



Grades 6 -8

**Y ACHIEVERS**

**UPPER BUCKS YMCA  
Y ACHIEVERS HANDBOOK  
2018-2019**

**STRIVE FOR EXCELLENCE**

## **Y Achievers Pledge**

The YMCA Pledge was developed as a means of promoting group unity and purpose among participants, while helping reinforce the fundamental principles of the Y Achievers program. The Y Achievers Pledge is to be recited at all regular Y Achievers meetings and special events.

**I AM A 5-STAR AMBASSADOR. I REPRESENT:**

**MYSELF, MY FAMILY, MY COMMUNITY, MY EDUCATION AND MY CULTURAL HERITAGE WITH PRIDE, DIGNITY AND EXCELLENCE.**

**I AM A Y ACHIEVER!**

### **Program Levels**

Y Achievers (6<sup>th</sup>-8<sup>th</sup> Grades)

In weekly sessions, students explore various career paths through group discussions, role playing, World of Work (WOW) tours and guest speakers. Y Achievers also take part in activities that focus on leadership training, communication (i.e. self-presentation and etiquette), goal setting and service learning.

### **Meeting Times**

Y Achievers meetings are held weekly at the Upper Bucks YMCA in the Recreation Center during the school year.

### **Transportation**

Students must find their own means of transportation to and from facility. As a full-privilege member, they are able to access facility any day during hours of operation in accordance with facility age policies.

## **Upper Bucks YMCA Staff**

**David Evans** - Sports Director (Y Achievers Director)  
215-536-9622 x114; [david.evans@ubymca.org](mailto:david.evans@ubymca.org)

**Kyle Creighton** – Sports Coordinator (Y Achievers Coordinator)  
215-536-9622 x134; [kyle.creighton@ubymca.org](mailto:kyle.creighton@ubymca.org)

**Allyson Fox** – Membership Director  
215-536-9622 x106; [allyson.fox@ubymca.org](mailto:allyson.fox@ubymca.org)

**Pat Edwards** – Executive Director  
215-536-9622 x110; [pat.edwards@ubymca.org](mailto:pat.edwards@ubymca.org)

In an effort to assist participants and parents/guardians more effectively and ensure a successful and safe program, the following overview has been established.

### **Enrollment:**

How to join...

- 1) Fill out all necessary paperwork, with a parent/guardian, which can be located on our website or at our Welcome Center
- 2) Bring a copy of your most recent report card
- 3) Complete required essay

Applications submitted with incomplete information and without proper attachments will not be accepted. It is the responsibility of the student to ensure all information on the application is correct (i.e. name, mailing address, telephone number, etc.). Students are expected to inform the Upper Bucks Y Achievers Coordinator or the Program Director when moving to a new address, change of phone or school.

### **Essay Questions (choose one, 500 words or more)**

- 1) What are the most important traits found in active community leaders?
- 2) How can you (today) make yourself a valuable contributor within your community?

## **Y Achievers Program Guidelines:**

All participants of YMCA Programs must be registered and approved by YMCA Staff. If you wish to have a visitor, please speak to the Y Achievers Coordinator or the Program Director.

YMCA Staff must administer all medications, prescriptions and/or non-prescription, during YMCA Program activities. All medications must be in their original container or package with written guidelines for administration. Medication must be submitted with a separate consent form.

Please report all injuries and incidents to YMCA staff immediately. Any electronics, valuables, jewelry, etc. are the sole responsibility of the YMCA Program participant. The Upper Bucks YMCA will not be held responsible for any lost or stolen property. Please use good judgment when deciding what to bring during YMCA Program activities.

## **Behavior:**

Participants in the Y Achievers program are expected to exhibit their best behavior at all times. Disrespect of any kind to staff, adult volunteers or peers, will not be tolerated.

## **Y Achievers Code of Conduct:**

1. I will not use tobacco products, alcohol, or illegal narcotics, contraband, or weapons while participating in YMCA programs activities.
2. I will not borrow anyone's property without asking.
3. I will fully cooperate with staff and volunteers in the YMCA programs.
4. I will not engage in any inappropriate displays of affection. (Friendly hugs are acceptable)
5. I will participate in and attend all scheduled activities as possible. I will arrive on time.
6. I will not involve myself in the playing of pranks. I understand that pranks can be harmful in many ways and I will report to an adult any knowledge of playing pranks.
7. I will respect all people and property, as well as any places we visit.
8. I will respect other's opinions and I will live by the "House Rules" established by the YMCA Y Achievers Program.

