



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLASS / CLINIC DESCRIPTIONS

2016 YMCA BLUE RIDGE LEADERS' SCHOOL

Note to Advisors: Please feel free to make copies as needed.

DAILY CLASSES Emphasis is on personal leadership development and “take home” application. A course syllabus will be given on day one of classes outlining both the Course Objectives and the skills checklist for class participants.

- **Aquatics** – Basic aquatic leadership. Emphasis on personal swim skills, teaching basics, water safety and character development integration into aquatics programs.
- **Aquatics II** - Provides Leaders the opportunity for teaching and guard assistance within the home YMCA. Eligible Leaders will receive YMCA of the USA Principles of Aquatic Leadership certification.
- **Basic Games** – Learn indoor/outdoor games and songs that are applicable for working with both preschool and school-age children in both small and large groups.
- **Basic Leadership** – YMCA history and basic principles of YMCA leadership. This class will prepare you for working with small groups.
- **Basketball** – Establish an understanding and gain a working knowledge of basketball, an original YMCA sport. Participants will learn to explain, demonstrate, practice and evaluate basketball fundamentals.
- **Biomechanics** - Learn fundamental biomechanical concepts that serve as the basis for all movement, including sports, balance, health and injury prevention. Course will center around basic athletic movement and gymnastic skills and include teaching and performance requirements.
- **Character Development** – Small group work that will challenge the individual to define who they are (a person, a family member, a citizen and a leader) through personal reflection and outside-the-box thinking.
- **Character Education** – Leaders will develop and test their own creative ideas on how to further character development through all phases of their life, as well as at the local YMCA.
- **Coaching & Officiating Youth Sports** – Development of basic coaching and officiating strategies for YMCA youth sports programs.
- **Cross Training** – (2 period class) Leaders will participate in both aerobic activities and strength training exercises for a workout that produces results while providing variety. Leaders will also learn skills to monitor and adjust work-outs when equipment or space is limited.
- **Experiential Learning** – (2 period class) An exciting and hands-on set of activities that will build both technical and facilitation skills around adventure-based learning including ropes, mountain biking, etc.
- **Feeling Great** – A fun and exciting method for all ages to learn and play new and creative games. The participants become engaged in physical activity without the stress of competition.
- **Field Hockey** – Participants will learn the basic skills and rules of the sport. Training will include a teaching component for how to explain, demonstrate and evaluate basic fundamentals of field hockey.
- **Fit Kids** – A self-motivated, progressive physical activity program that encourages self-discipline and goal-setting. Also includes creative strategies to incorporate “moderate to vigorous activity” into many types of youth programs.
- **Flag Football** – Explanation of teaching basic skill development and football strategy through drills and team play.
- **Frisbee Golf** – A brand new Frisbee Golf Course has been installed on campus. Learn skills and teaching techniques that can be used in at-home programs to promote activity and motor development.
- **Group Exercise** – (2 period class) Practical application of exercise science. Includes components of an exercise class, basic exercise selection, qualities of an exercise instructor, nutrition and daily participation in a class with fitness challenges.
- **Gymnastics** – Teaching techniques, spotting & performing basic & intermediate gymnastic skills for men's & women's events.

- **HEPA** – Introduction to the Y-USA “Healthy Eating and Physical Activity” standards. Participants will learn both fun, healthy lifestyle activities for use in children’s programs and for engaging families, as well as how to effectively incorporate the Food and Fun curriculum into YMCA programs. National certification available for eligible leaders.
- **Image 101** – Designed to assist the older Leader improve his/her overall public image and presence. Topics will include speaking styles, etiquette, writing, etc.
- **Jump Rope** – Learn basic skills and correct jump rope techniques. Participants will learn methods for back home application for teaching jump rope basics.
- **Junior Lifeguard** – Be the first in the country to see the new Y-USA Junior Lifeguard/Aquatic Leadership program led by the Y-USA National Aquatic Director. **Note that you must also choose the “Junior Lifeguard Clinic”.** Participants should be able to swim 100 yards any stroke.
- **Kids in Motion** – Learn developmentally appropriate movement patterns and experiences structured to help young children become competent in various movement activities.
- **Lacrosse** – Teaching techniques, drills, group organization and rules associated with the fast-growing sport of Lacrosse.
- **Leadership 14** – Training and discussion centered around inter-personal skills and the many types of relationships facing teens today.
- **Leadership 15** – Strategies for the development/improvement of a successful Leaders Club program.
- **Leadership 16** – This class will involve introduction to several assessment tools to help you determine your best leadership style based upon your personality.
- **Leadership 17** – A close-up examination and study of current and landmark leadership theories. Books such as *How To Win Friends & Influence People*, *Jesus CEO* and *Who Moved My Cheese* may be utilized.
- **Leadership 18** – A discussion based class on studying how quality and excellence influences your leadership and career.
- **Science of Fitness I** – Basic exercise, nutrition and personal wellness information. Daily participation in an exercise class and fitness challenges.
- **Science of Fitness II** – A continuation of Science of Fitness I with expanded knowledge of fitness concepts, practical applications of concepts, personal wellness and nutrition. Daily exercise class and fitness challenges.
- **Sixth Year Summit** – Designed to provide the 6th year Leaders the opportunity to develop a deeper personal connection with each other and complete their Leader Division experience.
- **Soccer** – Training to establish an understanding and gain a working knowledge of the world’s most popular sport. Participants will learn to explain, demonstrate, practice and evaluate fundamentals. Tennis shoes or soccer shoes required (no sandal-type shoes).
- **Strength Training** – Guidelines & techniques that equip Leaders to work directly with YMCA members “on the floor” in fitness centers and workout rooms.
- **Tennis** - Personal skill development combined with team play will be included in this class/clinic based on newly developed USTA progressive program. The clinic offers six levels of progressive skill check-offs with patches awarded for successful completion.
- **Ultimate Frisbee** – Teaching techniques, curriculum development and lesson planning for the sport of Ultimate Frisbee as a tool in providing moderate/vigorous physical activity for youth.
- **Volleyball** – Instruction to gain a working knowledge of volleyball, an original YMCA sport. Training will include a thorough presentation of the fundamental skills, practice and team play.
- **Volleyball II** – Higher skill and teaching techniques for those with at least one year of club or varsity playing experience.
- **Wellness Concepts I** – An emphasis on personal wellness. Topics include physical fitness, personal health and nutrition.
- **Wellness Concepts II** – Explore your options for taking control of your personal wellness. Learn new and exciting ways to challenge yourself. This course will also expose you to “what’s hot and what’s not” by experimenting with some of today’s fitness trends and tools.
- **Wiffle Ball** – Participate in a variation of baseball designed for either indoor or outdoor play in confined areas. Learn rules and fundamentals for team play in this nostalgic game that has stood the test of time!
- **Working With 5-12 Year Olds** – Discover the developmental needs of children ages 5-12. Curriculum includes writing developmentally appropriate activity plans and behavior management techniques.
- **Working With Preschoolers** – Discover the developmental needs of children under age 5.
- **Working With Special Populations** – Discover methods and techniques to better serve those with physical and mental disabilities.

