!

**More Practical Tips**

***- Read the manual. Re-read the manual. Take Notes while reading the manual***.

- Give your team members lots of permission to brag about themselves and their accomplishments.

“If you can do it [or have done it], it ain’t braggin’”

- Baseball Hall of Famer, Dizzy Dean.

- Begin the week by being very clear about your expectations of the conferees’ behavior (e.g., they will follow the rules and principles of RYLA).

- “We will always treat you as adults unless or until you give us reason not to.”

- Encourage drinking water from hour #1. The high altitude can be tough! Every year, we have several instances of conferees becoming dehydrated.

- Listen. Listen. Listen not only to words, but also to the feelings being expressed and listen to what is not being said.

- Keep in mind that your actions speak louder than your words, soooo “walk your talk.”

- When you think of it, initiate…don’t procrastinate.

- Take the initiative, but emotionally let go of the outcome.

- The best way to make new friends is to let them help you.

- SCs: email or call your JCs and ask: “What are your expectations for RYLA?”

- JCs: email or call your SCs and ask: “What are your expectations for RYLA?”

## The Top Ten RYLA Counselor Do’s and Don’ts

10. DO learn your team members’ names. Actively include all of your team members in all team discussions and activities. Look at the profiles and know their interests.

9. DON'T worry if your team isn't immediately bonding and forming the "dream team"... Have patience and allow your team to develop naturally into something truly special…No two teams are ever the same! DON’T be disappointed if you feel like your team is forming in a way that leaves you on the outside looking in. **You are there to support and foster your team, not to relive the conferee experience**.

8. DO talk and communicate with the other counselors, especially your Head JCs, JC/SC or Chair.

7. DO privately ask one of the leaders in the group 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 bring small candies and snacks to Willome to pass out to the group if they are starting to get less focused or tired. Just do it subtly, preferably no loud wrappers.

4. DO end wrap sessions at 10:00 PM sharp and lights out at 10:30 PM - YMCA Conference Center Rules. Get logistics done at the beginning of the wrap session and then enjoy the fun!

3. DO stress RESPECT for each other and the speakers, and require and confirm that all team members are in attendance at **all sessions and activities** as well as **on time!!!** *(The team is a team only when all team members are present)*.

2. DO make sure you get as much SLEEP as possible. You need enough sleep to bring your “A game” for your team.

1. DO make the week fun and enjoyable, this is an incredible opportunity to learn, grow, and laugh until your stomach hurts!

## Pre-RYLA To Do List

- Read the manual…Read the manual…Really, read the manual!

- Meet with or talk on the phone to your other counselor AT LEAST TWICE!

- Prepare for your Word of Focus

- Plan for Make a Difference Group

- Do research on statistics and background of your topic; go in prepared

- Make sure you have written your brief on your issue, and bring a copy for your MAD SC

- Contact each of your conferees by phone (**until you hear from each of them**)

- Figure out your costume for the dance!

- Get sleep before RYLA (lots of it)

- Call/Facebook/E-mail **Abbey/Jordan/Curt** with any questions!

- **Abbey:** [**abbeyrs2@gmail.com**](mailto:abbeyrs2@gmail.com) **(303) 704-7760**

**-Jordan: crjt@bresnan.net (307) 438-1444**

**-Curt:** [**charris999@aol.com**](mailto:charris999@aol.com) **(303) 589-4723**

- **Finally, GET EXCITED!**

## Packing List

(This is the conferee list)

- combination of shorts and pants for 5 days

- shirts for 5 days (don’t forget RYLA shirts!)

- socks and shoes to hike in and play basketball in

- underwear

- comfortable footwear to wear around rooms and between buildings

- rain gear, especially jacket

- light jacket

- sweatshirt for night (don’t forget RYLA sweats!)

- all bathroom things needed

- toothbrush and toothpaste

- shampoo

- brush or comb

- deodorant

- anything else necessary, contacts, glasses, lotion, etc

- sunscreen and sunglasses/hat

- backpack or string bag to carry manual and other materials

- paper and pen

- alarm

- sleeping bag **(only if you are not okay sharing a double bed!)**

- watch

- camera

- sleepwear

- swimsuit and towel (only if you want to go swimming as an activity in the mornings)

\*note you can only swim laps

- small musical instruments ex: guitar (if wanted)

## 

## Guidelines for Speaker Introductions and Thank Yous

**Introduction**

The speakers are our invited guests. They are taking their valuable time and making considerable effort to be with us and share their knowledge and experiences with us. It is up to us to be courteous hosts and attentive listeners!

Two objectives should be uppermost in telling the audience about the speakers:

- Sell the speakers and subjects to the audience

- Create interest and/or suspense

In selling the speakers, be **sincere**, not gratuitous. Emphasize what they have done, the important positions held, significant experiences and accomplishments.

Don’t just read the bio in the program!

**Intro Sequence:** **The subject, the speaker’s background and the SPEAKER’S NAME.**

Telling the audience about the speaker suggests the **strong qualifications** of the speaker regarding the subject. Giving the speaker’s name at the end of the introduction completes the process. An example would be: **“Please join me in a warm RYLA welcome to (name).”** At this time **begin the applause, welcome the speaker to the lectern or stage with a warm handshake and hand him or her the microphone.** Time is important so do all of these in one to two minutes and enjoy!

**Thank You**

The objective is to express to the speaker our appreciation for him or her spending significant time and effort to make our day more special. Do the “Thank You” at the end of the Q & A period. **Look directly at the speaker, state a brief, sincere expression of appreciation. Then tell the speaker “in recognition of your speaking to our group, RYLA will be making a contribution that will result in the purchase of enough polio vaccine to immunize 150 children somewhere in the world.” Then lead the applause again and escort the speaker from the stage.**

**Thank You Letter**

Both the teams conducting the Introduction and Conclusion will need to write a brief card thanking the speaker for his/her time. Have the whole team sign it!

## 

## Hints For Guiding Groups

**Some Principles to Consider as Facilitator for Your Group**

- Be patient.

- The discussion and debriefing are more important than finishing an activity. In other works, it’s more about the process than the final results.

- Guide the Group (OUR JOB IS TO **STEER** THE BOAT, NOT **ROW** IT).

- Allow the group to make mistakes (so they can learn from them).

- Ask other members of the group (privately) to bring the shy individuals in.

- Listen to what is being said, as well as what is not.

- Don’t evaluate or judge what is said!

- Watch for body signals to see who is ready to speak next, bring in those who continually are overridden.

**Some Ways to Handle Difficult Situations**

If the group is challenging you as the facilitator for why something is being done at RYLA…

- Explain your understanding, but avoid defending the way it is done.

- Ask the group what it thinks needs to be done to make it better.

- Ask the group to explain in more detail what is not working.

- Make sure no more than one person is speaking at a time.

If one or two people in the group are consistently being disruptive…

- Talk to those individuals in private.

- Ask them to explain how they see the situation.

- Tell them that your perception is that they are disruptive to the group process in a way that is not helpful.

- See if they will agree to tone it down so the group can have a better meeting process.

If they are consistently violating any ground rules…

- Ask them to please follow the ground rules everyone agreed to.

- If that is still not working, talk to the Head JCs and Chair to come up with other solutions.

## Tuckman’s Model of Group Development

This model of group development was first proposed by Bruce Tuckman in 1965, who maintained that these phases are all necessary and inevitable in order for a team to grow, to face up to challenges, to tackle problems, to find solutions, to plan work, and to deliver results. This model has become the basis for subsequent models.

**Stage 1: Forming**

In the ***Forming*** stage, personal relations are characterized by dependence. Group members rely on safe, patterned behavior and look to the group leader for guidance and direction. Group members have a desire for acceptance by the group and a need to know that the group is safe. They set about gathering impressions and data about the similarities and differences among them and forming preferences for future sub grouping. Rules of behavior seem to be to keep things simple and to avoid controversy. Serious topics and feelings are avoided. The major task functions also concern orientation. Members attempt to become oriented to the tasks as well as to one another. Discussion centers around defining the scope of the task, how to approach it, and similar concerns. To grow from this stage to the next, each member must relinquish the comfort of non-threatening topics and risk the possibility of conflict.

**Stage 2: Storming**

The next stage, which Tuckman calls ***Storming*,** is characterized by competition and conflict in the personal-relations dimension an organization in the task-functions dimension. As the group members attempt to organize for the task, conflict inevitably results in their personal relations. Individuals have to bend and mold their feelings, ideas, attitudes, and beliefs to suit the group organization. Because of "fear of exposure" or "fear of failure," there will be an increased desire for structural clarification and commitment. Although conflicts may or may not surface as group issues, they do exist. Questions will arise about who is going to be responsible for what, what the rules are, what the reward system is, and what criteria for evaluation are. These reflect conflicts over leadership, structure, power, and authority. There based on emerging issues of competition and hostilities. Because of the discomfort generated during this stage, some members may remain completely silent while others attempt to dominate. In order to progress to the next stage, group members must move from a "testing and proving" mentality to a problem-solving mentality. The most important trait in helping groups to move on to the next stage seems to be the ability to listen.

**Stage 3: Norming**

***Norming*** stage, interpersonal relations are characterized by cohesion. Group members are engaged in active contributions, community building and maintenance, and solving of group issues. Members are willing to change their preconceived ideas or opinions on the basis of facts presented by other members, and they actively ask questions of one another. Leadership is shared, and cliques dissolve. When members begin to know-and identify with-one another, the level of trust in their personal relations contributes to the development of group cohesion. It is during this stage of development (assuming the group gets this far) that people begin to experience a sense of group belonging and a feeling of relief as a result of resolving interpersonal conflicts. The major task function of stage three is the data flow between group members: They share feelings and ideas, solicit and give feedback to one another, and explore actions related to the task. Creativity is high. If the group members attain this stage of data flow and cohesion, openness and sharing of information on both a personal and task level characterize their interactions. They feel good about being part of an effective group. The major drawback of the norming stage is that members may begin to fear the inevitable future breakup of the group; they may resist change of any sort.

**Stage 4: Performing**

All groups do not reach the Performing stage. If group members are able to evolve to stage four, their capacity, range, and depth of personal relations expand to true interdependence. In this stage, people can work independently, in subgroups, or as a total unit with equal facility. Their roles and authorities dynamically adjust to the changing needs of the group and individuals. Stage four is marked by interdependence in personal relations and problem solving in the realm of task functions. By now, the group should be most productive. Individual members have become self-assuring, and the need for group approval is past. Members are both highly task oriented and highly people oriented. There is unity: group identity is complete, group morale is high, and group loyalty is intense. The task function becomes genuine problem solving, leading toward optimal solutions and optimum group development. There is support for experimentation in solving problems and an emphasis on achievement. The overall goal is productivity through problem solving and work.

**Stage 5: Adjourning**

***Adjourning*,** involves the termination of task behaviors and disengagement from relationships. A planned conclusion usually includes recognition for participation and achievement and an opportunity for members to say personal goodbyes. Concluding a group can create some apprehension - in effect, a minor crisis. The termination of the group is a regressive movement from giving up control to giving up inclusion in the group. The most effective interventions in this stage are those that facilitate task termination and the disengagement process.

Adapted from: Tuckman, B. (1965) Developmental Sequence in Small Groups. Psychological Bulletin, 63, 384-399. Tuckman, B. & Jensen, M. (1977) Stages of Small Group Development. Group and Organizational Studies, 2, 419-427.

## Icebreakers!!

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

**Circle Sway:** Have the group stand in a tight circle around one member. The person in the middle should cross his/her arms across his/her chest, then allow him/her self 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 him/her around the circle.

**Wild Wind Blows:** Group sits 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.

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

In addition to these games, there are many others that do not necessarily need explanation. They include:

“Smile if you love me honey”

Ninja

Human knots

Group lap tag

Chinese sit-ups

A variety of name games

Pterodactyl

## 

## Group Debrief: Good Questions

Keep these questions in mind (or handy) while you observe your group working and then come back to them during debrief and or during Rap Sessions. Teams often learn more from a good debrief than from the activity itself.

**Ask the team to respond to these questions:**

How did our team perform? What factors led to it performing well? What would have made our team perform better?

Who became a leader during this exercise? How were they beneficial to completing the task?

What was the main message of the speaker? What is one (or a few) thing you will take away from the speaker?

Who can share something that was helpful during the activity?

Was there respect shown in the team? Were team members able to “disagree agreeably?”

What did people do or say that demonstrated leadership?

What examples of team support did you see?

How did decisions get made? By the leader? By the expert? By consensus?

Did people feel free to contribute? Why or why not?

Were you a good follower in this activity? What are some of the characteristics of a good follower?

What would you do differently if done again?

Did the group communicate well? If not, how could the communication be improved?

## A Formula for Effective Debriefing

Remember that the debriefing process has a sequence. It works best when you begin with simple ideas and then work the group into more difficult and abstract debriefing topics. Try thinking of the debriefing process as a three-step process – or just three (3) leading question headings:

**What? ……………. So What? ………… Now What?**

**What?**

What actually happened?

What was observed?

Who said/didn’t say what?

What did you see?

What did you think?

**So What?**

So what was learned?

So what skills or talents were demonstrated and by whom?

So what feelings arose? When did they arise? What thoughts promoted them?

So why did the group’s plan work or not work?

So what would have made it work more effectively?

So how would you rate you current level of teamwork?

So what resentments, apologies, requests or acknowledgments would you like to make before moving on?

**Now What?**

Now what plans, techniques or strategies do we want to keep?

Now what plans, techniques or strategies do we want to avoid?

What new skills do we want to develop or practice before going on?

How does anything we have learned so far apply to our daily lives?

What skills and talents have you used effectively today that you would like to use more often in our daily lives?

**Pages Color Coding**

White – regular pages of the manual

Yellow – pages to be turned in by conferees to JC,

then by JC’s to Head JCs

Blue and Gray – counselor resources

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July 20 – July 25, 2014



## Mission Statement

RYLA believes that leadership is a skill that can be learned, practiced, and must be applied to have worth. RYLA strives to improve judgment, personal responsibility, and builds awareness of key leadership traits, group needs, and the needs of the world. RYLA values leaders who exhibit integrity, accountability, and humility. Through personal interaction and firm teaching, we accomplish our mission of bettering the young leaders of our region.

## Welcome to RYLA!

Congratulations on being selected out of hundreds of applicants to attend this very special Rotary Youth Leadership Awards conference. This next week will be busy, but also a once-in-a-lifetime opportunity! RYLA has the potential to change your life dramatically and for the better, all it takes is an open mind!

This notebook is a crucial piece of getting through the next week. Inside these pages are all the basic facts you need to know about every activity, as well as forms, quotes, and stories to help you along the way. Don’t leave it behind!

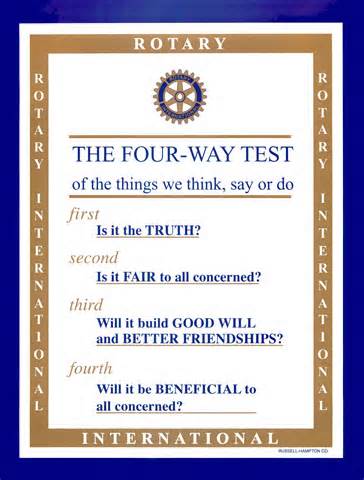
For the next week, you will be with a team of ten to twelve other students who are probably completely different from you. Many relationships made during RYLA will stay with you for years, maybe even the rest of your life. The groups will each be led by a Junior Counselor, who has been to RYLA at least once before, and a Senior Counselor, who is a Rotarian. Both of the counselors have a unique role in guiding the group and are essential parts of the whole experience. There are also two Head JCs, Abbey Solnet and Jordan Carr, who are there to make sure everything runs smoothly. The RYLA Chair, Curt Harris, is an excellent person to know, as he is the conference chair and head honcho running **RYLA**!

The theme of this year’s conference is **Make a Difference!** This theme will be very important throughout the week, along with the daily themes. Each activity goes along with these themes as well as our three objectives:

***Personal Leadership*** through overcoming personal challenges and becoming the best leader possible.

***Compassionate Leadership*** by encouraging heartfelt leading of peers by peers.

***Real World Leadership*** by providing young leaders with foundational leadership skills for use in the real world.



In addition, there are daily themes to help focus our thinking and behavior around **Rotary’s**

**4-Way Test.** The conference will include speakers, activities, and brainstorming about leadership and what leaders say, do, and think. A big part of the week is looking at ways each of us can Make a Difference in our lives and the lives of others.

One more thing: RYLA is a time to get involved and try new things. We ask that you try everything with your full heart devoted to it. However, if you still feel uneasy after you have tested the waters feel free to sit out of the activity. Keep in mind that RYLA is designed to push the limits of your comfort level and that will be easiest with an open mind!

It is time to start thinking and living leadership. The RYLA definition: “A Leader is One Who Compels Others to Positive Action by the Power of Their Own Positive Action.” The way to get the most out of RYLA is to be open-minded, open-hearted, and most importantly by being yourself. Have a fantastic week!

## A Brief History of the Incredible Group that is Rotary

\* From the Rotary International Website [www.rotary.org](http://www.rotary.org)

The world's first service club, the Rotary Club of Chicago, Illinois, USA, was formed in 1905 by Paul P. Harris, an attorney who wished to recapture in a professional club the same friendly spirit he had felt in the small towns of his youth. The name "Rotary" derived from the early practice of rotating meetings among members' offices. By 1921, Rotary clubs had been formed on six continents, and the organization adopted the name Rotary International a year later.

As Rotary grew, its mission expanded beyond serving the professional and social interests of club members. The organization's dedication to helping communities in need is best expressed in its principal motto: **Service Above Self**. Rotary also later embraced a code of ethics, called **The 4-Way Test**. Today, 1.2 million Rotarians belong to over 34,000 Rotary clubs in over 200 countries. In 1985, Rotary made a historic commitment to immunize all of the world's children against polio with its PolioPlus program. Rotarians have mobilized hundreds of thousands of PolioPlus volunteers and have immunized more than one billion children worldwide.

## A Brief History of RYLA

RYLA began in Queensland, Australia in May of 1960 by Rotary districts 260 and 258. The committee created a program to train youth (14-30) in character, leadership, personal development, and good citizenship. RYLA was approved by the RI board in 1971 as an official program.

After hearing about the success of RYLA from a Texan District Governor in 1983, DG Stan Black asked Virgil Holtgrewe from Lakewood to attend the Dos Rios, NM camp with a few boys (girls were not allowed) the following summer. In 1985, Virgil asked Murph Widdowfield from Lakewood and Warren Holmes from Greeley to take another 11 boys to experience the camp. As a result of the pilot project’s success, the three Rotarians spent 1986 planning for the first District 545 RYLA Camp took that place July 26-31, 1987. There were 102 attendees and 15 Rotarians involved from Colorado, Wyoming, and Northern Nebraska. By 1988 the program grew to include 120 participants. In the early 1990’s Districts 5450 and 5440 were separated, though the District Governors elected to still hold RYLA together. Finally, in 2002, RYLA grew to its current capacity of 240 participants, 20 junior counselors, 20 senior counselors, and 5 staff and a middle school Young RYLA was also developed.