**\*\*NOTE:** Fighting and/or the carrying of illegal weapons or narcotics will result in immediate dismissal from the program. All other disciplinary issues will be dealt with on a case by case basis.**\*\***

## **General Information**

### **Attendance:**

Attendance will be documented at all Y Achievers meetings, special events and trips. All participants are expected to arrive on time for all meetings. Students considered in good standing with the program attend at 50% of all general Achievers meetings. Three (3) or more unexcused absences or five (5) excused absences may result in the loss of good standing status and/or removal from the program.

**\*\*PLEASE NOTE:** A tardiness of more than 20 minutes will be considered an unexcused absence.

Students who believe they will be late of will miss any program must call their Y Achievers Coordinator or Program Director no later than 24 hours prior to the upcoming activity to avoid receiving an unexcused absence.

### **Program Cost:**

All basic elements of the Y Achievers program are provided at no cost to program participants. Participation in certain special events and trips may require a nominal fee.

### **Membership:**

Students who participate in the Y Achievers Program are automatically provided a Full Privilege Membership to the Upper Bucks YMCA. Membership privileges are contingent upon attending at least 50% of all Y Achievers activities.

Additionally, membership privilege can be revoked for poor conduct, disrespectful behavior and/or poor attendance. As a member of the YMCA, the student becomes eligible to participate in other programs offered at the Upper Bucks YMCA. Contact the Welcome Center for more information regarding available programs.

**Snacks:**

Snacks will be provided at all Y Achievers meetings.

**Trips, Tours and Special Events:**

Periodically, Y Achievers are invited to participate in special events and trips outside of regular meeting times that are designed to expose them to additional opportunities for personal and professional development.

While most of these trips are provided at no cost to students, some may require a small payment to help offset overall costs and ensure participant commitment. Event cost should never be main hindrance for student's participation in a Y Achievers event. Please contact the Y Achievers Program Director for more information about financial responsibilities for field trips, banquets, competitions and other opportunities for students to develop and/or display various skills.

It is expected that parents/guardians will encourage their children to attend as many events as possible. Parents/guardians are also welcome and encouraged to volunteer for special events. For more information please contact our Y Achievers Program Director.

**Emergency Procedures:**

At times, the Y Achievers programming may be cancelled due to inclement weather or special circumstances. In both cases, a message will be sent via the Upper Bucks YMCA app by noon the day of program. In addition, an email will be distributed via contact information provided at time of enrollment.

**Facility Usage:**

- Full use of Wellness Center (must be 12 or older and encouraged to complete an orientation)
- Use of Pool and Gymnasium (check schedules at [ubymca.org](http://ubymca.org) as times vary)
- Group Exercise Classes
- Teen Sports
- Reduced Program Costs

**Teen Fusion:**

As a member of the Y Achievers program, participants may also take part in our Teen Fusion afterschool program.

Teen Fusion is an afterschool program that provides full privilege members, ages 11-14, the opportunity to access the Upper Bucks YMCA without the direct supervision of a parent or guardian. The Y will provide adult supervision in designated areas during this time and ensure a positive and safe environment for your child.

Supervisors will encourage interaction between participants and occasionally lead structured games and activities. Participants will have the opportunity to be active, socialize with others their age, and work on homework each day.

**Ages:** 11 - 14 years

**Time:** M-F 3:00 - 6:00 pm (during school year only, runs 12:30 - 6:00 pm on School's Out Days)

**Fee:** Free (Full Privilege Members only)

**How to join...**

1. Parents must sign a Teen Fusion Waiver Form (provided in this handbook) prior to starting the program
2. Parents must schedule and attend an orientation with their child prior to using the Wellness Center.