EVENING CLINICS Focus is on skill development and personal enjoyment.

- **Aerobics Combo** – This clinic will give you the opportunity to try step aerobics, kick boxing and other popular types of aerobic fitness over the course of the week.
- **Aquatics** – Opportunity to refine individual strokes, learn approaches to competitive swimming and training. This clinic offers six levels of progressive skill check-offs with patches awarded for successful completion.
- **Backyard Games** – The stuff your parents and grandparents grew up playing! Badminton, wiffleball, horseshoes and the like.
- **Basketball** – Distinct drills and games to enhance fundamental skills. This clinic offers six levels of progressive skill check-offs with patches awarded for successful completion.
- **Cheerleading/Tumbling** – Focus on tumbling skills & cheerleading throws to enhance the participant's cheerleading capacity.
- **Cycling/Circuit Training** – Indoor cycling using special bikes for a non-impact workout. Circuit Training combines aerobic activities and strength training for a workout that produces results while giving you variety.
- **Dance Blast** – Aerobic dance clinic that teaches basic dance steps coupled with aerobic movement, cueing and choreography components. Exciting moves that combine hip-hop, jazz and salsa.
- **Dancing with the Stars** – The updated Blue Ridge Dance Clinic which will offer exposure to several of the latest popular dance styles and steps. . . Ballroom, Swing, etc.
- **Dodgeball** – Learn rules and fundamental skills for team play in this fast paced game designed to encourage recreation, continuous activity, and fun.
- **Eco Challenge** - Limited availability. Want to expand your Adventure Racing knowledge and spend a night at high windy? Learn all about equipment needs and extensive map and compass work (orienteering). Very physically demanding.
- **Field Hockey** – Participants will learn the basic skills and rules of the sport including game situations. This sport will help increase both endurance and level of physical activity.
- **Flag Football** – Learn the rules, strategies and teamwork required while having fun challenging others in game situations.
- **Frisbee Golf** – A brand new Frisbee Golf Course has been installed on campus. Learn skills and teaching techniques that can be used in at-home programs to promote activity and motor development.
- **Gymnastics** – Personal skill development among men's and women's gymnastics events. This clinic offers six levels of progressive skill check-offs with patches awarded for successful completion.
- **Jump Rope** – Learn fun and *challenging* skills with the jump rope that can be used to improve your personal fitness and shared with others.
- **Junior Lifeguard** – Must also be registered in the Junior Lifeguard day class. Get the Y-USA recognition. A great way to build your resume. Note prerequisites: Minimum 14 years old and parental consent; swim 100 yards any stroke; touch hand to pool bottom in five feet of water; maturity to assist in rescue procedures.
- **Kettle Works** – A workout involving multiple muscle groups with a focus on the elements of cardio, strength and flexibility using kettle bells.
- **Outdoor Adventure** – Opportunity to utilize various adventure equipment for personal goal setting and challenge by choice.
- **Power Yoga** – Increase flexibility and strength through stretching, breathing, and relaxation exercises.
- **Soccer** – Attention on fundamental skills and teamwork. Tennis shoes or soccer shoes required (no sandal-type shoes).
- **Tennis** - Personal skill development combined with team play will be included in this class/clinic based on newly developed USTA progressive program. The clinic offers six levels of progressive skill check-offs with patches awarded for successful completion.
- **Triathloning** – Participate in the popular sport combining swimming, biking and running. Learn proper techniques for training and strategies for success.
- **Ultimate Frisbee** – Participants will learn the rules, fundamentals and team strategies in this fast-paced sport. Have fun challenging your peers while enjoying a good physical workout!
- **Volleyball** – Specific and intense individual training combined with team play. This clinic offers six levels of progressive skill check-offs with patches awarded for successful completion.
- **Water Sports** - Enjoy a variety of water sports and games which includes the opportunity to take part in water polo, spring board diving and "feeling great wet games".
- **Zumba** – A low impact aerobic workout centered around unique Latin dance movements.