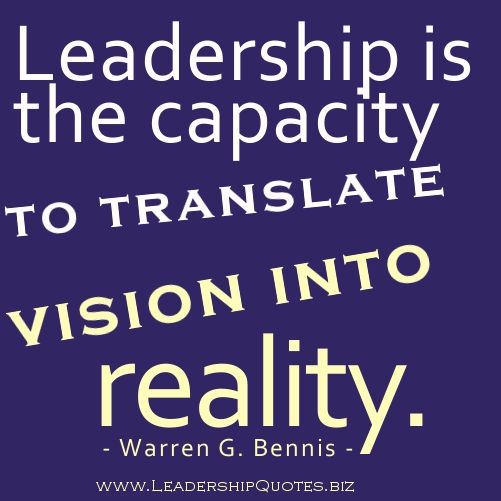
## Objectives of RYLA

The objective of RYLA is to provide an environment where each RYLArian will have the opportunity to:

1. Develop effective communication skills between diverse groups of people.
   1. To work effectively in a team environment.
   2. Learn to listen and understand other viewpoints.
   3. Look for “win/win” solutions.
2. Identify strengths of different leadership styles.
   1. Be able to recognize that work can be performed most efficiently when tasks are delegated utilizing each team member’s strengths.
   2. Understand when it is appropriate to follow versus lead.
   3. Be willing to take a leadership role when necessary.
   4. Acknowledge the value in being a follower.
3. Facilitate constructive growth from failure.
   1. Understand the different ways that people handle failure.
   2. Learn to effectively analyze the reasons for failure.
   3. Appreciate what can be learned from assessing our mistakes.
4. Empower and inspire youth to take action.
   1. Have the ability to pinpoint where positive change can be made within the community.
   2. Look for the chance to serve others.
   3. Provide tools for making a difference.
5. Develop character and enhance personal development.
   1. Seek out opportunities for new experiences.
   2. Test the limits of their comfort zone.
   3. Develop self-confidence.
6. Promote respect towards others and acceptance of diversity.
   1. Break down stereotypes.
   2. Learn to celebrate individuality!
7. Engage in self-evaluation.
   1. Understand one’s strengths and weaknesses.
   2. Discover the best version themselves and foster this development in others.

## Leadership Styles

Leadership is less about your needs, and more about the needs of the people and the organization you are leading. Leadership styles are not something to be tried on like so many suits, to see which fits. Rather, they should be adapted to the particular demands of the situation, the particular requirements of the people involved and the particular challenges facing the organization.

In the book “Primal Leadership,” Daniel Goleman, who popularized the notion of “Emotional Intelligence,” describes six different style of leadership. The most effective leaders can move among these styles, adopting the one that meets the needs of the moment. They can all become part of the leader’s repertoire.

**Visionary**. This style is most appropriate when an organization needs a new direction. Its goal is to move people towards a new set of shared dreams. “Visionary leaders articulate where a group is going, but not how it will get there – setting people free to innovate, experiment, take calculated risks,” write Mr. Goleman and his coauthors.

**Coaching.** This one-on-one style focuses on developing individuals, showing them how to improve their performance, and helping to connect their goals to the goals of the organization. Coaching works best. Mr. Goleman writes, “with employees who show initiative and want more professional development.” But it can backfire if it’s perceived as “micromanaging” an employee, and undermines his or her self-confidence.

**Affiliative.** This style emphasizes the importance of team work, and creates harmony in a group by connecting people to each other. Mr. Goleman argues this approach is particularly valuable when trying to heighten team harmony, increase morale, improve communications or repair broken trust in an organization.” But he warns against using it alone, since its emphasis on group praise can allow poor performance to go uncorrected. “Employees may perceive,” he writes, “that mediocrity is tolerated.”

**Democratic.** This style draws on people’s knowledge and skills, and creates a group commitment to the resulting goals. It works best when the direction the organization should take is unclear, and the leader needs to tap the collective wisdom of the group. Mr. Goleman warns that this consensus-building approach can be disastrous in times of crisis, when urgent events demand quick decision.

**Pacesetting.** In this style, the leader set high standards for performance. He or she is “obsessive about doing things better and faster and asks the same of everyone.” But Mr. Goleman warns this style should be used sparingly, because it can undercut morale and make people feel as if they are failing. “our data shows that, more often than not, pacesetting poisons the climate,” he writes.

**Commanding**. This is classic model of “military” style of leadership – probably the most often used, but the least often effective. Because it rarely involves praise and frequently employs criticism, it undercuts morale and job satisfaction. Mr. Goleman argues it is only effective in a crisis,, when an urgent turnaround is needed. Even the modern military has come to recognize its limited usefulness.

**Summary:**

-All Leadership styles can become part of the leader’s repertoire.

-Leadership styles should be adapted to the demands of the situation, the requirements of the people involved and the challenges facing the organization.

Adapted from “Wall Street Journal Guide to Management” by Alan Murray, published by Harper Business, and found at guides.wsj.com.



## Counselors & Staff for 2014

Chair Curt Harris

Head JCs Abbey Solnet

Jordan Carr

Assistant Chair Bill Manning

Activities Director Mackenzie Tilton

Photographer Rolo Cuadrado

**Teams** **JC** **SC**

1 Andrew Bocker Rawnda Pierce

2 Ashley Hatzenbihler Mark Wood

3 Carolyn Zheng Mel Grusing

4 Colin Kerr Samira Rajabi

5 Reed Hodgson Maud Huey-Kenyon

6 Ashley Klingbiel Dan Charron

7 Kanoe Montano Mary McCambridge

8 Izzy Wolf Phil Murphy

9 Sarah Lanning Maria Rosa Galter

10 Lyndsey Dent Brent Morris

11 Brandon Tuttle Vicky Opipari

12 Josh Mellin Lucie Osborn

13 Kianna Lauck Ron Clark

14 Maddie Azari Audrey Matson

15 Jordan Snyder Greg Hoskinson

16 Adam Wolford Mike Hitchcock

17 Maddie Catterson Audrey Miller

18 Nicolas Chavez Hadyra Stinebuck

19 Kristen Pokorny Donna Martemucci

20 Joree Sandin Bill Grady

21 Rachael Palmer Dan Davis

22 Danny Cuadrado Skye Coleman-Weisz

23 Kenzie Perdue Marc Solnet

24 Crystal Nichols Susan Perkins

# Sunday, July 20th

**Icebreaker Instructions**

*“The opportunity for brotherhood presents itself every time you meet a human being.”*

- Jane Wyman

On a following page is a list of interesting facts with a blank line next to them. Try to find a person to sign every line on the sheet!

**Pledge of Allegiance**

*“America is more than a place, it is a feeling.”* – Tumbleweed Smith

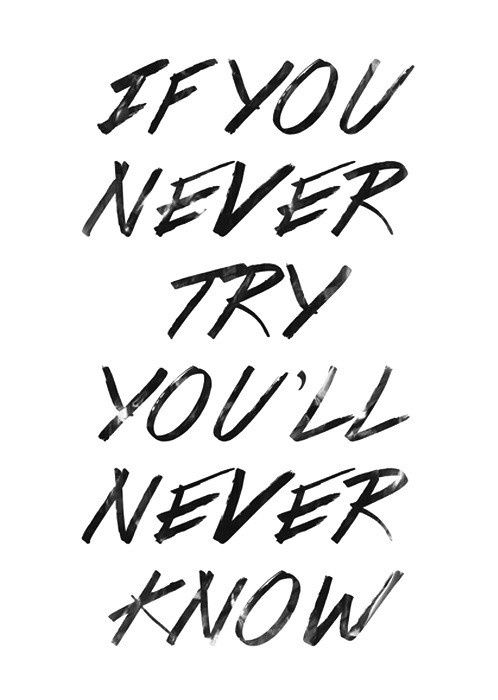
Throughout the week we will say the Pledge of Allegiance at the beginning of every day in recognition of the amazing place we live.

**I pledge allegiance to the Flag**

**of the United States of America,**  
**and to the Republic for which it stands,**

**one Nation under God, indivisible,**  
**with Liberty and Justice for all.**

**Welcome to RYLA!**

*“Look all around you, welcome to this day”*  – Melissa Etheridge

Meet your JC and SC team!

**Word of Focus**

*“What lies behind us and what lies before us are small matters compared to what lies within us.”*

– Ralph Waldo Emerson

This is a very special time for the JCs to take ten minutes to share with the entire conference something that matters to them. The focuses of these talks range all over from personal experiences to world-wide topics. Often this is everyone’s favorite time of the week, because the conferees learn about each of the wonderful counselors, and the JCs address topics close to their hearts.

**Corey Ciocchetti**

“Authentic Success” <http://www.coreyspeaks.com/>

An Associate Professor of Business Ethics and Legal Studies in the Daniels College of Business at the University of Denver, Corey A. Ciocchetti is one of the University’s most popular and highest-rated professors. Corey joined DU after graduating with a law degree from Duke University School of Law, a Masters degree in Religious Studies and two Bachelors degrees in Finance and Economics – summa cum laude – from the University of Denver.

In August 2006, Corey won the Charles Hewitt Master Teacher competition at the national meeting of the Academy of Legal Studies in Business.  Since that time, Corey has been awarded the Outstanding Professor of the Year Award by the University of Denver Alumni Association and the Scholarship of Teaching Award by the Daniels College of Business.

Corey currently teaches classes on Business Ethics, Business Law, Employment Law and Constitutional Law in a department recently ranked by the Wall Street Journal and BusinessWeek as one of the top ten in the world for producing students with high ethical standards. Corey also speaks to tens of thousands of individuals each year about “authentic success” and living an ethical life and is the author of the book Real Rabbits: Chasing An Authentic Life.  Corey's research interests include: law and technology, online privacy and the overworking of young professionals.

## Icebreaker Activity

**Find someone who…**

was born in another state \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

skis or snowboards \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

goes to a private school \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

has a dog \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

loves to play cards \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

has red hair \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

lives in Nebraska \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

plays football or basketball \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

has a brother \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

loves English \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

has never been to Estes Park \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

has been mountain biking \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

is over 6 feet tall \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

was born in another country \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

drinks Diet Coke \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

lives in a big city \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

has a sister \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

loves math \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

has ridden on a motorcycle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

speaks another language \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

has a job \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

goes hiking \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

rides the bus to school \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

has been in a play \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

plays a musical instrument \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

loves the color green \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

has grey eyes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

loves science \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

has initials that spell a word \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

loves chocolate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

plays baseball or soccer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

lives in Wyoming \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

is excited for RYLA!! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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## Words of Focus

**Responsible Person(s):**  The JCs

**Equipment needed:**   A word, a leadership lesson, and a story

**Objective(s)**: To share a leadership lesson with the conferees through a specific word and personal story.

**Desired Outcomes:** To tell a personal story that conferees can connect with and learn a leadership lesson from.

**Set up and instructions:** Prepare the word ahead of time. Practice at training and before RYLA.

**Description of Activity:** This is a time for the JCs to take ten minutes to share with the entire conference something that matters to them. The focuses of these talks vary, but all have a focus on leadership and a lesson for conferees to learn.

**Safety considerations:**   Do not allow team members to approach the stage after their team’s JC completes their Word of Focus.

**Counselor Facilitation notes:** Remember, the focus is to teach conferees about leadership. Each story and lesson will be personal, but they do not have to be sad or traumatic. We want a balance of stories and lessons throughout the week.

The SC needs to be alert to the possibility that team members may wish to run up to the stage after their JC completes the Word of Focus. The SC should attempt to stop this from happening.

**Suggested debrief ideas that lead to desired outcomes:** Ask questions to help conferees share what they learned. Do not give the team the answers, ask open questions and allow them to reflect and share.

* Which word and leadership lesson stood out to you? Why?
* What did you learn from a word of focus?
* What would your word and leadership lesson be?

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## My Proudest Achievements

**Responsible Person(s):** The JC is the main facilitator but each team member, as well as the SC, takes his/her turn sharing their proudest achievements

**Equipment needed:**  Each team member needs one sheet of paper and 12 adhesive labels.

**Objective(s)**: To allow each team member to share their proudest achievements with their teammates.

**Desired Outcomes:** To give each of the team members the satisfaction of sharing their proudest achievements with their teammates. To allow each of the team members to understand the achievements and special traits of their teammates.

**Set up and instructions:** Each member should be provided their supplies before beginning.

**Description of Activity:** All are asked to close their eyes and reflect on their lives to this point for a period of one minute. Choose three of your proudest achievements, it does not matter how big or little an achievement is; only that you are very proud of it. Each counselor and RYLArian will share their three proudest accomplishments.

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 RYLArian. The time is less than 1 minute per person. It is important that one or two word descriptions are used; not stories. Then the next person is given the same feedback until all have heard feedback from each member of the team, including the SC and JC. The teams Proudest Achievements starts with the JC, then the conferees go, and end with the SC. After the JC gives his/her achievements the SC is the first to put a sticker on their paper and set an example for what the conferees are supposed to do.

**Safety considerations:** None

**Counselor Facilitation notes:** Conferees will be very impressed with many of their teammates’ achievements. JCs will need to monitor the amount of time each teammate takes to describe their teammate’s characteristics to make sure that the activity can be completed in a timely manner.

**Suggested debrief ideas that lead to desired outcomes:** After the completion of all of the teams proudest achievements, the JC may wish to ask the team the following questions.

* Why did we conduct this exercise?
* What did you learn from this exercise?
* Were you surprised by any of your teammates’ achievements?
* How might you use what you learned during this activity in the future?

## Wrap Session Checklist

* Look over the schedule, go through the manual pointing out descriptions, checklists, evaluations
* Call attention to the way the manual can help guide throughout the week
* Ask if anyone has any questions or concerns

**Rules - These are all non-negotiable**

* No leaving the YMCA
* No drugs, alcohol, tobacco and driving
* **Cell phones only during approved times and for approved purposes**
* No hats worn in Willome Hall
* Lights out means that! 10:30 sharp, it’s the YMCA’s rule
* Unlock doors at night! Bed checks will be done and are for your safety. Doors will be locked when bed checks are completed
* Behavior - punctuality, respect, attend all events
* Speakers-Respect! Applause and standing ovations
* No spending time with people from other organizations at the YMCA, even if you know them from home

**Expectations**

* Participation in all activities
* Follow directions of JCs and SCs or other conference personnel
* Wear name tags at all times
* Wear white T-shirt for picture Thursday
* Morning Activities - not optional!!!
  + There is a whole list to choose from, try multiple things
* Demonstrate respect for speakers, other teams, other groups not RYLA, your own team (basically everyone)
* Warm Fuzzies
  + No cold pricklies or hot and steamies!
  + No purple!
* If there is not enough time to deliver them, the JCs will do it; just make sure to put the name and room number on it
* Make Warm and Fuzzy bags during wrap session

**Team Responsibilities**

* Clean up Willome Hall (assigned time)
* Introduce & Thank Speakers

**Group Decisions (discuss these with the group, and make sure everyone is involved)**

* Ground rules for interacting as a team: be respectful, no negative comments
* Suggest eating all meals together (but especially lunch and dinner)
* Talent Show on Thursday – would anyone like to be a part of it?
  + Need to know everyone who wants to do it by Tuesday night after Wrap Session.
  + Write down name, talent, and time length, and give it to your JC
* Go through the next day’s schedule (briefly, don’t have to read it all)
* Sign up for Make a Difference Topic (next page)
* Sign up for Hikes
  + Hikers must have appropriate footwear!
* Collect all the sign up sheets and turn them into the Head JCs
* Fill out daily evaluations, nightly so the events of the day are still fresh
  + Emphasize the importance of these- we actually read them all!!
* Make warm fuzzy bags
* My Proudest Achievements

**After Wrap Session Instructions: (for counselors)**

* Each JC/SC team will meet together after Wrap Session for 5 to 10 minutes:
  + Meet with your partner and discuss the day and how your team is doing
  + Keep an eye on the conferees, making sure lights are out and they are in bed
  + Curt and/or Bill will all be in the lobby ready for any personal questions
* The JC large group meetings will start promptly at 10:30 pm in the fireside room
  + **If you are not there**, one of the Head JCs needs to know why
* First-year SCs will meet briefly at 10:30 pm in the lobby, all other SCs are invited.
  + These meetings will end no later than 11:00 pm, then it’s time for Warm and Fuzzies and SLEEP!
* SCs will be in charge of the controlling Lights Out at 10:30 pm – Each SC is asked to volunteer for one night with double the number of SCs on hall duty on Thursday night
* The SC large group meetings will start promptly at 7:00 am during morning activities at a location to be announced and will end by 7:30 am

## Make A Difference Topics

**NAME:**   **SCHOOL:**

**JUNIOR COUNSELOR:**

Please list your top three choices for the topics you are most interested in learning about and discussing. This is to ensure that people get in the group they want to discuss most, so please be honest. Circle the following: 1 being your first choice, 2 your second choice, and 3your third choice.

Choice

Topics:

1. Teen suicide 1 2 3
2. Abusive relationships/ sexual harassment 1 2 3
3. Sexual orientation/ identity 1 2 3
4. Substance/ drinking and driving 1 2 3
5. Depression/ mental illness 1 2 3
6. Parent/ family relationships (divorce) 1 2 3
7. Eating disorders 1 2 3
8. Overcoming stereotypes on teens 1 2 3
9. Responsible social media 1 2 3
10. Peer pressure/ bullying/ violence 1 2 3
11. Terminal diseases 1 2 3
12. Homelessness in our communities 1 2 3
13. Diversity 1 2 3
14. Providing Clean Water 1 2 3
15. Illiteracy 1 2 3
16. Stopping hunger around the world 1 2 3

If there are not at least six people who want to meet to talk about a certain topic, you may be placed into a group to talk about your #2 or #3 topic. We will do everything we can to make sure you get your number one choice, but we appreciate your flexibility when needed.

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## Evaluation for Sunday

**Team #­­­­­­­­ \_\_\_\_\_\_\_\_**

**Registration:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Tough | 1 | 2 | 3 | 4 | 5 | Easy |

**Icebreakers:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Waste of Time | 1 | 2 | 3 | 4 | 5 | Fun |

**Welcome/Introductions:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**JC Word of Focus: JC:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Keynote Speaker: Corey Ciocchetti:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

Should he be invited back? Yes No

**First Wrap Session:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Other Recommendations and Thoughts:**

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## 

## 

## Hike Sign Up

\*Turn in to the Head JCs at Sunday JC meeting

Team Number \_\_\_\_\_\_\_\_\_\_\_

Total Number of Conferees \_\_\_\_\_\_\_\_\_\_\_

Number of Conferees for Bible Point ­­­­­­­­­­­­­­­­­ \_\_\_\_\_\_\_\_\_\_\_\_

Number of Conferees for Eagle Cliff \_\_\_\_\_\_\_\_\_\_\_\_

Number of Conferees for Long Five-Mile Walk ­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_

Any conferees unable to participate? Why?

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# 

# Monday, July 21st

**Morning Activities**

*“All that we need to make us really happy is something to be enthusiastic about.”*

– Charles Kingsley

Get up every morning and get the blood moving. Every conferee is **required** to do one of the activities listed below for half an hour each morning. Pick whatever activity you like, you can even switch every day if you want!

Swimming - *meet outside at 6:30!! - Only M and W*

Dance – *meet in first level*

Yoga – *meet in first level*

Basketball - *meet outside*

Running - *meet outside*

Volleyball - *meet outside*

Frisbee – *meet outside*

Walking – *meet outside*

Kickball – *meet outside*

**SC Word of Focus**

*“Think like a wise man but communicate in the language of the people.”* – William Butler Yeats

It’s the Senior Counselors time to share some wisdom! The SCs take this time to let you get to know them a little better and more importantly tell you about one part of the Rotary 4-Way Test; the very foundation of Rotary.

**The 4-Way Test states that, in anything we think, say, or do:**

**Is it the TRUTH?**

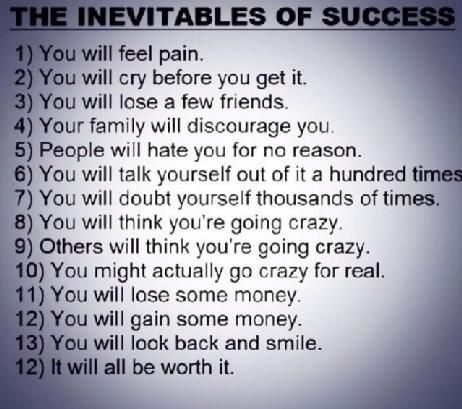
**Is it FAIR to all concerned?**

**Will it build GOODWILL and BETTER FRIENDSHIPS?**

**Will it be BENEFICIAL to all concerned?**

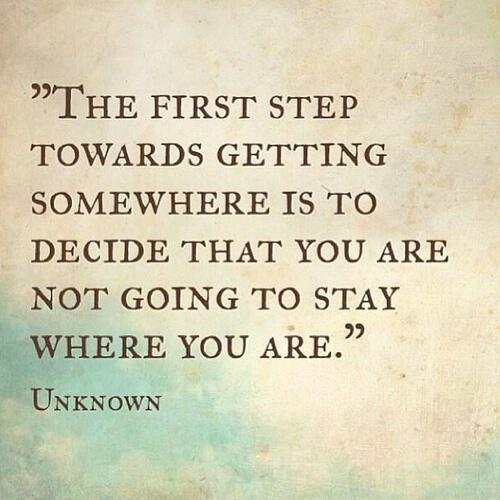
**Dave Boon**

“*Your Success Toolkit”* [dave@ustawyoming.com](mailto:dave@ustawyoming.com)

Dave, his wife and a 13 year old family friend survived a horrific event on January 6, 2007 when a Class IV 18’ tall avalanche hit them at 85 mph and blasted their car off Highway 40 on Berthoud Pass. They flew over the guard rail and rolled over and over down a 40% slope until they snapped a tree in half and came to a stop buried alive upside down over 300 feet from where the avalanche first hit them. This amazing miracle survival story is described in his recently released self-help book *My Wish: Don’t Get Swept Away As A Teen*. He has a true passion for motivating and inspiring others. He has been a coach and mentor for over 30 years, is a pilot, tennis professional, scuba diver, author, and has also been a teacher at various levels. Dave delivers motivational presentations to over 4,000 people per year, and his goal is to get students and adults to set and achieve goals and to create a life of passion and life-long learning. Fasten your seatbelt while the “energizer bunny” motivates, educates, and empowers you to higher levels of “uncommon success” in your academic and personal lives.

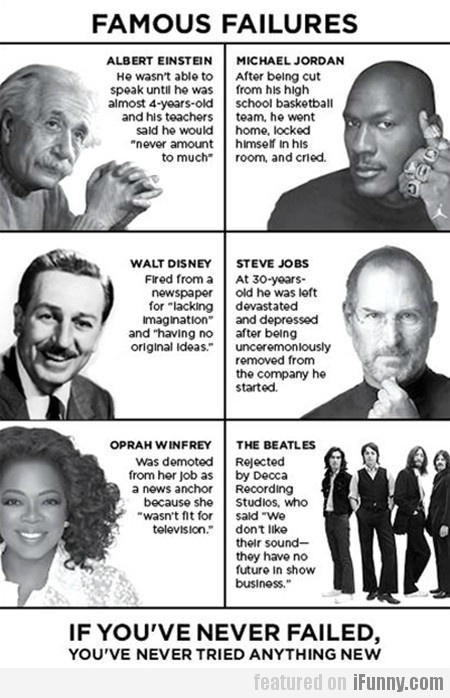
**Team Time Activities**

*"Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead. Walk beside me and be my friend." -* Albert Camus (also attributed to Maimonidies)

The team time activities are your chance to get to know your teammates better and work with them to solve a variety of physical and mental challenges. Teamwork, communication, patience, and leadership are key ingredients to these activities. You will get frustrated, you won’t always succeed, but you will learn a lot! Take time to think about your leadership during these activities and most importantly have fun!

**Team Time Schedule**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sec. | Teams 1-4 | Teams 5-8 | Teams 9-12 | Teams 13-16 | Teams 17-20 | Teams 21-24 |
| I | Spiderweb | Flip the Mat/  Helium Stick | Blind Square  Traffic Jam | Ebola | Lego Building | Swamp Island Maze |
| II | Swamp Island Maze | Spiderweb | Flip the Mat/  Helium Stick | Blind Square  Traffic Jam | Ebola | Lego Building |
| III | Lego Building | Swamp Island Maze | Spiderweb | Flip the Mat/  Helium Stick | Blind Square  Traffic Jam | Ebola |
| IV | Ebola | Lego Building | Swamp Island Maze | Spiderweb | Flip the Mat/  Helium Stick | Blind Square  Traffic Jam |
| III | Blind Square  Traffic Jam | Ebola | Lego Building | Swamp Island Maze | Spiderweb | Flip the Mat/  Helium Stick |
| IV | Flip that Mat/  Helium Stick | Blind Square  Traffic Jam | Ebola | Lego Building | Swamp Island Maze | Spiderweb |

**Summary of Team Time Activities**

**Blind Square:** Your team will be blindfolded and you will be given a rope and instructed to make various geometric shapes.

**Ebola:** This is a challenging activity where one-half of your team will be blindfolded. The sighted people will need to provide accurate instructions to the blindfolded team members in order to solve this complicated problem. If you fail, the whole RYLA conference could contract a deadly disease!

**Flip the Mat:** Your team will need to take a mat and flip it over. Sounds easy? Oh, your whole team must be standing on top of the mat, then you get to try and flip it over!

**Helium Stick:** Quite possibly the most difficult thing you will do all week. Your team is assigned the task to lower a stick as a team. So why do they call it a “Helium Stick?” You’ll find out.

**Lego Building:**  Your team will be split in two with the task of building a Lego model and writing down the instructions. You will then trade written instructions with your teammates and try to re-create their model. And you thought Legos were just for kids to play with…

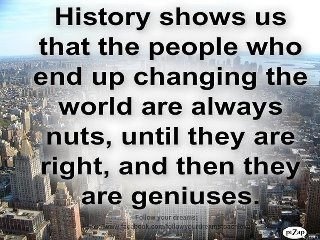
**Spiderweb:** This activity is often done in low-ropes courses. You will need to carefully plan your strategy for successfully passing every team member through a rope spiderweb. This challenging exercise proves you can learn something and have fun at the same time.

**Swamp Island Maze:** This activity focuses on working on collaboration, communication, creative problem solving, planning vs. taking action, integrity, and listening as you try to safely get your whole team through a complicated set of steps.

**Traffic Jam:** This is a seemingly simple activity where the goal is for one-half of the team to switch places with the other half of the team. Yes, there are some rules that make it a little more complicated.

**Make a Difference Breakout 1**

*“Change your thoughts and you change the world.”* – Harold R. Maclindon

This first session is aimed at discussing the issue at hand. What are the various aspects of this issue? Why is it a problem? Why did each of you choose this topic? Nothing personal that is said will go beyond the group if that is a concern for anyone; this is an open environment in which to discuss issues that you would like to do something about. During this session you will also prepare for your presentation at the second MAD group meeting. The second half of the session should discuss what you can do to make a difference on this issue in your world. These can be small steps (tell someone you love them, etc) or large initiatives (start a club, try to pass a law at the state legislature, etc). The point is to get a solid plan of what you can do.

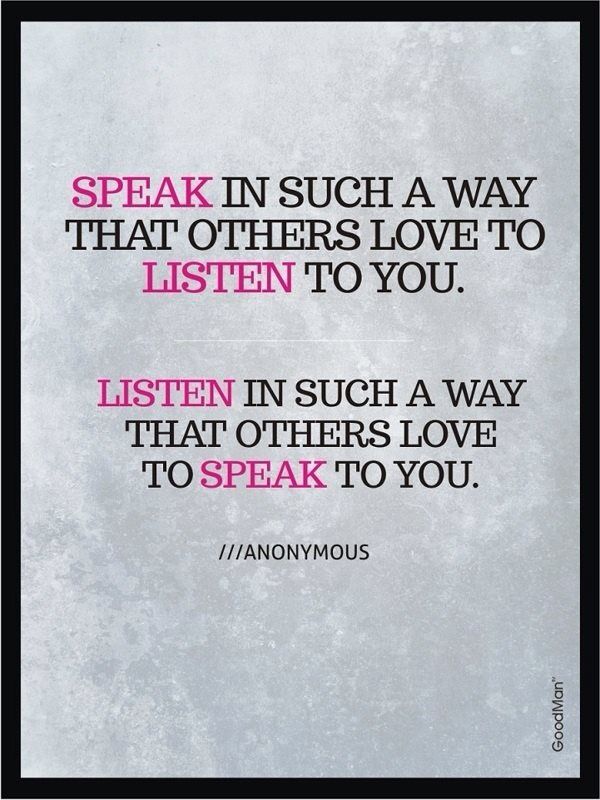
**Joy Nyenhuis**

“Junior Achievement Capitalism With a Conscience” [jnyenhuis@jacolorado.org](mailto:jnyenhuis@jacolorado.org)

Every day individuals and businesses we are faced with ethical dilemmas. What is the right thing to do? Joy Nyenhuis, Junior Achievement – Rocky Mountain, Inc. District Director, will guide us through *JA Capitalism with a Conscience*, presented by FirstBank, to empower us to develop an ethical framework for decision making. Joy is an experienced facilitator and enjoys engaging groups in fun, interactive learning activities. Joy has faced many ethical dilemmas in her personal life and professional career which included working at a youth camp, churches, running her own business, managing a restaurant, and working with non-profit organizations. She lives in Fort Collins with her husband, two boys, dog, and chickens. She enjoys spending time with family & friends, sports, hiking, reading, and boogie boarding. She looks forward to spending time with us.

**Scene It!**

*“Life’s like a play; it’s not the length but the excellence of the acting that matters.”* - Seneca

Each team will be given two movies to choose a scene from to reenact via pictures. In a **minimum of 15** pictures and **maximum of 20**, you must act the scene out in a play-by-play of pictures. This will essentially be like a flip book of pictures depicting the scene you chose. You must incorporate every member of your team (bonus for sneakily integrating your JC or SC!) and accurately act out the scene of your choice. Your JC will have the two choices of movies you can pick from.

**True Colors**

*“I see your true colors shining through.”* – Phil Collins

What’s your color? Find out how you work and how you interact with others using the “True Colors” personality test. Everyone has a color or combination of colors, so figure out what shade you are! A skit will be performed by the JC players so you can fully see each color in action! Use the tools you will learn in this presentation to become a more effective team member and leader.

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## True Colors Worksheets

Copyright of True Colors Adapted by Jim Davis

**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 - Good at Analysis/Objective - Self-Controlled

- Mentally Tough - Having Ability to Reprimand - A Deep Thinker

- Logical, Rational - Having High Expectations - Visionary, Inventive

- Respecting Knowledge - Enjoying One’s Own Company

**Others May Perceive Green As:**

- Arrogant, Know It All - Critical, Fault-Finding - Afraid to Open Up

- Cold, Hard - Lacking Compassion - Absent Minded

- Insensitive - Unappreciative of Others - Cool, Aloof, Unfeeling

- Head in the Clouds - Intellectually Demanding - Argumentative

**Greens Are Stressed Out By:**

- Not Being In Charge - Small Talk - Emotional Displays

- Lack of Independence - Routine - Incompetence

- Subjective Judgment - Social Functions

- Elaborate Use of Adjectives - Lack of recognition of their abilities

**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 - Seeing the Best in Others - Caring

- Compassionate - Nurturing - Empathetic

- Romantic - Liking to Please People - Valuing Feelings

- Idealistic - Wanting Harmony - Great Communicator

**Others May Perceive Blue As:**

- Very Emotional - Too Trusting - Too Nice

- Overly Sensitive - Smothering - Illogical

- Mushy - Too Soft, Too Giving - Easily Persuaded

- Too Tender-Hearted - Weak - Talking Too Much

**Blues Are Stressed Out By:**

- Broken Promises - Lying - Conflict

- Too Much Negative - Rejection - Completing Paperwork

- Not Being Involved -Placing the System Before People - Insincerity

- Lack of Social Contact - Clock Watching

**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 - Realistic - Loyal to Organization

- Providing Structure - Very Traditional - Dependable

- Knowing Right From Wrong - Follower of a Routine - Decisive Seeking Closure

- Concerned About Security - Having Leadership Ability - Goal-Oriented

**Others May Perceive Gold As:**

- Rigid, Inflexible - Lacking Imagination - Autocratic

- Controlling, Bossy - Judgmental - System-Bound

- Too Serious - Boring - Predictable

- Resistant to Change - Uptight - Opinionated

**Golds Are Stressed Out By:**

- Incomplete Tasks - Non-Conformity - Waste

- Disorganization - Lack of Structure - Ambiguous Tasks

- Irresponsibility - Haphazard Attitude - Lack of Direction

- Changing Details - Too Many Things At Once - No Follow Through

**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 - Able to Do Many Things - Independent

- Having a Playful Attitude - Adventurous, Courageous - Having Many Interests

- Exploring New Possibilities - Valuing Freedom - Open to Change

- Clever, Good Negotiator - Bold, Assertive - Fun-Loving, Enjoying Life

**Others May Perceive Orange As:**

- Irresponsible - Taking Unnecessary Risks - Scattered

- Goofing Off Too Much - Resisting Closure or Decisions - Self-Centered

- Manipulative - Obnoxious - Immature

- Unable to Stay On Task

**Oranges Are Stressed Out By:**

- Repetition - Too Much Responsibility - Lack of Variety

- Following Detailed Directions - Rules and Regulations - Lack of Fun

- Routine - Being Stuck at a Desk - Imposed Structure

- Deadlines - Abstract Concepts - Personal Criticism

- Inactivity - Reading Manuals

**Stressed Out and Relaxed Behaviors**

*GREEN “Stressed Out” Behaviors* *Relaxed Behaviors*

-Behaves indecisively -Questions and explores ideas

-Refuses to comply or cooperate -Considers others ideas

-Extreme aloofness and withdrawal -Works independently

-“Snobbish” put-downs and sarcastic remarks -Pleasant but not very social

-Refuses to communicate, the silent treatment -Thrives on own work and ingenuity

-Perfection ties to performance anxiety -Strives for improvement

-Highly critical towards self and others -Has high expectations

*BLUE “Stressed Out” Behaviors* *Relaxed Behaviors*

-Attention-getting behavior -Appreciates everything, everyone

-Lying to “save face” -Behaves with honesty & integrity

-Withdraws -Likes teamwork

-Fantasizes, day-dreams excessively -Creates things to make life better

-Cries often & appears depressed -Strives for peace & harmony

-Overly expresses emotions -Contagiously enthusiastic

-Behaves in passive, resistant ways -Cooperative & encouraging

*GOLD “Stressed Out” Behaviors* *Relaxed Behaviors*

-Complains & behaves with self pity -Task & structure focused

-Exhibits anxiety & worry -Serious attitude

-Is depressed & acts fatigued -Likes to do things to help

-Expressed psychomatic problems -Cares for own body & health

-Malicious in judgment of self & others -Direct but cautious

-Exhibits “blind herd” mentality -Respects authority

-Exhibits phobic reactions -Is dependable & reliable

*ORANGE “Stressed Out” Behaviors* *Relaxed Behaviors*

-Acts rude & with defiance -Acts boldly & is direct

-Breaks the rules on purpose -Risk-taking behavior

-Runs away, drops out -Acts impulsively & spontaneously

-Involved with alcohol, drugs -Seeks reasonably “safe” adventure

-Is assertive & to the point -Has high expectations

-Acts out boisterously -Wants “hands-on” activities

-Lying & cheating behavior

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**True Colors-Word Cluster**

Rank each grouping to the highest priority of your life. Give a 4 for the highest and a 1 as the lowest. Don’t use a number twice! When you are finished, add the numbers in each column to determine your style of personality. The highest numbered column is your True Color!

Active Organized Nice Learning

Variety Plan Helpful Science

Sports Neat Friends Privacy

Fun Clean Caring Curious

Action On-time People Ideas

Contests Honest Feeling Questions

Playful Helpful Kind Independent

Quick Trustworthy Understanding Exploring

Adventuresome Dependable Giving Doing well

Busy Follow rules Sharing Thinking

Free Useful Getting along Solving Problems

Winning Save Money Animals Challenge

Exciting Pride Nature Books

Lively Tradition Easing going Math

Hands-on Do things right Happy ending Making sense

**Total Total Total**   **Total**

**Orange Gold**   **Blue**  **Green**

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## Blind Square

**Responsible Person(s):** The team’s JC is the main facilitator

**Location:** Parking lot outside Willome

**Equipment needed:**  A rope with the ends tied together

Bandanas used as blindfolds

**Objective(s)**: Improve communication skills

Work together as a team to solve the problem

Learn from failure

**Desired Outcomes:** Communication between team members becomes better

Later shapes are more easily solved

**Set up and instructions:** Rope is placed on the parking lot prior to the activity

**Description of Activity:** All team members are blindfolded. One of the team members is handed the rope. The team is instructed to keep a grip on the rope; they cannot let go of the rope. Then the team is instructed to make the rope form a square. Ask the team to indicate when they think they have succeeded. If they have formed a square, ask them to form additional shapes, such as a circle, a triangle and a pentagon.

**Safety considerations:** Make sure the blindfolded team members are careful

**Counselor Facilitation notes:** If the team easily solves the first attempt at a square, the facilitator may wish to mute certain members or require one member to stay in the same spot.

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

* What is the purpose of this activity?
* What did you notice about the team dynamics?
* What did the team do to be most effective?
* Did anyone step up as a leader? Why? What did you notice about how they lead?
* How did you feel throughout the process?
* Did anyone get frustrated with this activity? Why? What were they thinking?
* Any ideas on how you could have made the solution easier?
* How does this activity apply to “the real world?”

## Ebola

**Responsible Person(s):**  The JC is the primary facilitator

The team’s JC and SC together decide who should be blindfolded

**Equipment needed:**   Blindfolds, special Ebola contraption (ropes with rubber band, bucket) koosh ball, clear instructions

**Objective(s)**: A koosh ball containing the Ebola virus has been discovered here at RYLA. It is on top of a white bucket a few yards away from here. The team must move the virus into the controlled area and save the conference.

**Desired Outcomes:**   The team must transport the koosh ball on top of the bucket into the small circle. Only the blindfolded people may touch the ropes/apparatus, and no one may enter the large circle around the small circle. The conferees will learn how to step up or step back as a leader. They will learn about clear and effective communication, listening, collaboration,

**Set up and instructions:** The Sidekick will set up the equipment prior to the beginning of the activity as follows: A larger loop of rope is put in a circle. A smaller loop of rope is placed inside the larger circle, also in a circle. The Ebola apparatus is placed some distance away from the two rope circles.

The JC must be VERY CLEAR with the instructions. The JC and SC should have selected half of the team to be blindfolded (the more outgoing leaders) and half to be sighted (the quieter leaders). Have those selected put on blindfolds and stay seated. Take the sighted people to the area with the rope and buckets and explain the task to them. The blindfolded people remain elsewhere and should not hear the directions being read.

Here are the rules: The Ebola Koosh ball can only travel on top of the bucket on which it rests. NO one may touch the ball. Your RYLA Hazmat team (blindfolded people) must transport the bucket and Koosh Ball to the small circle of cord, a safe zone, lying the ground. 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 to neutralize the virus. You may use only the apparatus you see lying before you to transport the contaminated Koosh Ball, and the only people who may touch the ropes are the blindfolded people. The completion of this task, be it success or failure, will determine the very existence of the people here at RYLA. You have **up to 10 minutes** to develop a plan for this task and a **maximum of 30 minutes total** for implementation; otherwise, the Koosh Ball will explode! The last 15 minutes must be used for debrief.

The JC may change the rules in terms of allowing sighted people to speak, touch the blindfolded people to guide them (this is only allowed when walking to the ropes, not once they utilize the apparatus) and how long they have to attempt the activity.

**Description of Activity:**  The sighted people must communicate with and lead the blindfolded people to complete the task of moving the Ebola Koosh ball into the circle, following all instructions.

**Safety considerations:**   Watch out for tripping hazards for blindfolded people

**Counselor Facilitation notes:** This is a very challenging activity. If time is running out, it’s okay to let the team fail. Remember, the debrief is the most important part of the activity, not whether or not they successfully complete it.

**Suggested debrief ideas that lead to desired outcomes:** Ask questions to help conferees share what they learned. Do not give the team the answers, ask open questions and allow them to reflect and share.

* What did you learn?
* What is the purpose of this activity? (This is a very open-ended question with a lot of possibilities. Some purposes include the following...)
* How was your experience as a sighted person? What were some challenges you faced? How did you and others face them? (Did you step up as a leader?)
* How was your experience as a blindfolded person? What were some challenges you faced? How did you and others face them? (Did you step back and allow others to lead? Did you listen to your teammates?)
* How did the team communicate? What worked well, what didn’t?
* How well did you listen to each other? (As a sighted person or blindfolded person?)
* What would you do to improve next time?
* If you were silenced, how did you feel?
* If you were the only person allowed to speak, how did you feel?
* Were you frustrated during this activity?
* How were the group dynamics? Did you work well as a team? What went well, and how could you improve?
* How does this activity apply to “the real world?”

## Flip the Mat

**Responsible Person(s):**  JC provides instructions

JC and SC enforce the rules and observe the team’s performance

**Equipment needed:**   1 large mat

**Objective(s)**: The team has 15 minutes to flip the mat while standing on it, and without anyone stepping off.

**Desired Outcomes:**   The desired outcome is to flip over the mat, but whether the team is successful or not in doing so does not matter as much as the desired outcome to learn about leadership and to work as a team.

**Setup and instructions:** Bring team to the mat, and explain the simple instructions.  Rules: All team members need to get on the mat. The objective is to turn the mat upside down without anyone stepping off. At no time can one step off the mat. If one steps/falls off the mat, then everyone must restart.

**Description of Activity:**  The team stands on the mat and tries to flip it over. Typically, there is discomfort with the (lack of) personal space, and as the team plans and attempts to flip the mat, they will experience various types of leadership.

**Safety considerations:**   Close physical contact, lack of balance may cause one to fall. JC or SC should ask the team to discontinue any action that they deem may be unsafe.

**Counselor Facilitation notes:** The counselor must describe the objectives, but allow the team to organize themselves (let them decide if they want to discuss a plan, or jump right in. Do not facilitate planning of activity). Be lenient with a small slip up off the mat, but if the team is in a stalemate, it might be beneficial to make them start over. If time is running out, the team is allowed to fail the activity.

**Suggested debrief ideas that lead to desired outcomes:** Ask questions to help conferees share what they learned. Do not give the team the answers, ask open questions and allow them to reflect and share.

* What is the purpose of this activity? (This is a very open-ended question with a lot of possibilities. Some purposes include developing team bonds and teamwork, leadership and followership, group dynamics, problem-solving, communication, etc)
* How was this experience?
* What did you notice about the team dynamics?
* Was the team successful? How could they improve and grow?
* Who stepped up as a leader? Why? What did you notice about how they lead?
* For those who took a follower position, why? How did you feel throughout the process?
* Did anyone get frustrated with this activity? Why? What were they thinking?
* How did you all feel about the close contact/lack of personal space?
* How did you creatively problem-solve?
* How does this activity apply to “the real world?”

## Helium Stick

**Responsible Person(s):**  JC is the main facilitator

**Equipment needed:**   One helium stick (and perhaps a hula hoop)

**Objective(s)**: This challenging activity focuses on handling failure and frustration, communication, integrity, and creative problem solving.

**Desired Outcomes:**   The desired outcome is to lower the stick (or a hula hoop) to the ground. However, this task is nearly impossible. The desired outcome is to challenge the team and see how they handle failure.

**Set up and instructions:** Line up teams in two rows that face each other. Introduce the Helium Stick, a long, thin, light rod. Ask participants to point their index fingers and hold their arms out. Lay the Helium Stick down on their fingers. Explain that the challenge is to lower the Helium Stick to the ground. The catch: each person’s fingers must be in contact with the Helium Stick at all times. Pinching or grabbing the pole is not allowed- it must rest on top of fingers. Reiterate to the group that if anyone’s finger is caught not touching the Helium Stick, the task will be restarted. Let the task begin… WARNING- this is an extremely difficult task to complete and can result in team members becoming upset and adversarial. A good debrief is essential for the team members to understand how they handle failure.

**Description of Activity:** The team must lower the “helium stick” to the ground while all team members keep in constant contact with the stick.

**Safety considerations:**   Watch out for frustration and anger levels.

**Counselor Facilitation notes:** This is a challenging activity. Be lenient on when to restart if fingers aren’t touching, but still make them restart if they cannot do it. A focus point of this activity is failure and how to handle challenges.  Remember, the debrief is the most important part of the activity, not whether or not they complete it.

**Suggested debrief ideas that lead to desired outcomes:** Ask questions to help conferees share what they learned. Do not give the team the answers, ask open questions and allow them to reflect and share.

* What did you learn?
* What is the purpose of this activity?
* How did you handle failure?
* Were you frustrated during this activity?
* How were the group dynamics? Did you work well as a team? What went well, and how could you improve?
* How did you think outside the box to solve this challenge? Did you use creative problem solving?
* How did you feel during this activity? Why?
* How did the team handle frustration, being challenged, and failure?
* How does this activity apply to “the real world?”
* Did you act with integrity throughout the activity? (If you’re fingers were not touching the stick…)
* How did the team communicate? What worked well, what didn’t?
* How well did you listen to each other?
* If you were silenced, how did you feel?
* If you were the only person allowed to speak, how did you feel?

## Lego Building

**Responsible Person(s):** A Head JC or the Activities Director will be responsible for announcing the instructions and times to the teams.

The JC and the SC split and each take half of the team

**Equipment needed:**  Head JC or Activities Director will need a microphone and a timer

Two sets of Lego building blocks per team

Instructions for items to be constructed

Note pad and pen to write down instructions

**Objective(s)**: Develop effective communication skills

Work efficiently in a team environment

**Desired Outcomes:** Successfully construct the Lego models

Work effectively as a team

Learn to be specific when providing instructions

**Set up and instructions:** Each team should be separated into two groups of equal size. Each of these groups should be placed in different areas so they can’t see each other’s models.

**Description of Activity:** Each group should select two of its members to be “architects” and one member to serve as “recorder.” The remaining members are the “builders,” and they are the only ones that may touch the Legos. The architects are given the instruction booklet of a simple Lego structure. Only the architects should see this picture. The architects then proceed to provide instructions for the builders to re-create an identical model as in the instructions. The recorder is assigned to record the instructions for reconstruction of the model. The group will have 13 minutes to complete as much of the model as possible. The Head JC will make several announcements on how much time is remaining.

At the end of the time, the recorders should meet, exchange instruction sheets and return to their original groups. The architects and the recorder should then relay the instructions to the builders so they can attempt to re-create the exact model built by the other group. The group will have 16 minutes to re-create this second model. Again, the Head JC will make several announcements on how much time is remaining.

At the end of the time period, the groups should reunite and compare their models as well as to the picture.

**Safety considerations:** None

**Counselor Facilitation notes:** Make sure that each of the team members performs only their assigned task. Architects and recorders are not permitted to touch any of the Legos.

During the exercise, the JC or SC should observe the process of recording the instructions. They may want to remind the team members that they need to be very specific in how the instructions are recorded. Would the instructions they are preparing be enough for the other group to re-create the model?

The JC may wish to remind the team that finishing building the Lego models is not as important as the process of creating instructions and the focus on communication. Watch the amount of time spent building, and keep on time.

Upon completion, please make sure that the Legos for each group are returned to the same container for use by the next team.

**Suggested debrief ideas that lead to desired outcomes:** This exercise requires several different lines of communication. If one of those fail or the instructions are not detailed enough, it will be nearly impossible to re-create the Lego model correctly. Ask questions to help conferees share what they learned. Do not give the team the answers, ask open questions and allow them to reflect and share.

Some debrief questions you may want to ask are:

* Were the instructions from the architects specific enough? Did you need to continually ask for clarification?
* Builders: What would have made your job easier?
* Recorder: Describe your experience in recording the instructions.
* Recorder: What could have been done differently to make your job easier and your instructions more accurate?
* Was your second model correctly reconstructed? If not, why not?
* Architect and Recorder: Were the instructions you received accurate and easy to understand?
* Architect and Recorder: How could the instructions have been better?
* Builders: Was it easy to follow the instructions? If not, why not? What could be done differently to make your job easier?

## Spiderweb

**Responsible Person(s):**  The JC is the primary facilitator

**Location:** The spider webs will be located in the trees on the backside of Willome

**Equipment needed:**  50 feet of rope

Bungee cords, if available

**Objective(s)**: The team must develop a plan together to succeed

The team must work together to successfully execute the plan

**Desired Outcomes:**  To get each team member to the opposite side of the spiderweb using teamwork to develop a plan and then execute the plan.

**Set up and instructions:** Prior to the beginning of the conference, the staff (Chair, Assistant Chair and Activities Director) must construct four spiderwebs using the rope and bungee cords. The spiderweb must have at least enough openings large enough to allow team members to be passed through it.

**Rules:**

* The web is made of Lava, so no one can touch the web
* An opening can only be used once
* If anyone touches the spiderweb or goes through an opening previously used, everyone will get 3rd degree lava burns…and restart.
* No one can go over the spiderweb.
* No one can touch any of the trees (it is OK to touch a small branch

**Safety considerations**: This activity requires that team members be lifted through the openings in the spiderweb. A number of these openings are off the ground several feet. JCs and SCs need to carefully watch their team’s activities and make sure that they are conducted in a safe manner. JCs and SCs may wish to “spot” some of the team members when they are lifted to the higher openings.

**Counselor Facilitation notes:** This can be a challenging activity but every year it is rated as one of the favorite activities by the conferees. The activity requires the team to develop a proper strategy and then presents a physical challenge as well. Let them have fun (safely).

**Suggested debrief ideas that lead to desired outcomes:** Ask questions to help conferees share what they learned. Do not give the team the answers, ask open questions and allow them to reflect and share.

* What did you like about this activity?
* What did you dislike about this activity?
* Can you describe how the team developed its plan to solve the problem?
* Did the first plan work, or did you need to change it?
* Would there have been a better way to develop a plan?
* Did the team work together at the beginning?
* How did you feel about the physical contact required in the activity?
* Did you find it easy to trust your teammates at the start?
* Did it get easier to trust your teammates as the activity continued?
* What did you learn about trust during the activity?

## Swamp Island Maze

**Responsible Person(s):**  The JC is the primary facilitator

**Equipment needed:**  20 letter-sized sheets of paper and masking tape/or chalk if outside, map of safe route.

**Objective(s)**: This activity focuses on working with new team members, collaboration, communication, creative problem solving, planning vs. taking action, integrity, and listening.

**Desired Outcomes:**   The goal is to transport the team across the swamp using the safe route.

**Set up and instructions:** The set up is a 4x5 maze with 20 squares (paper or chalk). The team must line up and try to go through the maze, one person at a time. The team may collaborate and plan throughout the activity, except when someone is in the maze. If someone is going through the maze, the team must be silent and cannot communicate (verbal or nonverbal) with the member in the maze. When an individual attempts to go through the maze, they may take one step at a time, and wait for the JC/SC response if that is a safe step. If it is, they may continue one step at a time. If not, they must leave the maze, go to the end of the line, and the next person may try. The safe path has 14 specific steps. Once the path is discovered, the team will cross the maze one person at a time. If someone messes up and steps on a not safe square, the entire team must restart. No maps may be created, and no markings may be left in the maze. The JC/SC will have the map of the safe route through the maze, and the path is made up of connecting boxes.

**Description of Activity:**  The team needs to work together to cross the swamp maze.

**Safety considerations:**   None

**Counselor Facilitation notes:** Suggest that the team keep silent while an individual is in the maze. This forces every member to pay attention and participate.

**Suggested debrief ideas that lead to desired outcomes:** Ask questions to help conferees share what they learned. Do not give the team the answers, ask open questions and allow them to reflect and share.

* What did you learn?
* What is the purpose of this activity?
* How were the group dynamics? Did you work well as a team? What went well, and how could you improve?
* How was it working with new team members?
* Did you actively participate in the activity?
* How would you evaluate the team’s process?
* What factors contributed to/hindered your success?
* What was most challenging? Why?
* How did it feel when you were inside the maze versus waiting to enter?
* At what point were you engaged/checked out and how did that impact both you and the team?
* How were you able to contribute if you were not the person in the maze?
* How did you handle frustration and failure? If someone messed up in the maze, how did you react?
* Did you make a plan beforehand, or jump right into the activity?
* How does working with a new rumble team relate or differ to your own teams?
* What did you learn from this experience that you could take back to your individual teams?
* How well did you listen to each other?
* If you were silenced, how did you feel?
* If you were the only person allowed to speak, how did you feel?
* How does this apply to the “real world?”

## Traffic Jam

**Responsible Person(s):** The team’s JC is the primary facilitator with the SC assisting

**Location:** Parking lot outside Willome

**Equipment needed:**  Chalk

**Objective(s)**: To improve communications between team members

To collaborate with team members to find a solution

**Desired Outcomes:** To have the team find the solution through collaboration

All team members must listen to their teammates to be successful

**Set up and instructions:** Prior to the activity, the Activities Director will use chalk to draw boxes on the parking lot. The number of boxes will be equal to the number of team members plus one extra. It will usually be put in a semicircle shape to make it easier to see all of the members of the team. If the team has less than the normal team size, leave one of the end boxes empty.

**Description of Activity:** The goal is to have the entire team switch places with the team members on the opposing side.

Rules:

1. The team splits in half and is instructed to stand on the chalk boxes facing the team members on the opposite side.
2. Start the exercise with the box between the two groups unoccupied.
3. Only one person can move at a time.
4. Only one person can be on a square at a time.
5. You can only move forward.
6. You can only pass one person (going in the opposite direction) at a time.

The problem is solved once the two groups have switched places:

Beginning:

1

2

3

4

X

5

6

7

8

Finished:

5

6

7

8

X

1

2

3

4

**Safety considerations:** Team members should be careful not to knock each other down.

**Counselor Facilitation notes:** This exercise is difficult for some teams to solve and they may become frustrated. You may wish to invoke the STOP method (Stop, Think, Organize and Proceed). Once the team discovers the solution, they will frequently be surprised on how simple the solution is.

**Suggested debrief ideas that lead to desired outcomes:** Ask questions to help conferees share what they learned. Do not give the team the answers, ask open questions and allow them to reflect and share.

* What happened?
* What is the purpose of this activity?
* What did you notice about the team dynamics?
* Was the team successful? How could they improve and grow?
* Who stepped up as a leader? Why? What did you notice about how they lead?
* For those who took a follower position, why? How did you feel throughout the process?
* Did anyone get frustrated with this activity? Why? What were they thinking?
* If you solved the activity, how did the team arrive at the solution?
* How did you creatively problem-solve?
* How does this activity apply to “the real world?”

## Make a Difference Breakout Groups

**Responsible Persons:** JCs are the primary facilitators of the MAD groups. SCs will be paired with the JCs to help with the discussion.

**Equipment needed:**  None

**Objective(s)**: For the participants to better understand the various aspects of one of their desired MAD group topics and to explore some potential solutions to reduce or correct the problem.

**Desired Outcomes:** It is hoped the members if the MAD group will discuss many of the aspects of the topic and to identify a number of potential solutions to the problem.

**Set up and instructions:** Each group will need to find an appropriate spot to meet where every member of the team will be able to hear all the other members of the group. Each conferee will be assigned to a group that will discuss a topic they are interested in.

**Safety considerations:** None

**Counselor Facilitation notes:** JCs are the primary facilitators of the group. The SC should become involved if the discussion begins to slow or gets off topic. The initial portion of the discussion should identify the problem and discuss reasons for the problem. The second half of the discussion should identify potential solutions to the problem and develop projects that the group’s members believe would help to address the problem.

The MAD breakout group is not meant to be a therapy session. Some members of the group may wish to use the group to share some experiences close to them (especially in certain groups like Teen Suicide and Parent/Family Relationships). While being understanding of the individual’s feelings, JCs and SCs should try to steer the discussion back to the main topic.

If the opportunity presents itself, the JC should discuss the Make a Difference Grant Program with the group’s members during the second half of the discussion. Instructions and a copy of the grant application are set forth in the back of the manual.

Questions that the JC may wish to ask are:

* What is the problem?
* Where does it exist?
* Why is it a problem?
* What are the causes?
* Who is involved?
* Are you aware of efforts to improve the problem? If so, please describe them.
* Were those solutions effective? Why or why not?
* Could some of those solutions be a basis for a local project to address the problem? Please describe how that could be done.
* Are there other solutions that might address the problem? Please describe them.
* How would you implement your project?
* Who would be involved with the project?
* If there was money available to help with your project, how would you use the money?

**Suggested debrief ideas that lead to desired outcomes:** There is no debrief of this activity during the allotted time period. The continuing discussion should arrive at the desired outcomes.

## Scene It!

**Responsible Person(s):** Head JCs will announce the format to the whole group

JC and SC are the primary facilitators.

**Equipment needed:**  A camera

Movie choices

**Objective(s)**: To properly plan through good communication

To get the team to plan and execute the exercise

**Desired Outcomes:** To complete the exercise in a quality manner

**Set up and instructions:** None

**Description of Activity:** Each team will be given two movie to choose a scene from to reenact via pictures. In a minimum of 15 pictures and a maximum of 20 pictures, the team must act the scene out in a play-by-play of pictures. This will essentially be like a flip book of pictures depicting the scene you choose. You must incorporate every members of your team (bonus for sneakily integrating your JC and/or SC!) and accurately act out the scene of your choice. Your JC will have the two choices of movies you can pick from

**Safety considerations:** JC and SC should make sure the team members proceed in a safe manner.

**Counselor Facilitation notes: T**his activity can be a little chaotic, especially during the initial stages of the planning. JCs and SCs should let that chaos run its course and only remind the team members on the amount of time remaining before the activity will end.

**Suggested debrief ideas that lead to desired outcomes:** Ask questions to help conferees share what they learned. Do not give the team the answers, ask open questions and allow them to reflect and share.

* How easy was it to come up with the idea?
* What problems did you experience with coming up with the idea?
* Did one team member take the lead?
* Were team members listening to each other?
* Was the planning of the various pictures smooth? If not, why not?
* If you had to do this exercise again, what would you do differently?

## True Colors

**Persons Responsible:**  Junior Counselors

**Equipment needed:**  True colors assessment page in manual

Projector and screen

True colors shirts for the JC skit

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

**Desired Outcomes:**  RYLArians will become 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 RYLArians to take another look at others before judging them and to plan effective ways to work together. RYLArians will an understanding of their own colors with the understanding that no one is one pure color; we are all a mix.

**Set up and instructions:**

**Counselor Facilitation Notes:** JCs, SCs and all team members should take the True Colors Assessment. JCs and SCs should attempt to become familiar with all of the traits, strengths and weaknesses of each of the color types. JCs and SCs should look for opportunities throughout the week to incorporate the concept of True Colors into the team’s activities.

**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 RYLA?
* Do you think the characteristics of your dominant color are accurate?
* Do you think anyone can just be only one color?
* What did you learn about using true colors to successfully interact with other people?
* How did the true colors of the characters in the video affect their daily life?
* How can the knowledge of your own color affect your relationships with friends, parents, teachers, etc.

## True Colors Skit

For the junior counselors to perform Monday night during the True Colors presentation

**Scene One**

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

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

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

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

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

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

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

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

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

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

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

ORANGE: (in a mocking tone of Gold) What are these “rules” we’re supposed to follow anyway?

(With visible disgust, Gold exists).

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

GREEN: Don’t you ever THINK before you ACT? I could never imagine…

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

GREEN: Hmmm….I’ll have to think about it…(begins to exit).

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

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

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

**Scene Two**

(Blue Boy & Blue Girl enter from opposite sides in a romantic slow motion run, where they meet in the center. Do a dipping stage kiss. Boy pulls away reluctantly.)

BLUE BOY#1: I must leave you to attend a poetry reading at the café. I’ll call you soon, sweetheart. (exit)

BLUE GIRL#1: Oh, I’ve never been so happy!!

(Orange boy enters pretending to dribble a basketball to show off his “moves” and makes a shot right over Blue Girl’s head).

ORANGE BOY#1: Wassup? I just saw you with (insert Blue Boy’s name). What a loser. I can show you how to live on the edge, whaddya say?

BLUE GIRL#1: You mean you want to have an exclusive relationship with me, where you call me for at least an hour every night, plan beautiful picnics in the Rocky Mountains underneath the stars, and watch romantic movies together every Friday night?

ORANGE BOY#1: Hold on a minute! I just wanted to know if we could go on a date…not become soulmates! Geez.

BLUE GIRL#1: Well, I suppose that I could try it for a year or so…

ORANGE BOY#1: A year!!?! What, are we planning to get hitched? How about a week?

BLUE GIRL#1: Agh! You insensitive animal!!! (storms offstage in disgust).

(Gold Girl enters)

ORANGE BOY#1: What up, (insert Orange girl name). You wanna go out this weekend?

GOLD GIRL: Depends. Are you going to be a lawyer, banker or doctor? See, it’s in my 5 year plan to only date boys that are going to make something of themselves.

ORANGE BOY#1: You mean go to school for like 20 billion years just so I can work for exactly 8 hours a day cramped inside somewhere and driving a station wagon? No way! I’m gonna have my own band, the Puff Daddies! (dances around the stage with an air guitar)

(Orange girl enters)

ORANGE GIRL: (crosses to orange boy) Hey listen to this! My dad says that if I get my grades up, he’ll get me that stereo that I want!

GOLD GIRL: That’s great, (insert name of orange girl)! You’ve still got plenty of time to catch up before the end of the semester. I’ll even volunteer my services on the weekends to help you do some extra credit!

ORANGE GIRL: Let me think about it, ummm, NO! Why would I ever do that? I’m gonna let my grades get so bad that he’ll offer me a car! (Orange Boy and Orange Girl perform a celebratory dance)

ORANGE BOY#1: Wanna go rock climbing?

ORANGE GIRL: Yeah, rock on! (Orange Girl and Orange Boy exit)

(Blue Boy and Green Girl enter)

GOLD GIRL: Hi, (insert green girl’s name)! Did you finish your physics homework?

GREEN GIRL: Homework? We had physics homework? That’s ok, I know all the material that will be on the test like the back of my hand. I’m not worried.

BLUE BOY#1: How can you not be worried? I’m going to have to apologize to Ms. Watkins for not getting my homework done last night, but there was a personal tragedy in our family last night… yes, it’s true… My girlfriend and I broke up. I can’t believe this happened after two weeks! I loved her so much!

GOLD GIRL: (to Green Girl) Sometimes he can be so impractical when it comes to relationships. (exits)

(Orange Boy enters)

GREEN GIRL: (to Orange Boy) I know this is a dumb question, but did you do your physics homework?

ORANGE BOY#2: Nope. See, right after school I had basketball practice then the team decided to go out for pizza afterwards and by the time I got home, Mission Impossible was on and, well, I just couldn’t miss that to do homework.

GREEN GIRL: Sorry that I asked. Sounds like your night was very, umm inefficient. See you in class. (tries to exit. Blue Boy stops her.)

BLUE BOY#1: Hey, (insert Green girl name). Would you like to be my partner for the English report on Emily Dickenson?

GREEN GIRL: Not really. I prefer to work by myself. (sarcastically) Thanks for the offer though. (exits)

BLUE BOY#1: I wonder what I did wrong##2? I’ll just try to talk it out with her later. I can’t seem to find anyone to be my partner! Am I not a good person? Doesn’t anyone have the same passion that I do for Emily’s poetry?

ORANGE BOY#2: Maybe you should try to be less emotional. No one wants to work with a cry baby.

BLUE BOY#1: (visibly hurt by what Orange Boy just said) You, you, you… (storms off upset)

(At the same time, Blue girl enters and gives Orange Boy a nasty look

BLUE GIRL#3: Do you have any idea what yesterday was????

ORANGE BOY#2: Hey trivia game! I love trivia questions. What closes when a frog swallows? (no response from Blue Girl, just another angry look). Ok. Fine, how many guesses do I get?

BLUE GIRL#3: One. And it had better be our one month anniversary!!

(Green girl enters and sits down with a book).

ORANGE BOY#2: No way! We made it to a month! Let’s go out and celebrate!! (tries to grab her and pull her close).

BLUE GIRL#3: Do you really think I’m going to go out with you after you forgot our anniversary??

GREEN GIRL: (to Orange Boy) You really don’t understand what she’s talking about, do you? (to Blue Girl) Come on, let’s just remember now, that a date is just another number on a calendar. Its not a big deal at all.

BLUE GIRL#3: When you’re in love with someone, you are supposed to remember things like that!! IT is NOT just a date!! We’re through, (insert Orange Boy’s name). (Runs off crying).

ORANGE BOY#2: (to Green Girl) You wanna go to the prom with me? Come on…Get outta your books for a while! Don’t you know that guys are a lot more fun than books?

GREEN GIRL: (says with disinterest) Drop dead, geek. (continues reading)

ORANGE BOY#2: I guess this means no drive-in movie? (after no response, he exits)

(Blue Girl #1 enters crying to the song True Colors followed by Gold Boy. Blue Girl #1 sits by Green girl).

GREEN GIRL: (to Gold Boy) Why is she crying??

GOLD BOY: I have no idea.

BLUE GIRL #1: This song brings back so many memories about me and (insert Blue Boy#1 name)! It was our song until….until…we broke up. (starts crying so hard that Green Girl turns off the music). What did you do that for!?!

GREEN GIRL: It was making you cry!

BLUE GIRL #1: But, I love to cry!! And I love that song!

ALL THREE SIMULTANEOUSLY: Honestly! I will never understand you!! (all exit).

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## Wrap Session Checklist

* Words of Focus
* Team Time Activities
* MAD breakout groups
  + Ask each person how his/her session went
  + Make sure no one felt uncomfortable, threatened, or like his/her opinions were not heard and respected
  + Get a feel for how everyone felt about their experience. See if all feel included, if the topic is what the expected, etc.
* Speakers
  + Dave Boon
  + Joy Nyenhuis
  + True Colors
* Proudest Achievements, if you have some left
* Schedule for Tuesday
  + Briefly outline the day
  + Answer questions
* Scene It
* Towers
* Skit Package and Flag (if not covered during first Team Time)
  + Guidelines for skits (really enforce the Grandma Rule)
  + Guidelines for flags
  + All props and flag-making materials
  + Give all the props to the team, as well as the flag-making materials so they can work on the skit and flag for the remainder so the wrap session.
* **Fill out daily evaluation**

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**Evaluation for Monday**

**Team #­­­­­­­­ \_\_\_\_\_\_\_\_**

**Morning Activities:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Bad Wake Up | 1 | 2 | 3 | 4 | 5 | Good |

**SC Word of Focus: SC name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Dave Boon:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

|  |  |  |
| --- | --- | --- |
| Should he be invited back? | Yes | No |

**Team Time Activity:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**JC Word of Focus: JC:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Make A Difference Break Out Groups: Group:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**JC Word of Focus: JC:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Team Time Activity:**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**(over)**

**Joy Nyenhuis:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

|  |  |  |
| --- | --- | --- |
| Should she be invited back? | Yes | No |

**Scene It:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Waste of Time | 1 | 2 | 3 | 4 | 5 | Fun |

**Tower Building:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**JC Word of Focus: JC:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**JC Word of Focus: JC:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**True Colors:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**JC Word of Focus: JC:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Wrap Session**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Waste of Time | 1 | 2 | 3 | 4 | 5 | Fun |

**Other Recommendations and Thoughts:**

# Tuesday July 22nd

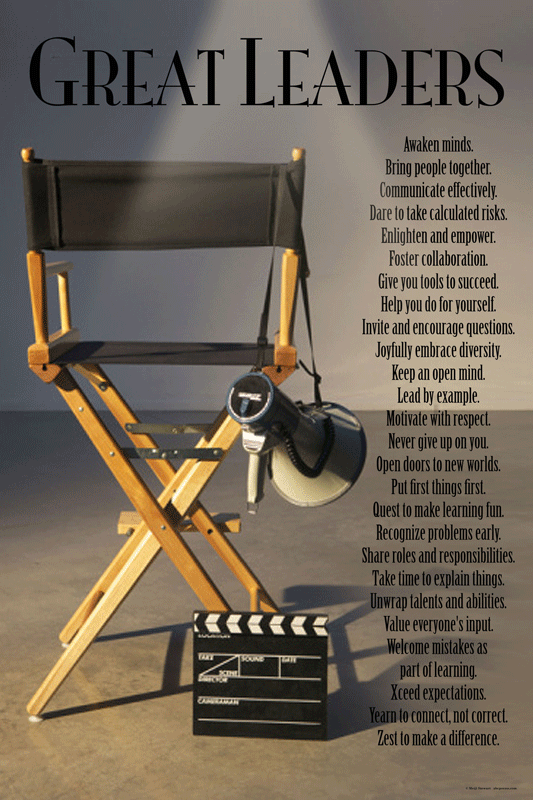
**Morning Activities**

*“Start each day as if it were on purpose.”* Hitch

**Hiking (Teams 1-12)**

*“The journey of a thousand miles begins with a single step.”* – Lao Tzu

These hikes are designed to get everyone outside to enjoy the mornings. Teams 1 through 12 will hike on Tuesday, teams 13 through 24 will hike on Wednesday. Please pick the hike that you think you will enjoy the most, do not sign up for the hardest hike if you are not physically capable of making it all the way. Don’t forget your sunscreen and water!



**RYLAball/Volleyball (Teams 13-24)**

*“It’s a misnomer that our talents make us a success. It helps, but it’s not what we do well that enables us to achieve in the long run.”*

– Bernie Marcus

This tournament is for fun and to get everyone outside and moving around! Teams 13 through 24 will play on Tuesday and teams 1 through 12 will play on Wednesday. Each team will play all the other teams in either RYLAball, volleyball, or kickball. At the end of each game, the winning team should send ONE person from your team to report to the scorekeeper. These games should serve as another way to bring the team together. It’s all about encouragement. **No unfair or foul play or criticism of the other teams is necessary.** Have a great time, and don’t forget to drink water and wear sunscreen!

## RYLA Ball Schedule

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Court** | **Round** | **1** |  | **Round** | **2** |  | **Round** | **3** |
| **A** | **1** | **7** |  | **1** | **8** |  | **6** | **8** |
| **B** | **2** | **8** |  | **2** | **9** |  | **1** | **9** |
| **C** | **3** | **9** |  | **3** | **10** |  | **2** | **10** |
| **D** | **4** | **10** |  | **4** | **11** |  | **3** | **11** |
| **E** | **5** | **11** |  | **5** | **12** |  | **4** | **12** |
| **D** | **6** | **12** |  | **6** | **7** |  | **5** | **7** |

RYLAball Rules:

* 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 that is safe and is confined to the assigned field.
* Rules can be fun, goofy, 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 12 minutes.
* Each round will be a brand new game. You may not repeat the same game twice.

**Volleyball and Kickball Schedule**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Court** | **Round 1** | **Round 2** | **Round 3** | **Round 4** | **Round 5** | **Round 6** | **Round 7** |
| a | 1 vs 2 | 7 vs 6 | 2 vs 10 | 3 vs 10 | 11 vs 9 | 11 vs 2 | 3 vs 8 |
| b | 3vs 4 | 4 vs 8 | 11 vs 8 | 1 vs 8 | 12 vs 7 | 6 vs 7 | 9 vs 12 |
| c | 5 vs 6 | 5 vs 9 | 9 vs 6 | 12 vs 7 | 4 vs 10 | 5 vs 4 | 1 vs 5 |
| kb | 9 vs 10 | 9 vs 10 | 4 vs 12 | 2 vs 9 | 5 vs 6 | 8 vs 10 | 2 vs 4 |
| Kb2 | 11 vs 12 | 11 vs 12 | 1 vs 3 | 5 vs 11 | 2 vs 1 | 3 vs 12 | 6 vs 10 |
| Bye | 7 vs 8 | 10 vs 2 | 5 vs 7 | 4 vs 6 | 3 vs 8 | 1 vs 9 | 11 vs 7 |

Volleyball Rules:

* 8 minute games, 3 minute passing period. Play until time expires. Team with the highest point total wins.

Kickball Rules:

* 19 minute games, 3 minute passing period. Teams “at bat” play until three outs or all team members bat. JCs and SCs act as umpires

**Eggspress**

*“Team spirit is an eagerness to sacrifice personal interest or glory for the welfare of all.”*

– John Wooden

Your team’s mission, should you chose to accept it, is to keep your eggo-naut from breaking after its launch from an eggapult! To do this, you must construct a egg capsule that will keep your egg safe both in the launch and the smackdown on the parking lot. The team’s egg that survives the most launches will be declared the winner. After each launch, members from your team will examine your capsule and determine if you eggo-naut is intact, so make sure your capsule design allows you to see if your egg is broken.

You will receive thirty minutes in which to design and build your capsule. Your team has been given one egg (be careful, replacement eggs cost $500) and $1,000 RYLA bucks to buy your materials. The available materials and their initial prices are:

Balloon $200

Ice cream sticks (1) 20

Ice cream sticks (6) 100

Masking tape (per foot) 50

Newspaper (one sheet) 100

Paper bag 200

Plastic straws (1) 20

Plastic straws (10) 150

Replacement egg 500

Tissues (3) 50

Tables will be set up on both sides of Willome Hall where all materials may be purchased. No more than two team members should approach the table to purchase materials. To expedite the process, please have a list of needed materials, their total cost and the exact money needed. Also, please be aware that the economic law of supply and demand is inescapable. So, prices for individual materials may go up or down during the exercise and will be announced over the PA system.

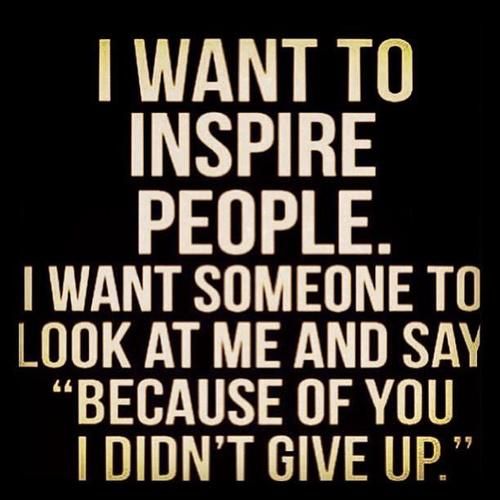
You may use the materials in any way you wish, but you may use only those materials and only within the time allowed. Good luck!

**RYLA Rumble 1**

*“The best way to find yourself is to lose yourself in the service of others.” - Gandhi*

Welcome to your rumble challenge! Let’s mix the teams up a little bit, meet some new people and have some fun!

**Charlene Moser**

*“ROAK”* chkkmoser@comcast.net

Charlene shares her incredible story of the woman who changed her life, and the ways she has paid it forward. Charlene is currently an Instructor of Marketing at the University of Colorado – Denver and a Master Trainer at the Matter of Balance Program.

**We Are All In This Together**

*“Alone we can do so little; together we can do so much” – Helen Keller*

The Head JCs will read a series of statements. If the statement applies to you, stand up, and a few people will be allowed to speak to the rest of the group about three questions: 1.) what do you want people to know about you; 2.) what do you never want said about you; and 3.) how can other people support you.

## Eagles Cliff, Bible Point, and Long Walk Hikes

**Responsible Person(s):**  JCs (at different positions throughout the hike), SCs, and the team

**Equipment needed:**  Bring extra water, sunscreen, and wear appropriate hiking clothes and shoes

**Objective(s)**: “Focus on the journey, not the destination. Joy is found not in reaching one point, but each step along the way.” Although the goal of each hike is to reach the top, the journey spent hiking together is just as important. The hike builds teamwork and creates bonds as teams ascend together and share the views from the top.

**Desired Outcomes:**   The goal is not only to reach the top of the hike, but also to enjoy each step along the way.

**Set up and instructions:** Have team sign up for hikes during Sunday night wrap sessions. Make sure all conferees have appropriate clothes, shoes, and water needed for the hike. Have fun!

**Description of Activity:**  The RYLA conference will ascend the peaks of Estes Park either Tuesday or Wednesday morning. Conferees may choose from 3 hikes, Eagles Cliff (hard), Bible Point (medium), and the Long Walk (easy).

**Safety considerations:**   Be cautious on all hikes. Stay well hydrated, watch your step, and be aware of potential injuries or medical emergencies. Have walkie-talkies and enough counselors on each hike to assist anyone in need. When descending, do not allow running down, as this may result in tripping and injuries.

**Counselor Facilitation notes:** Encourage (but do not force) conferees to challenge themselves when selecting which hike to do. Also encourage the team to stick together on the hike. Counselors leading the hike must pace the group to allow all members to make it up, and to have time to take a breath and for multiple water breaks.

**Suggested debrief ideas that lead to desired outcomes:** Ask questions to help conferees share what they learned. Do not give the team the answers, ask open questions and allow them to reflect and share.

* How was this experience?
* What was it like reaching the top?
* Discuss the journey vs. the destination.
* Did the team work together throughout the hike?

**RYLA Ball**

**Responsible Person(s):**  JCs are the primary facilitators of the activity

**Equipment needed:**   Given ball or balls to create game with

Orange cones to designate the playing field

Teams may decide to use other objects (bandanas, etc.)

**Objective(s)**: RYLA Ball focuses on collaboration, negotiation, bring the team together, positive encouragement, good sportsmanship, integrity, and accountability.

**Desired Outcomes:**   To collaborate and negotiate the rules of a made up game between two teams, and to play and have fun!

**Set up and instructions:** 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 that is safe and is confined to the assigned field.
* Rules can be fun, goofy, 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 12 minutes.
* Each round will be a brand new game. You may not repeat the same game twice.

**Description of Activity:**  5 minutes in each team to deliberate before playing any games. Each game consists of 5 minutes for representatives to deliberate, 10 minutes to play, 3 minute passing period. The team must somehow use the given ball/item in the game (not for it’s original purpose).

**Safety considerations:**   Be careful with playing the game. Running around the field may lead to injuries. Remind teams to create rules that are not dangerous for conferees.

**Counselor Facilitation notes:** Follow the schedule, timing, and the matrix. Listen closely for when games end and where to go next! Remind the team to have fun!

**Suggested debrief ideas that lead to desired outcomes:** Ask questions to help conferees share what they learned. Do not give the team the answers, ask open questions and allow them to reflect and share.

* How was this experience?
* How was it negotiating rules with the other team for the game?
* How was the negotiation process, and how does this relate to other aspects of leadership?
* Why do we do RYLA Ball in this format? (To collaborate, negotiate, and create a game with another group…)
* Did you have fun?
* Did your team become competitive? In a good or bad way?

How was it creating your own game?

* What would you do differently if you played RYLA Ball again?
* How were the group dynamics?
* What was most challenging?
* How does this apply to the “real world”?

**Volleyball and Kickball**

**Responsible Person(s):** The Activities Director will announce round rotations

JCs and SCs keep their teams moving to the proper court

**Equipment needed:**   Volleyballs, kickball, orange cones, various balls, water containers, courts and fields

**Objective(s)**: Work together as a team in a competitive environment. Bring teams together through positive encouragement, integrity, and fun!

**Desired Outcomes:**   Win each match, and have fun doing so!

**Set up and instructions:** The Activities Director and Assistant Chair will set up the RYLAball courts in advance. Follow the volleyball/kickball schedule in the manual.

**Description of Activity:** Follow the matrix schedule. However, the volleyball courts are “first come, first served” and cannot be reserved. So, if the volleyball courts are available when the group first arrives, the Activities Director may wish to begin with the volleyball and kickball first.

After the completion of each round, one team member from the winning team needs to report the result to the Activities Director.

**Safety considerations:**   Be careful playing a competitive sport. Drink plenty of water and wear sunscreen. JCs and SCs should intervene if they observe any unsafe activity.

**Counselor Facilitation notes:** Let the conferees show their competitive side, but remember the goal is to have fun! Make sure the team gets to their next assigned location by the start of the round.

JCs and SCs should make sure all of their team members are wearing sunscreen and drinking plenty of water.

**Suggested debrief ideas that lead to desired outcomes:** Ask questions to help conferees share what they learned. Do not give the team the answers, ask open questions and allow them to reflect and share.

* How well did you work as a team?
* How did you act in the competitive environment?

**Eggspress**

**Responsible Person(s):**  A Head JC or the Activities Director will announce when time begins how much time is remaining several times during the event, and when time has ended. They will also announce team numbers during the launching process.

**Equipment needed:**   Egg launcher

Megaphone

RYLA bucks

Eggs, balloons, ice cream sticks, masking tape, newspaper, paper bags, plastic straws and tissues.

**Objective(s)**: This activity focuses on teamwork, collaboration, different strengths and weaknesses, group dynamics, integrity and accountability, and humility.

**Desired Outcomes:**   The goal is to protect the egg through launches as long as possible.

**Set up and instructions:** Table need to be set up on both sides of Willome Hall and provided with supplies of all materials. Only the materials purchased may be used in any way possible. There will be a speedy launch process. The winner is the egg that lasts the longest through the launches without breaking!

**Description of Activity:**  The team will work together to build an “eggspress” device using materials available for purchase. The team will have 30 minutes to design and build a capsule that will allow an egg passenger to be launched and return to earth without harm. Your team will receive an egg (they need to be careful, replacement eggs cost $500) and $1,000 RYLA bucks to buy their materials. The available materials and their initial prices are:

Balloon $200

Ice cream sticks (1) 20

Ice cream sticks (6) 100

Masking tape (per foot) 50

Newspaper (one sheet) 100

Paper bag 200

Plastic straws (1) 20

Plastic straws (10) 150

Replacement egg 500

Tissues (3) 50

Tables will be set up on both sides of Willome Hall where all materials may be purchased. No more than two team members should approach the table to purchase materials. To expedite the process, they should have a list of needed materials, their total cost and the exact money needed. Also, they should be aware that the economic law of supply and demand is inescapable. So, prices for individual materials may go up or down during the exercise and will be announced over the PA system.

After the 30-minute design and construction period, the teams will take their eggs outside. Eggs will be launched in team number order as described below.

**Safety considerations:**   Watch out when launching! Conferees naturally want to continue to make the spectator circle smaller and smaller. Launching is not a science and the egg capsule can go most anywhere. SCs and JCs should help to keep conferees back so they won’t get hit by a re-entering capsule.

**Counselor Facilitation notes:** Sometimes not all team members are engaged while building the capsule. Try to encourage all conferees to participate. The launch process will be speedy, with all of the JCs holding the device in order by team number. Each round the Head JCs will launch the devices, and the JCs will take them back to their teams to check if the egg survived. Be honest and act with integrity when checking the eggs! If the egg survived, the JCs will get in line for the next round, and this process will continue until there is only one team left as the winner.

**Suggested debrief ideas that lead to desired outcomes:** Ask questions to help conferees share what they learned. Do not give the team the answers, ask open questions and allow them to reflect and share.

* What did you learn?
* What is the purpose of this activity?
* How were the group dynamics? Did you work well as a team? What went well, and how could you improve?
* Who stepped up as a leader in this activity? Did someone take over the group and the construction?
* Who struggled to be engaged in this activity?
* Did everyone participate?
* Did strengths and weaknesses of team members play a role? How?
* How did the team communicate? What worked well, what didn’t?
* How did the team decide what materials to purchase? Did that process work well? What could be changed to make the process work better?
* When checking if your egg survived, did you act with integrity and accountability?
* If you’re team won the activity, did you act with grace and humility?
* If you’re team did not win the activity, did you act with grace and humility?
* How well did you listen to each other?
* How does this activity apply to “the real world?”

**RYLA Rumble 1: Knots**

**Responsible Person(s):** JC, SC, Rumble Team

**Equipment needed:**   Rope with knots tied (one per each group member) spaced 2 feet apart

**Objective(s)**: This activity focuses on working with new team members, group dynamics, communication, and collaboration.

**Desired Outcomes:**   The goal is to untie the knots in the rope, as well as to challenge members to interact with a new team and work together to complete an activity.

**Set-up and instructions:** Tie one overhand knot in the rope for each person that is in the group. Space the knots about two feet apart. Instruct group members to select a knot on the rope and stand by it on either side of the rope. Then tell them to grab the rope on either side of the knot with one hand. Some people will grab further out from their knots than others, but that is OK. Now challenge the group to untie all of the knots without anyone letting go of the rope or without moving their hand that is on the rope. Participants may use only their free hand to untie knots.

**Description of Activity:**  Put together a team of “strangers” and have them work together to solve a problem that requires each team member to contribute to the success. The mixed up team must untie the knots on the rope.

**Safety considerations:**   Make sure conferees are comfortable working with new people.

**Counselor Facilitation notes:** Start off with introductions and perhaps a simple name game so the group can meet each other.

**Suggested debrief ideas that lead to desired outcomes:** Ask questions to help conferees share what they learned. Do not give the team the answers, ask open questions and allow them to reflect and share.

* What did you learn?
* What is the purpose of this activity?
* How were the group dynamics? Did you work well as a team? What went well, and how could you improve?
* How was it working with new team members?
* How many different groups were working on this challenge at once?
* When your side of the rope was untied, what did you do? (Help others, just hang out?)
* How does working with a new rumble team relate or differ to your own teams?
* What did you learn from this experience that you could take back to your individual teams?
* How does this apply to the “real world?”

## RYLA Rumble Instructions

Take a few minutes to let the team members introduce themselves or conduct an icebreaker to get the team members acquainted.

Objective: Put together a team of “strangers” and have them work together to solve a problem that requires each team member to contribute to the success.

**Rope Knots Game**

**Description:** This is a fun variation to the popular game Knots, where people grab each other's hands and try to get untangled. In this game there is less human contact, so it is less threatening but still a challenge. Tie one overhand knot in the rope for each person that is in the group. Space the knots about two feet apart. Instruct group members to select a knot on the rope and stand by it on either side of the rope. Then tell them to grab the rope on either side of the knot with one hand. Some people will grab further out from their knot than others, but that is OK. Now challenge the group to untie all of the knots without anyone letting go of the rope or without moving the hand that is on the rope. Participants may use only their free hand to untie knots. You may set this activity up by having the group think of things that are "knots" for the group that need to be "untied," or have the knots represent problems for the group that need to be straightened out.

Take the first five minutes to plan and then perform the exercise. Sit down and debrief and determine improvements (while the group’s SC re-ties the rope) and do it again. A few variations you may wish to try are to have everybody grab the rope with their dominate hand, blindfold everyone or mute everyone. Depending on how the teams are performing, we may also time the event and announce the new best times as they become available. We may even finish the exercise by having a "race" and teams cheer as they finish it, adding an acceptable level of urgency and competitive stress to the exercise

**Potential Discussion Items:**

How many different groups were working on this challenge at once?

When your side of the rope was untied, did you help the others on your team in any way, or did you just hang out? Why?

Are you ever on a team where two or more different groups are working separate of each other?

Is this a positive thing for the team?

Are there any "knots" on your team that need to be untangled?

Source: <http://www.teambuildingportal.com/games/rope-knots-game>, June 25, 2012

**We Are All In This Together**

**Responsible Person(s):**  The entire conference (all JCs, SCs, and conferees)

**Equipment needed:**   Proper room set up- rows of chairs, wide-open space in front of room

**Objective(s)**: This powerful all conference activity focuses on empathy. It allows people to open up and widen their perspective. Through observing and listening, conferees, JCs, and SCs alike realize that everyone faces hardships and works to overcome obstacles. As leaders we must realize that each individual has their own battles and experiences (good or bad), but we are not alone in facing these challenges. Leaders must understand this, and above all, they must “take a look around, and know that we are all in this together.”

**Desired Outcomes:**   To foster awareness, perspective, and appreciation. Leadership is about leading people, and this activity creates understanding and builds relationships between others. After this experience, RYLArians have empathy towards other people, and can better appreciate their own circumstances.

**Set up and instructions:** The Head JCs will read a series of statements. If the statement applies to you, or someone you know, stand up, go to the front of the room, and a few people will be allowed to make short statements to answer these three questions: 1) what do you want people to know about you? 2) what do you never want said about you? And 3) how can other people support you?

**Description of Activity:**  Everyone will be sitting down in chairs. When the Head JCs read a statement. If it applies to you or someone you know, go to the front of the room. Several volunteers may answer the 3 questions. Otherwise, people remain silent, and observe the room. Who is standing, who is sitting? “Take a look around… we are all in this together.”

**Safety considerations:** This is an intense, eye-opening activity that may stir emotions.

**Counselor Facilitation notes:** This is an intense and sometimes emotional activity. Prepare conferees by letting them know this is a serious and powerful activity (without giving it away). When the Head JCs ask the first several questions, JCs will volunteer to demonstrate an appropriate answer (keep it short and simple, but meaningful).

**Suggested debrief ideas that lead to desired outcomes:** Ask questions to help conferees share what they learned. Do not give the team the answers, ask open questions and allow them to reflect and share.

* How did this experience (learning about other people) impact you as a leader? (Focus on empathy)
* How does empathy help you as a leader?
* What was the most impactful part of this exercise?
* What question was the hardest to answer?
* What comment from someone had the most impact on you, and why?
* Why do we do this activity?
* Does this awareness that people are together in their struggles impact you as a leader?
* How does this perspective and understanding apply to the “real world?”
* How can we communicate this message in the “real world”?

**Wrap Session Checklist**

* Words of Focus
* RYLAball/volleyball/kickball or Hikes
* Team Activities
* Eggspress
* Charlene Moser
  + Did she empower you to do something differently? If so what?
  + In what ways could you apply her message to your life at home? (Maybe something for Personal Commitment?)
* We Are All In This Together
  + What was the most impactful part of this exercise?
  + What question was the hardest to answer?
  + What comment from someone in the inner circle had the most impact on you and why?
  + Why do we do this activity?
* Proudest Achievements, if you have any left
* Schedule for Wednesday
* Work on your skits and flags!!
* **Fill out Daily Evaluations**

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## 

## Evaluation for Tuesday

**Team #­­­­­­­­ \_\_\_\_\_\_\_\_**

**SC Word of Focus: SC name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Hikes (Teams 1-12): Circle one: Eagles Cliff Bible Point Long Walk**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Team Time Activity (Teams 13-24):**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Volleyball/Kickball/RYLAball (Teams 13-24):**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Worthwhile |

**JC Word of Focus: JC:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Eggspress:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Worthwhile |

**RYLA Rumble I:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Charlene Moser:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

|  |  |  |
| --- | --- | --- |
| Should she be invited back? | Yes | No |

**(over)**

**JC Word of Focus: JC:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**We Are All In This Together:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**JC Word of Focus: JC:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Wrap Session:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Fun |

**Other Recommendations and Thoughts:**

# Wednesday July 23rd

**Hike and RYLAball/Volleyball/Kickball Part 2**

Teams 1-12 RYLAball, volleyball, and kickball. Teams 13-24 Hikes.

## RYLA Ball Schedule

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Court** | **Round** | **1** |  | **Round** | **2** |  | **Round** | **3** |
| **A** | **1** | **7** |  | **1** | **8** |  | **6** | **8** |
| **B** | **2** | **8** |  | **2** | **9** |  | **1** | **9** |
| **C** | **3** | **9** |  | **3** | **10** |  | **2** | **10** |
| **D** | **4** | **10** |  | **4** | **11** |  | **3** | **11** |
| **E** | **5** | **11** |  | **5** | **12** |  | **4** | **12** |
| **D** | **6** | **12** |  | **6** | **7** |  | **5** | **7** |

RYLAball Rules:

* 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 that is safe and is confined to the assigned field.
* Rules can be fun, goofy, 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 12 minutes.
* Each round will be a brand new game. You may not repeat the same game twice.

**Volleyball and Kickball Schedule**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Court** | **Round 1** | **Round 2** | **Round 3** | **Round 4** | **Round 5** | **Round 6** | **Round 7** |
| a | 1 vs 2 | 7 vs 6 | 2 vs 10 | 3 vs 10 | 11 vs 9 | 11 vs 2 | 3 vs 8 |
| b | 3vs 4 | 4 vs 8 | 11 vs 8 | 1 vs 8 | 12 vs 7 | 6 vs 7 | 9 vs 12 |
| c | 5 vs 6 | 5 vs 9 | 9 vs 6 | 12 vs 7 | 4 vs 10 | 5 vs 4 | 1 vs 5 |
| kb | 9 vs 10 | 9 vs 10 | 4 vs 12 | 2 vs 9 | 5 vs 6 | 8 vs 10 | 2 vs 4 |
| Kb2 | 11 vs 12 | 11 vs 12 | 1 vs 3 | 5 vs 11 | 2 vs 1 | 3 vs 12 | 6 vs 10 |
| Bye | 7 vs 8 | 10 vs 2 | 5 vs 7 | 4 vs 6 | 3 vs 8 | 1 vs 9 | 11 vs 7 |

Volleyball Rules:

* 8 minute games, 3 minute passing period. Play until time expires. Team with the highest point total wins.

Kickball Rules:

* 19 minute games, 3 minute passing period. Teams “at bat” play until three outs or all team members bat. JCs and SCs act as umpires

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**Make a Difference #2: Presentations**

*“Our lives begin to end the day we become silent about things that matter.” – Martin Luther King*

Each group will have 45 minutes to prepare their tweet. Within this timeframe please create a tweet of or around 140 characters, so we can create a slideshow of tweets on how we can make a difference within the subjects that you all talked about within your groups.

**RYLA Rumble 2**

*“The best way to find yourself is to lose yourself in the service of others.” - Gandhi*

Welcome to your rumble challenge! Let’s mix the teams up a little bit, meet some new people, and have some fun!

**Polly Letofsky**

[pollyswalking@yahoo.com](mailto:pollyswalking@yahoo.com)

In August 1, 1999, Polly Letofsky left her home in Vail, Colorado, and headed west. She traveled across 4 continents, 22 countries, and over 14,000 miles – by foot – to become the first woman to walk around the world. As an awareness campaign for breast cancer, survivors and well-wishers around the world came to walk with her. Every day strangers welcomed her into their homes and shared meals. The world had embraced her…

## Comedy Club Skits

*“All the world’s a stage.” – William Shakespeare*

**Comedy Club Skit Judging Sheet**

Creativity \_\_\_\_\_ (10 pts)

Entertainment Value \_\_\_\_\_ (10 pts)

Originality \_\_\_\_\_ (10 pts)

Use of Props \_\_\_\_\_ (10 pts)

Overall Effort \_\_\_\_\_ (10 pts)

**Bonus!!** Poking fun at the Head JCs \_\_\_\_\_ (5 pts)

**Comedy Club Skit Rules**

* Grandma rule. Don’t do or say anything not be appropriate for a group of grandmas.
* An absolute 5 Minute time limit. You get a 1 minute warning, a 30 second warning, and a stop sign.
* Use all the props (and feel free to use them as many times as you want).
* The skit must involve all team members. Not everyone is required to say something, but everyone must be involved in the actual skit.
* Be creative and think outside the box, creating original scripts and not just “A day in the life of RYLA”

**If any of the rules are broken, it will result in automatic disqualification!!**

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## RYLA Rumble 2: Leader Lineup

**Responsible Person(s):** The team, JC and SC

**Objective(s)**: Challenge yourselves to think outside of the box together as a group. Apply what was learned from the RYLA Rumble 1 experience. Work on communication and teamwork.

**Set up and instructions:**   Get in the Rumble groups of 20 conferees. The two JCs will give instructions. They will tell the conferees the topic to line up in order for (ex. Line up by date of birth, etc.) Be sure to do so without using verbal communication of any kind! Silence is key for this activity.

**Description of Activity:** Line up the entire group in order- without using verbal communication.

**Safety considerations:**   If someone is being blindfolded or has been asked to close their eyes, be sure someone is leading them or keeping them safe from hazards.

**Counselor Facilitation notes:** Some variations that the team can do include middle names, last names, shoe size, favorite color, height, having each person choose an animal and all line up by the animals' sizes, smallest to largest, silencing people or asking people to close their eyes.

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

* Why did we do this activity?
* How did you try to communicate?
* What made it work/not work?
* What could have been done differently?
* What did you learn about different people's styles of communication?
* Did you get silenced or blindfolded? If so, how did you feel?
* What lessons did you learn in RYLA rumble 1 that you applied to RYLA rumble 2?
* How does this apply to the “real world?”

**MAD Group Presentations**

**Responsible Person(s):**  The MAD group for creating the tweet, the JC for sharing with the sidekick

**Equipment needed:**   A tweet composed during MAD group discussions

**Objective(s)**: To effectively share with the conference how we can Make A Difference regarding each topic.

**Desired Outcomes:**   To share what was discussed in MAD Groups and how each RYLArian can make a difference.

**Set up and instructions:** During the final MAD group session, compose a tweet focused on how to make a difference about the subject of the MAD group. Have the written tweet shared with the sidekick to be put into the presentation.

**Description of Activity:** Have the conferees in the group write a tweet (140 characters) to be tweeted from the RMRYLA twitter.

**Safety considerations:**   Be cautious of the wording and language, and be aware that MAD group topics may be serious and intense.

**Counselor Facilitation notes:** Allow the conferees to create the tweet, but be sure the focus is about how to Make A Difference.

**Suggested debrief ideas that lead to desired outcomes:** Ask questions to help conferees share what they learned. Do not give the team the answers, ask open questions and allow them to reflect and share.

* What did you learn from creating your own tweet and your MAD group discussions?
* What did you learn reading other groups’ tweets?
* How can you Make A Difference (in your life, your community, school, family… about any of the topics).

**Comedy Club Skits**

**Responsible Person(s):**  The Head JCs will act as MCs

Four volunteer SCs will serve as judges

One volunteer SC to serve as timer and to give time remaining

**Equipment needed:**   Use all of the unique props

**Objective(s)**: Let the creativity of the team shine! The skits are a fun way to learn about creativity, public speaking/performing, going outside of your comfort zone, and it creates many laughs.

**Desired Outcomes:**   To create a fun and engaging (and appropriate) comedy skit to perform for the conference!

**Set up and instructions:** Remove all chairs to the sides of Willome and place a table near the back for the judges. The judges should be able to see and hear everything on the stage. The person serving as the timer should be in close proximity to the judging table.

Rules:

* Grandma Rule: Don’t do or say anything that would not be appropriate for a group of grandmas.
* There is a 5-minute time limit. You get a 1-minute warning, a 30 second warning, and a stop sign.
* Use all the props (as many times as you want), and they cannot be used for their original purpose.
* The skit must involve all team members. Not everyone is required to say something, but everyone must be involved in the actual skit.
* Be create and think outside the box, creating original scripts and not just “A day in the life of RYLA”
* Bonus points for poking fun at the Head JCs!

**Description of Activity:**  Work together as a team to create a 3-5 minute comedy skit.

**Safety considerations:**   Keep the skit appropriate.

**Counselor Facilitation notes:** Do not control the group brainstorming process- allow creativity and freedom when coming up with the skit. Just keep it appropriate. The JC and the SC should watch a rehearsal of the skit to ensure that it is appropriate.

**Suggested debrief ideas that lead to desired outcomes:** Ask questions to help conferees share what they learned. Do not give the team the answers, ask open questions and allow them to reflect and share.

* How did the skit performance go?
* How was the brainstorming/collaboration process?
* Who stepped up as a leader? What strengths did they exemplify?
* What did you learn from this process?

**Wrap Session Checklist**

* Same as yesterday, discuss the day’s activities and answer any lingering questions
* Words of Focus
  + Did you relate particularly well to any one of the SC or JCs stories?
* Team Time Activities
* RYLAball/volleyball or Hikes
* Polly Leftosky
  + What did you find to be the most interesting part of Polly’s story?
  + Do you see yourself as an adventurer like her or not? Why?
  + How can this story help or empower you in the future?
* MAD: presentations:
  + How did you like the presentations?
  + What was one unexpected thing that you learned from the presentations?
  + If you presented, was it fun, uncomfortable? Did having the team there help or reassure you?
  + What action do you all plan to take now that you have discussed your Make a Difference topic?
* Schedule for Thursday and fill out Daily Evaluations
* **Reminder about tomorrow’s Sunrise Hike.**
* **Remember: Thursday wear conference shirts for the team picture!**
* Talent Show, last day to sign up!

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## Talent Show Sign Up

Turn in to Head JCs Wednesday night at JC wrap session!! ☺

All talents have a **3 min** time limit!

JC: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Team #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Name:

Talent and length:

2. Name:

Talent and length:

3. Name:

Talent and length:

4. Name:

Talent and length:

5. Name:

Talent and length:

6. Name:

Talent and length:

7. Name:

Talent and length:

8. Name:

Talent and length:

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## 

## Evaluation for Wednesday

**Team #­­­­­­­­ \_\_\_\_\_\_\_\_**

**SC Word of Focus: SC name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Hikes (Teams 13-24): ): Circle one: Eagles Cliff Bible Point Long Walk**

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| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Team Time Activity (Teams 1-12):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ II

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| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**RYLAball/Volleyball/Kickball (Teams 1-12):**

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| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Worthwhile |

**JC Word of Focus: JC:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Team Time Activity:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Polly Letofsky: should she be invited back? Yes No**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |
| Should she be invited back? | | | Yes | No | |

**RYLA Rumble II:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Worthwhile |

**(over)**

**Make a Difference Group Presentations: Group:\_\_\_\_\_\_­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Worthwhile |

**Team Time Activity:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Comedy Club Skits:**

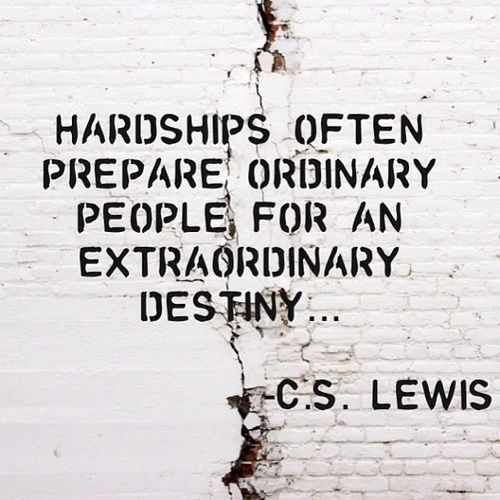
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| Not worthwhile | 1 | 2 | 3 | 4 | 5 | Fun |

**Wrap Session:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Awesome |

**Other Recommendations and Thoughts:**

# Thursday July 24th

**Sunrise Hike:**

*“There is a promise in every sunrise in America” – Tumbleweed Smith*

Who’s ready for a really early morning? RYLA! Get up and go for an early hike up to Bible Point. Watch the sun rise with all your new friends by your side, and get ready to enjoy the rest of the day! Meet outside of the lodge as you would for morning activities. After the hike you can shower or go eat, you do not have to do morning activities.

**Parade of Flags**

*“Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one.”* – Jane Howard

Show off your team flag! You will have ONE MINUTE to describe your flag to the entire conference. Each flag will be judged by a panel based on the criteria below. Good luck to each group!

## Parade of Flags Judging Sheet

Creativity \_\_\_\_\_ (10 pts)

Represents Group \_\_\_\_\_ (10 pts)

Originality \_\_\_\_\_ (10 pts)

Related to RYLA \_\_\_\_\_ (10pts)

Overall Effort \_\_\_\_\_ (10pts)

**Olympics**

*"Hope for the Best, be prepared for the worst, and take whatever comes with a smile."*

Glory, honor, bragging rights…RYLA Olympians know all of these things. Raise your flag proudly in the parade of flags as you walk to RYLA Olympic Stadium with your team! Go compete with your team and work together through a variety of ridiculous games all for the chance for RYLA gold! **Make sure to wear your RYLA shirts for the Olympics!**

**Cassandra Sewell**

Cassandra shares her stories of truth and wisdom; from growing up in the pre-Civil Rights Moment South, and stories of women and men from different ethnic backgrounds who have shaped the world today.

**Talent Show**

*"We may not be as happy as you always dreamed we would be, but, for the first time let's just allow ourselves to be whatever it is that we are." -Garden State*

An hour and a half set out just for you to show off your skills! Any talent that wants to participate is more than welcome; just make sure to tell your JC. This is all about appreciating individuality, and the special talents that a lot of people have.

**Dance/Pizza Party**

*“Nobody cares if you can't dance well.  Just get up and dance.”  -*Dave Barry

Just when you thought your week couldn’t get any better, the JCs throw on their dancing shoes and show off their DJ skills for you! Prepare for a wonderful night of pizza, dancing, fun and relaxation, you’ve earned it!

**Letter to Me**

*“RYLA sparked a fire in me.”* – Conferee from RYLA 2005

Write all that you’re feeling, what all you have learned this week, and how your life has changed. Seal it in the self-addressed envelope, your counselor will mail it to you in a couple months to remind you of the great things you learned this week.

## RYLA Olympics

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| Team Pictures |  |  |  |  |  | Team Pictures |
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RYLA Olympics Schedule:

* Starting teams are shown in parentheses
* 11 minute events
* 3 minute passing times

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## Sunrise Hike

**Responsible Person(s):** JC, SC and the team

**Equipment needed:** Water, hiking shoes, and possibly an alarm clock!

**Objective(s)**: Enjoy an awesome and unforgettable hike, while reflecting on your week at RYLA, and how to make a difference in the future.

**Instructions:** Meet outside of Deer Lodge at 4:40 a.m. for the hike. Your instructions will continue from there.

**Description of activity:** Wake up at 4:40 and meet outside of Deer Lodge to go on a beautiful sunrise hike at Bible Point. Conferees will be asked to remain silent when they pass the gate at the trailhead.

**Safety considerations:** Wear suitable hiking shoes

**Counselor Facilitation Notes:** Traditionally, this is a silent activity during the entire duration of the hike. Once every conferee is at the top and settled in, a few of the JC’s will come together and say a few words to the conferees about their week past as well as the last days at RYLA. This is a powerful moment!

**Possible debrief questions:**

* Did everyone enjoy the hike?
* Was it worth getting up for?
* Do you think we should make the hike optional for future years to come?
* Why did we do the Sunrise hike?
* What did you take from this hike?
* Did you reflect on your RYLA experience?
* What is the RYLA Magic?

## Team Flag Presentations

**Responsible Person(s):**  The Head JCs will direct the proceedings

**Equipment needed:**  The flag that your team constructed over the week

**Purpose of Activity:**  To represent the team in an artistic way.

**Objective(s)**: Articulate and illustrate to the entire RYLA conference how your flag represents your team.

**Set up and instructions:**  JC’s will tell the team when to work on their flag (usually gets done at wrap sessions). JC’s will also provide the flag, markers, scissors, or whatever else the team might need to create it.

**Description of Activity:**  Have a few people from your team present the flag in front of everyone at RYLA, and tell us what it means to you and why you created it a certain way.

**Counselor Facilitation notes:** Don’t let your team procrastinate on this activity! You can use valuable time during wrap sessions to get this done.

## RYLA Olympics

**Responsible Person(s):**  SCs will remain with their teams

Each JC will supervise one of the events

Two JCs will serve as floaters and supervise events when that JC needs to be with the team for pictures

**Equipment needed:**  Whatever equipment is provided at the station. (Water and sunscreen might also be wise!)

**Objective(s)**: Work together with your team in many different situations.

**Desired Outcomes:** Work cooperatively with your team and learn valuable leadership skills, and maybe even win the 2014 RYLA Olympics!

**Set up and instructions:**  Activities Director and Asst. Chair will set up the layout in advance of the event.

Conferees will receive instructions from their Head JC’s and other RYLA personnel.

**Description of Activity:**  Many different activities will be set up around playing field and each team will go through every activity. The main focus that each activity has in common is to work together with the team and score as many points as possible.

**Safety considerations:** Be careful while completing certain activities, as well as wear sunscreen and drink water if necessary.

**Counselor Facilitation notes:** Each JC will be facilitating an Olympic Activity without their team. Each team will rotate through activities, but the JC will STAY AT THEIR DESIGNATED SPOT. Please keep track of points for each team, so scoring can be accurate and fast.

## RYLA Olympics Events Instructions

**Cup on a Line**

Equipment needed: A paper cup, a string (about 20 ft), and two chairs.

Rules: Poke a hole through a plastic cup and string it through a line, then tie the line onto chairs on either side. Each member must get in a crab walk position and blow the cup from one side of the rope to the other. The team may only go one person at a time, and everyone must go once before members may go again.

Scoring: For each person who blows the cup down the string there and back, the team is awarded 5 points. Count the number of times this activity is completed, and give 5 points for each time it is successful.

**Dog Biscuit Pass**

Equipment needed: Each station should have a supply of dog biscuits and enough clothes pins (the type with a spring that opens at one end) to provide an unused one for each team member, or at least 250 clothes pins.

Rules: Each team member is given a clothes pin which is put into their mouth. The team should form in a circle. The object is to pass a dog biscuit between team members using only the clothes pin in their mouths. If the dog biscuit is dropped, the team must start over.

Scoring: For each time the dog biscuit is passed around the complete circle, 5 points are awarded. The team should continue to pass the dog biscuit in an attempt to improve their score. Only the highest score is recorded.

Bonus: An additional bonus of 5 points will be awarded to any team with a member or members who together eat one whole dog biscuit.

**Egg Spooning**

Equipment needed: One spoon per person (approx 250-300), 4 dozen eggs or 4 wooden eggs

Rules: The conferee will walk from one cone, there and back, with the spoon in their mouth with an egg on it. If the egg falls of the spoon, they must restart. Only one person may go at a time. No one can use their hands to hold the spoon or egg.

Scoring: Each person to complete going there and back gets one point. Count the number of points at the end.

**Hula Hoop Pass**

Equipment needed: A supply of hula hoops. The number cab range from six to ten. However, each side of the circuit should contain the exact same number of hula hoops.

Rules: Team members form a circle and join hands. The arms of two of the team members are placed through the entire group of hula hoops so they are resting on their arms. This is the “starting point.” Team members need to pass the hula hoops from team member to team member (by moving their bodies through the hula hoops) in the same direction without releasing hands.

Scoring: One point is awarded for each hula hoop that passes the starting point.

**Jump Rope**

Equipment needed: One large jump rope (or two ropes tied together).

Rules: Each team counts how many jumps they can do together on a large size jump rope. Start with one or two people, and continue adding more people.

Scoring: For calculating points, the team must have a minimum of 3 people in the rope. Once they have 3 or more, each jump they can do together is awarded 5 points.

**Need for Speed**

Equipment needed: Three tennis balls and a timer.

Rules: The object is to pass the three tennis balls, as fast as possible, so that each team member touches all three balls. The group should continue to try and improve their time during the allotted time period.

Scoring: Two points are awarded for each second under 30 seconds that they can complete the task. For example, if the group can have every member touch all three balls in ten seconds, then 40 points would be awarded ((30-10)\*2 = 40).

**Penny Drop**

Equipment needed: 100 pennies, a challenging route/path made of tape, and a bucket at the end of the path.

Rules: Create a route using tape, and then make members of the team walk the tape path while holding a penny between their knees. Once a team member finishes the route, they must drop the penny into the bucket. If the penny hits the ground at any time, the team member must go to the end of the line, without placing their penny in the bucket.

Scoring: For each penny in the bucket, the team is awarded ½ point. To calculate the score, count the total number of pennies and divide by two. If it is an odd number, round up.

**Pictionary**

Equipment needed: A supply of Pictionary cards, a large tablet of paper and markers.

Rules: Standard Pictionary rules apply. One team member (the Picturist) is given a Pictionary card. He/she selects one of the five words. The Picturist then draws pictures as his/her team mates try to guess the selected word. The Picturist can draw any object related to the word. However, the Picturist may not: draw “ears” for “sounds like”; draw dashes for the number of letters in the word; use letters or numbers; speak to his/her teammates; or use sign language. If the Picturist believes that no one on the team will be able to guess the word, he/she can call “pass” and the next team member becomes the Picturist. The duties of the Picturist should be rotated between the team members so that everyone should have the opportunity.

Scoring: Award 5 points for each picture correctly solved.

**Softball Pass**

Equipment: One softball or other similar object.

Rules: Team members form a circle. One team member is given the softball and becomes the starting point. Team members must pass the ball in the same direction without using their hands. This is typically done by placing the softball under the chin and against the neck. If the ball is dropped, the count starts over. They should continue to improve their scores during the duration of the time period.

Scoring: Award two points for each successful pass done in succession. For example, if the ball has been passed 25 times, 50 points would be awarded.

**Team Pictures**

This station is the opportunity for the team to have its team pictures taken. Two teams will be at this station at the same time. The RYLA photographer will be taking two pictures of each team. The first picture will be the “formal” picture. The second picture will be the “informal” picture, where the team can choose any pose it wants. Be creative and show your team spirit!

**Tug-O-War**

Equipment: The tug-o-war rope (with three markers in the middle of the rope) and an orange cone (to designate the mid-point)

Rules: This event involves two teams competing against each other. Each team takes one end of the rope and firmly grasps the rope. One of the supervision JCs or staff will call “go” and each team attempts to pull the other team towards them. The winner of the match is the team that is able to pull the other team’s rope marker over the orange cone. After the first match, teams should switch sides. This is a best of three series.

If time allows, JCs may wish to organize additional matches. One popular one is boys vs. girls (because of the numbers, the girls always win).

Safety notice: Supervising JCs must tell the team members that they cannot intentionally let go of the rope so that all the members of the other team fall down. In addition, supervision JCs must ensure that the activity is conducted in as safe a manner as possible.

Scoring: The team that wins a match will be awarded 20 points. If one team wins all three matches, they will be awarded a total of 60 points.

**Water Balloon Toss**

Equipment needed: 2 water balloons per team.

Rules: The team will stand in 2 lines facing each other (5 people on each side). Starting only several feet apart, the team will pass a balloon down the row, zigzagging back and forth. Once this is completed, everyone must take a step back. Continue this process until the water balloon breaks. Each team gets 2 water balloons.

Scoring: Each round that is completed is awarded 5 points. Track the number of rounds the team completes, and give 5 points for each.

## Talent Show

**Responsible Person(s):**  The individual(s) performing and watching the show

**Objective(s)**: Watch the people of RYLA celebrate their awesome and unique talents!

**Description of activity:**  Create or show an awesome talent if you want to perform it. Respectfully watch and enjoy the talent show if you simply want to witness it.

**Desired Outcomes:** Collectively have a positive and amazing show filled with supportive and talented people!

**Set up and instructions:**  Let the sidekick, Head JC, or JC know if you need something for an act. Remember the Grandma Rule!

**Safety considerations:** Come on guys. Let’s just make safe decisions during the show.

## Pizza/ Dance Party

**Responsible Person(s):**  Conferees, JC’s and SC’s

**Equipment needed:** In advance of the dance, the Activities Director should prepare a playlist of songs

**Objective(s)**: Have an awesome and safe time!

**Set up and instructions:**  The JC’s will provide theconferees with instructions regarding the dance and pizza party at Willome Hall. The Head JC’s will tell the JC’s when it is OK to leave and prepare for the dance as well.

**Counselor Facilitation notes:** The JCs responsibility during this event is to keep order within Willome Hall. The SCs responsibilities are to maintain order outside of Willome Hall. This is a normal activity and all conferees are required to attend. SCs will be strategically placed outside of Willome to ensure that no one will leave. In addition, SCs must turn away any people not associated with our group that notice the party and want to join in.

**Safety considerations:** Please wear suitable clothing for the dance and pizza party, and remember: No purple!

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## Wrap Session Checklist

* Sunrise Hike
  + Who went on the sunrise hike? Was it worth the early morning?
* Words of Focus
* Team Flags
* Olympics
  + What was the best station?
  + Did you work as a team at every station?
  + Was there one person leading the group ever? Was that effective?
* Team Time Activities
* Cassandra Sewell
  + What do you think makes Cassandra such an incredible speaker?
  + Her stories are about overcoming obstacles, how does that relate to leadership?
* Talent Show
  + Congratulations to all participants!
* Dance/Pizza Party
* Daily Evaluation
* Goal Setting
  + If desired, set out provided candles around the room, turn lights off to give a more solemn feel
  + Now that we’ve given you all of these tools, how are you going to put them to use?
  + Give each team member an opportunity to voice goals for themselves. These can be either short term, long term, MAD goals, etc. Silence is okay! Let them think! Keep these relatively brief, don’t let them drag on and on so everyone has a chance.
* Write “Letter to Me”
* Schedule for Friday including Move Out Procedure

Counselors: During this session, introduce the “Letter to Me” that they need to write by the last session on Friday morning. Their commitments do not have to be anything huge, or even relate to Make a Difference, but all conferees are asked to make some of commitment that matters to them. You can give them time to think about it and write their letters either in this discussion group or in the final one on Friday morning. **Finally, please remind them to share these commitments with their Rotary Clubs back home, they can be very useful resources.**

Then, the group is free to do whatever the counselors decide. You can go around in the circle and all the team members have time to talk about RYLA. How it affected them, what they enjoyed, how they have changed. Or just be together and have fun.

## 

## Letter to Me

How has RYLA changed you? What has this week meant to you? What have you learned about yourself, working with others, and the real-world? Take this time to put into words the leadership you’ve learned this week and anything you want your future self to know about right now.

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**Letter to Me Continued**

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## Evaluation for Thursday

**Team #­­­­­­­­ \_\_\_\_\_\_\_\_**

**Sunrise Hike:**

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| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**SC Word of Focus: SC name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Flag Presentations:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Worthwhile |

**RYLA Olympics:**

Tug-o-war Waste of Time 1 2 3 4 5 Fun

Jump Rope Waste of Time 1 2 3 4 5 Fun

Penny Drop Waste of Time 1 2 3 4 5 Fun

Softball Pass Waste of Time 1 2 3 4 5 Fun

Pictionary Waste of Time 1 2 3 4 5 Fun

Hula Hoop Pass Waste of Time 1 2 3 4 5 Fun

Dog Biscuit Pass Waste of Time 1 2 3 4 5 Fun

Water Balloons Toss Waste of Time 1 2 3 4 5 Fun

Egg Spooning Waste of Time 1 2 3 4 5 Fun

Need for Speed Waste of Time 1 2 3 4 5 Fun

Cup on a line Waste of Time 1 2 3 4 5 Fun

**JC Word of Focus: JC:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Team Time Activity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Worthwhile |

**(over)**

**Cassandra Sewell:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

|  |  |  |
| --- | --- | --- |
| Should she be invited back? | Yes | No |
|  |  |  |
|  |  |  |

**JC Word of Focus: JC:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Talent Show:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Waste of time | 1 | 2 | 3 | 4 | 5 | Excellent |

**Dance/Pizza Party:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Awesome |

**Wrap Session:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Waste of time | 1 | 2 | 3 | 4 | 5 | Excellent |

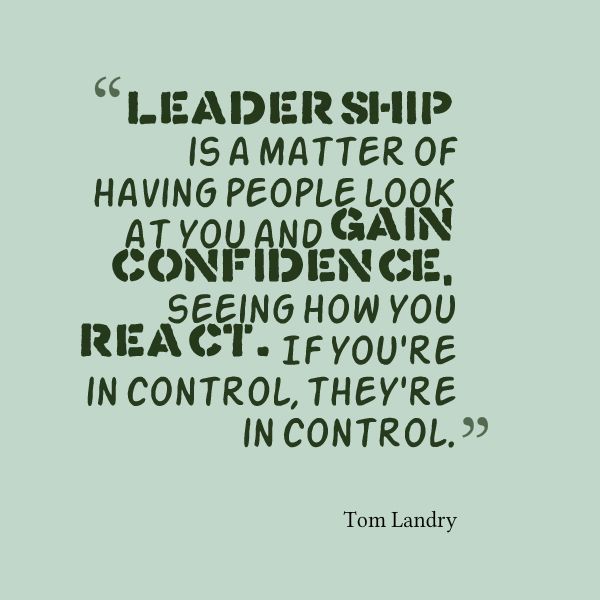
# Friday July 25th

**Packing Instructions**

Finish packing up all your stuff and get ready to go back to life post-RYLA.

*Before Breakfast:*

* Strip bed and put sheets and pillow cases in the middle or the room.
* Please move all your stuff down into the conference rooms.
  + *Teams 1-8 to Conference Room B, Teams 9-16 to Conference Room D, Teams 17-24 to the Fireside Room*
  + Remember to keep all your stuff together in one general area and as close to a wall as possible, and please do this as quickly and efficiently as possible.
* Turn in your keys to your JC or at the front desk. Each missing key is $5.00 paid immediately.



**Heather McCallin**

***“How RYLA Has Impacted My Life”***  [heather.mccallin@gmail.com](mailto:heather.mccallin@gmail.com)

RYLA sparked a fire in Heather, and has directed the majority of her life since her conferee year. How do you take RYLA away and use it for the rest of your life?

**RYLA Words of Focus**

Want to take the RYLA magic to your every day life? Find out how to continue to be involved in Rotary through such programs as Interact, Rotaract, Rotary Youth Exchange, Young RYLA, and becoming a Junior Counselor!

**RYLA Awards**

*“*[*Winning isn't everything, but the will to win is everything.*](http://thinkexist.com/quotation/winning_isn-t_everything-but_the_will_to_win_is/149898.html)*”* –Vince Lombardi

Find out how well your team did in all the competitions throughout the week. Find out the results of the flag and skit competitions, Olympics, as well as many others. Good luck to all!

**Slideshow and RYLA Adjournment**

*“Now this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning.” – Winston Churchill*

**Final Wrap session**

*“Don’t cry because it’s over, smile because it happened.”* – Anonymous

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## Packing, Cleaning and Moving Luggage

**Responsible Person(s):**  Several SCs should be stationed on the first level to direct conferees where to place their belongings.

**Equipment needed:**  All of your belongings that you brought to RYLA!

**Objective(s)**: Pack your things, clean your room and put your belongings in the designated areas.

**Set up and instructions:** Packing all of your clothes and other belongings, as well as clean your room. Once you have cleaned your room and double checked to make sure you didn’t leave anything in it, go downstairs to the first floor and put your luggage in the designated area. There will be signs and people helping you to do this along the way.

## Final Team Wrap Sessions

**Responsible Person(s):**  The team, JC and SC

**Equipment needed:**  “Letter to me”, RYLA Manual, Commitment to make a Difference sheet.

**Objective(s)**: Conferees will finish and turn in their “letter to me” sheets and hand them the JC, as well as talk about the full week at RYLA and evaluate what they think about RYLA altogether.

**Description of Activity and Counselor Facilitation notes:** Week in review, turn in Letter to Me, my personal commitment to Make A Difference and evaluations.

**Suggested debrief ideas that lead to desired outcomes:** Try to wrap up the week and question the conferees on how they can make a difference post-RYLA, and ways they are going to continue using their leadership skills.

## Final Wrap Session

* Review the week
  + Briefly get their opinions on the whole experience
* Final evaluations-collect any leftovers….
  + Conferees should have ZERO yellow sheets in their binders now.
* Complete Self-Assessments
* Finish “Letter to Me”
* Words of Focus
* Heather Amen
  + Did you enjoy what she had to say?
  + What did you learn from her?
  + Did she empower you to do something differently in your life?
* Take/Give Activity: (not required, but suggested!)
  + For each group member, go around the circle and have each team member tell the person two or three things you will take away from that person and two or three things they wish to give.
  + JCs and SCs also.
  + e.g.: “I will take away your courage to be yourself no matter what and your optimistic outlook. I wish to give you confidence to be a leader and better time management.”
  + Should be very personal and based on your observations of people throughout the week.
* Talk more about the week and RYLA as a whole

\*\*Collect the “Letter to Me” Letters. This area has slacked in the past, and we think it’s really important to continue emphasizing RYLA. Also, keep reminding the conferees to talk to their Rotary clubs when they get home. We’re really trying to foster those relationships. One of the Head JCs will email you in about 6 months reminding you to mail your kids letters to them!

Well done counselors! Let’s all head out to lunch to celebrate!

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## 2014 Post - RYLA Self-Assessment

**Team: \_\_\_\_\_\_\_\_ Name (Optional)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

To help us gauge the success of our RYLA program, please answer the following questions. For those labeled “BEFORE RYLA,” please answer your honest assessment of yourself before attending RYLA. For “AFTER RYLA,” please answer your honest assessment of yourself now that RYLA is complete. Thanks for your input!

**Look for the positive in all situations?**

BEFORE RYLA: Not at all Rarely Sometimes Often Definitely

AFTER RYLA: Not at all Rarely Sometimes Often Definitely

**Step out of your comfort zone and try new things?**

BEFORE RYLA: Not at all Rarely Sometimes Often Definitely

AFTER RYLA: Not at all Rarely Sometimes Often Definitely

**Anticipate the needs of others?**

BEFORE RYLA: Not at all Rarely Sometimes Often Definitely

AFTER RYLA: Not at all Rarely Sometimes Often Definitely

**Handle setbacks without giving up or becoming discouraged?**

BEFORE RYLA: Not at all Rarely Sometimes Often Definitely

AFTER RYLA: Not at all Rarely Sometimes Often Definitely

**Identify needs in your community and help address those needs?**

BEFORE RYLA: Not at all Rarely Sometimes Often Definitely

AFTER RYLA: Not at all Rarely Sometimes Often Definitely

**Ask for help when you are stuck or need it?**

BEFORE RYLA: Not at all Rarely Sometimes Often Definitely

AFTER RYLA: Not at all Rarely Sometimes Often Definitely

**Express yourself humbly and honestly?**

BEFORE RYLA: Not at all Rarely Sometimes Often Definitely

AFTER RYLA: Not at all Rarely Sometimes Often Definitely

**(OVER)**

**Please rate the following based on your experiences before and after attending RYLA.**

**I enjoy leading my peers.**

BEFORE RYLA: Strongly Disagree Disagree Neutral Agree Strongly Agree

AFTER RYLA: Strongly Disagree Disagree Neutral Agree Strongly Agree

**I am comfortable being part of a team.**

BEFORE RYLA: Strongly Disagree Disagree Neutral Agree Strongly Agree

AFTER RYLA: Strongly Disagree Disagree Neutral Agree Strongly Agree

**I enjoy engaging in service to others and/or my community.**

BEFORE RYLA: Strongly Disagree Disagree Neutral Agree Strongly Agree

AFTER RYLA: Strongly Disagree Disagree Neutral Agree Strongly Agree

**I know my strengths and weaknesses as a leader.**

BEFORE RYLA: Strongly Disagree Disagree Neutral Agree Strongly Agree

AFTER RYLA: Strongly Disagree Disagree Neutral Agree Strongly Agree

**I am a leader ready to encourage change in the world.**

BEFORE RYLA: Strongly Disagree Disagree Neutral Agree Strongly Agree

AFTER RYLA: Strongly Disagree Disagree Neutral Agree Strongly Agree

**I believe the three most important qualities a strong leader has are…**

**Which activity taught you the most about leadership? Why?**

**How will you apply what you learned about leadership at RYLA to your life?**

**Finally, what did you gain from RYLA?**

Confidence in my leadership skills None Some Lots

Skills to work with people different than me None Some Lots

Motivation to do service None Some Lots

Strategies to turn my passion into action None Some Lots

Ways to improve my community and the world None Some Lots

Compassion for others None Some Lots

## Evaluation for Friday

**Team #­­­­­­­­ \_\_\_\_\_\_\_\_**

**JC Word of Focus: JC:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**Heather McCallin:**

Disappointing 1 2 3 4 5 Great

Should she be invited back? Yes No

**RYLA Words of Focus:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**JC Word of Focus: JC:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**JC Word of Focus: JC:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Excellent |

**RYLA Picture Show:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Informative |

**Wrap Sessions Overall:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Waste of time | 1 | 2 | 3 | 4 | 5 | Excellent |

*Comments:*

**(over)**

**Your JC: (please print name of JC)** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Awesome |

*Comments:*

**Your SC: (please print name of SC)** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Awesome |

*Comments:*

**RYLA Overall:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disappointing | 1 | 2 | 3 | 4 | 5 | Best week ever |

*Other Comments:*

# 

## What’s Your Word?

Throughout the week you have heard some of the JC’s give their Words of Focus about their journey to becoming a leader. What would your word be? Think about how you are going to inspire individuals with what you have to say and write it down. Being able to share your experience of becoming the leader you are today only strengthens and builds community amongst leaders. Challenge yourself and really put in some thought!

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## Problems I Observed and Potential Changes For Next Year’s RYLA

This page is designed to give all counselors and staff an opportunity, while fresh in our minds, to voice problems they saw during the week and potential changes that could be made. Your name does not need to go on this but would help if the new RYLA Chairs or Head JCs want more information or clarification, It is simply a tool so that we can identify rough spots during the week and polish them up in order to better our camp! Feel free to use the front and back of this page, and please TURN INTO A HEAD JC OR THE CHAIR AT THE END OF THE WEEK!

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## Conferee Evaluation

Successful JCs are the cornerstone of the RYLA experience and evaluation of your team’s members as possible JC candidates is one of your most important duties. Each SC and JC has the opportunity to make recommendations for up to TWO (and no more than two) conferees from your team that you believe would make good candidates for JCs for next year’s RYLA. This will be your only opportunity to recommend your team members to be RYLA/YRYLA JCs. In general, an ideal candidate for JC will have demonstrated the following traits:

* Excellent leadership skills
* Excellent communication skills
* Would be comfortable leading a group of their peers
* Exhibited an ability to listen and interpret the views of others
* Good organizational and time management skills

If you feel that one or two members of your team exhibited these skills and would make a great Junior Counselor, please complete the following (use the back of this page, if necessary):

1. Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why?

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2. Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why?

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I recommend the above candidate(s) for consideration as Junior Counselors at RYLA/YRYLA!

Your Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Team # \_\_\_\_\_\_\_\_\_\_

Please return to a Head JC or the Chair at the end of the conference.

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# 

# Extra Resources

## Interact

Interact is Rotary International's service club for young people ages 12-18. Interact clubs are sponsored by individual Rotary clubs, which provide support and guidance, but Interact clubs are self-governing and self-supporting. Being a member of an Interact club helps you connect with community leaders, develop your leadership skills, make international connections and discover more opportunities to connect with Rotary.

**Interact Program Guidelines**

The following are the basic policies and procedures that govern the Interact program.

* Each Interact club must meet at least twice a month and perform at least two service projects a year: one to help their school or community and one that promotes international understanding.
* Each Interact club must have a Rotarian advisor who is a member of the sponsoring Rotary club. The sponsor must attend Interact club and board meetings and provide advice on organizing service projects, fundraising, and club administration.
* An Interact club can be school-based or community-based.
* A community-based Interact club may draw members from several different schools within the territorial limits of the sponsoring Rotary club.
* A school-based club is subject to the policies and regulations governing all other organizations of that particular school. In most instances, a faculty counselor — who may or may not be a Rotarian — is appointed to work with the Interactors.
* Interact clubs are self-supporting organizations that require little or no financial support from the sponsoring Rotary club, and dues, if any, should be minimal.
* Each Interact club must submit an Incoming Officer Data Form and an Interact Project Data Form to Rotary International annually.

**Starting an Interact Club**

Starting a club isn’t nearly as hard as it sounds, though it does take a solid commitment and effort.

* **Most importantly, contact the Interact Committee for help and resources at interact5450@gmail.com**.
* First of all, keep working on a relationship with your Rotary, so they know who is interested in making this club happen and will be willing to help you.
* Find some other students who are interested in starting it with you, even if it is just friends.
* Talk with your school administration to see if it is willing to sanction an Interact Club.
* Apply for a charter from Rotary International. All forms can be found at: <http://www.rotary.org/newsroom/downloadcenter/programs/interact.html>

## 

## Rotary Youth Exchange

The most powerful force in the promotion of international understanding and peace is exposure to different cultures. Youth Exchange provides thousands of young people with the opportunity to meet people from other lands and to experience their cultures. This plants the seeds for a lifetime of international understanding.

**About Youth Exchange**

A Brazilian student makes her first snowman in Finland. A South African masters eating with chopsticks at his Japanese hosts' home. An Australian becomes part of an extended family in Russia, and a Mexican student in France raises funds to benefit homeless children in Haiti. New experiences, new "families" and friends, and new adventures can await you, too. This year, more than 8,000 teens will see the world the way it is best seen — from the inside out — through the Youth Exchange program. This could be your year.

As a Rotary Youth Exchange student, you will spend a year, or perhaps just an extended period of time, living with a host family in a country other than your own. You may learn a new language; you will learn a new way of living and a great deal about yourself. You will be helping to bring the world closer together, and you'll be making good friends in the process.

If you are ready for the challenge and the rewards of living in another land as an exchange student, then you are ready to discover new worlds through the Rotary Youth Exchange.

As the Rotary Youth Exchange program is highly selective, you should apply early - up to a year in advance of when you wish to leave, and selection usually takes place in the fall prior to the year of the exchange.

Find more information as well as stories from other students online at http://www.rotary.org/programs/youth\_ex/index.html . Hopefully you can take advantage of this incredible opportunity.

The **Ambassadorial Scholarships** are the equivalent of the Youth Exchange Program at the college level. Find more information at <http://www.rotary.org/foundation/educational/amb_scho/index.html>.

## Rotaract

Rotaract is a Rotary-sponsored service club for young men and women ages 18 to 30. Rotaract clubs are usually community-based or university-based and are sponsored by a local Rotary club making them true "partners in service" and key members of the Rotary family.

As one of the most significant and fastest-growing programs of Rotary service, with more than 7,600 Rotaract clubs in some 158 countries, Rotaract has become a worldwide phenomenon.

Even though you will not be eligible for Rotaract for a couple years, hopefully you’ll keep it in mind as you go onto college or into the future. Many RYLArians have gone on to create Rotaract programs at their colleges and universities. Maybe you’ll be one of them! Find more information, including starting your own Rotaract Club, at http://www.rotary.org/programs/rotaract/index.html.

## Becoming a Junior Counselor

During the month of November, the application to become a Junior Counselor (JC) is available on the RYLA webpage at [www.rmryla.org](http://www.rmryla.org). November 30th is the ABSOLUTE deadline; no applications will be accepted after that date. When you apply to be a JC, you may be selected to serve as a Junior Counselor at either RYLA or Young RYLA (see below). JCs serve for a maximum of two years, unless they are selected to be a Head JC or sidekick and continue for a third year. JCs must attend a mandatory training weekend a few weeks prior to the conference, and must be present for the entire week of RYLA. Becoming a JC allows you to build on your leadership skills you developed here at RYLA. If you feel you have what it takes to be a JC at either camp, we encourage you to apply!

## Young RYLA

You have seen what RYLA is all about, we also have Young RYLA, another leadership training program sponsored by Rotary International that promotes, encourages and rewards outstanding young people entering their 8th grade year. YRYLA has similar goals to RYLA, but done in a more age appropriate way for younger students.

YRYLA is 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).

## Project SEED

(Supplementary Early Education Development)

Three years ago, a RYLArian much like yourself sat in Willome Hall thinking how much better the world would be if more people could experience RYLA. Of course, it's rather expensive to send kids to RYLA, but what if "graduated" RYLArians and other service-minded students could use what they learned at camp to implement an after school leadership program in their communities? That is exactly what Project SEED is-- an after school program to "plant" seeds of leadership early by working with 5th-7th graders to teach skills like teamwork, communication, empathy, problem solving, and non-judgment while instilling a passion for service. Project SEED is currently a six-week program (in the process of expanding) that can be run by high school and college students in local elementary and middle schools with funding for supplies funded through the Make a Difference Grant Program or donated by local Rotary clubs or other community partners.

So do you want to share the RYLA magic while further developing your own leadership skills? There will be an all-day training session in mid August (tentatively the 10th) in Denver for all interested RYLArians and friends to go over the curriculum, how to debrief activities and how to find community partners. (Our team is in the process of trying to find businesses to donate startup kits to supply most of what you will need for the program.) This would be an excellent way to gain experience in leading teams and debriefing if you are interested in applying to become a Junior Counselor at RYLA or Young RYLA, as well as a great long term project for an Interact club. If you are interested please contact Dana at [dmkiel73@gmail.com](mailto:dmkiel73@gmail.com)!

## Rocky Mountain RYLA Make a Difference Grant Program

Thank you for your interest in applying for a grant through Rocky Mountain RYLA’s (RMRYLA) Make a Difference Grant Program. The RMRYLA Board has adopted this program to encourage and help enable alumni of its RYLA Leadership Conferences to develop projects to help improve their schools, communities and the world.

Grant Amounts

The RMRYLA Board has initially established a pool of $2,000 to be granted to worthy projects. Grant applications must be for a minimum of $100 and a maximum of $500.

Who can apply for a grant?

Grant applications may be submitted individually or on behalf of an Interact Club or other established community or international service organization. However, if the application is submitted on behalf of an organization, the primary contact on the project must have attended 2014 RYLA.

What projects are eligible to apply for a Make a Difference grant?

Well-conceived projects that address any of the issues discussed during RYLA Make a Difference Groups or other worthwhile purpose will be considered. Projects that include one or more of the following factors will be considered more favorably:

* Involvement of a large number of participants in the project
* Interact Club involvement
* Additional funds raised from other sources
* Higher number of people who receive benefit of the program
* Grant proposals that include measurable parameters of success
* Proposals that show a likelihood that the project will continue into the future or show sustainability.
* Grant proposals that address a need that is not presently being fulfilled.

Suggested themes of MAD groups that could be addressed:

Teen Suicide

Abusive relationships or harassment

Sexual identity or orientation

Substance abuse

Depression

Parent/ family relationships- divorce

Eating disorders

Bullying or peer pressure

Dealing with serious disease- mental or physical

Diversity

Responsible social media use

Providing Clean Water

Illiteracy

Stopping hunger around the world

When are grant applications due?

All grant applications must be received by October 15, 2014. Late applications will not be accepted. Grant applications should be sent to:

Rocky Mountain RYLA, Inc.

Attn: MAD Grant Applications

PO Box 3093

Evergreen, CO 80437-3093

When must grant projects be completed?

Projects should plan to be completed no later than April 15, 2015.

When will grant applications be approved?

Grants applications will be approved by November 15, 2014 with disbursement of grant proceeds shortly thereafter.

Once the grant is approved, are there subsequent reporting requirements?

By February 28, 2015 if the project has not been completed and a final report filed,

a report on the progress of the grant will be required.

A final report is required within 30 days of the completion of the project or no later than May 15, 2015. This final report must include an accounting of expenses (along with copies of all receipts), an analysis of results and any plans to continue the project into the future.

Progress and Final Reports should be sent to:

Rocky Mountain RYLA, Inc.

Attn: MAD Grant Applications Reports

PO Box 3093

Evergreen, CO 80437-3093

## Rocky Mountain RYLA Make a Difference Grant Application

To: The Board of Directors of Rocky Mountain RYLA, Inc.

I (we) request that you consider the following grant application under the Make a Difference Grant Program.

Amount Requested: ­­­­­­­­­­­­­­­­­­­­­­­­­­

RYLA member’s Name:

High School:

Organization (if any):

Mailing Address:

E-mail Address:

Phone Number(s):

Other RYLA members involved:

Is a Rotary Club involved with this project? If yes, please provide the name of the Rotary Club and the name and contact information for your primary contact with the Club.

Name of Project:

What issues or needs will your project address:

What are the root causes of the problem or problems?

What are the goals of your project?

What are the specific plans for the project?

What research have you done in investigating the issue(s) and formulating your plan?

Are you aware of similar projects? If yes, please describe those projects and an analysis of success.

Is there a timeline for implementation of the project? If yes, please provide details.

Who will benefit from the project? How will they benefit? How many people will benefit?

How do you plan to measure success of the project?

Who will be responsible for managing the project?

Describe who else will be involved with the project. Include the people helping to implement the project.

Please provide a budget for the project. Please be specific on expenses and who will receive funds.

(You many use a separate sheet or Excel spreadsheet).

Other than the funds requested in the application, are there any other funds being raised for this project? If yes, describe the amount and the source of those funds:

Who will be responsible for the project funds and how will the funds be handled?

I (we) are submitting this request for a Make a Difference grant and represent to the Rocky Mountain RYLA, Inc. Board of Directors (RMRYLA Board) that all of the statements and representations are true and correct. I (we) agree that the funds being requested will only be used for the purposes described in this grant application. If the grant application is approved and funded, I (we) agree to comply with the subsequent reporting requirements described in this application and any other requests for information the RMRYLA Board may require.

Date:

Agreed:

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## Counselor and Staff Bios