UPPER BUCKS YMCA
TEEN FUSION
PARENT UNDERSTANDING AND AGREEMENT

I, \_\_\_\_\_ understand that Teen Fusion
(Parent or Guardian)

is a Y program aimed at promoting healthy lifestyles and responsible decision making. The program is designed to provide Full Privilege Members, ages 11 - 14 years, supervised use of the Y after school and on "School's Out" days.

I understand that this program provides:

- Supervised activities and sports in the Gymnasium and/or outside for students ages 11 - 14 years.
Homework help and lounge time in the Recreation Center for students ages 11 - 14 years.
Time to swim in the pool from 2:00 - 4:00 pm for students ages 11 - 14 years.
Access to the Wellness Center for students ages 12 - 14 years.
Students ages 12 and older can access the facility at any time without a parent or guardian on site.

I understand that in order for my child to join Teen Fusion I must:

- Be with my son/daughter to register him/her.
Sign the waiver form and this agreement.

I understand that the Teen Fusion program is offered to Full Privilege Members only at no cost.

I understand that this program runs Monday through Friday from 3:00-6:00 pm during the school year. It also runs 12:30-6:00 pm on "School's Out" days. Any other time during the day or year, I must accompany my 11 year old child to the Y in order for them to participate in Y activities.

I understand that students age 11 must either be picked up by or joined by a parent or guardian at 6:00 pm when the program ends.

By signing below, I agree to the provisions of this program as stated above.

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_
Student's Name \_\_\_\_\_ Phone \_\_\_\_\_
Address \_\_\_\_\_
Email address \_\_\_\_\_



# Y Achievers Official Program Application

(Please complete all information to the best of your ability. No incomplete applications will be accepted.)

**Student's Name:** (Please print neatly.) \_\_\_\_\_

Birth Date	Gender		
Address	City	State	ZIP
Phone #	Email		
School	Grade		

## PARENT INFORMATION:

### Parent/Guardian #1

Address			
City	State	ZIP	
Home Phone #	Email		
Place of Employment			
Work Phone #	Work Email		
Alternate Phone #			

### Parent/Guardian #2

Address			
City	State	ZIP	
Home Phone #	Email		
Place of Employment			
Work Phone #	Work Email		
Alternate Phone #			

## DEMOGRAPHIC INFORMATION (Optional – used for funding purposes ONLY)

**Race** (Check one)

- African-American     Asian     Caucasian     Hispanic/Latino     Multiracial     Native American     Other

**Household Income** (Check one)

- \$0 - \$30k     \$30k - \$50k     \$50k - \$75k     \$75k - \$100k     \$100k - \$125k     \$125k +

**School Type** (Check one)

- Home School     Parochial     Private     Public     Charter

**Would you be a First Generation college graduate?** (Check yes if your parents did not graduate college)

- Yes     No

**List three careers that you are interested in:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Essay Question

Choose one of the questions, below, and please print or type your response, using at least 500 words. Please attach a separate piece of paper if necessary.

1. What are the most important traits found in active community leaders?
2. How can you (today) make yourself a valuable contributor within your community?

# Y Achievers Official Program Application

(continued)

## PARENTAL/GUARDIAN CONSENT & EMERGENCY CONTACT FORM

<b>Applicant's Name</b>	Birth Date
Physician's Name	Phone #
Health Insurance Coverage & Policy Number (required)	
Special Disabilities, Allergies (including medication reaction) and/or Dietary Information	
Currently taking medication(s)	If yes, please provide a list of medications

We will make every effort to contact the parent/guardians listed above in the event of an emergency involving your child. The person listed below will be contacted if we cannot successfully reach you.

<b>Emergency Contact</b>	Phone #
Email	

My signature below indicates that I give permission for the YMCA to obtain emergency medical care, administer minor first aid procedures, take my child on walks and trips associated with the YMCA Achievers activities, use the YMCA facilities, including swimming pool, fitness center, weight room, etc., and for the YMCA to transport my child.

I agree, in consideration of my child's use of the YMCA programs and facilities, to indemnify and hold harmless the YMCA and its agents, employees (hereinafter collectively referred to as the "YMCA") from and against all claims, losses and expenses including but not limited to death, bodily injury, emotional harm or property damage (including total loss thereof) arising out of or connected with my child's use of the YMCA premises, provided that I shall not be obligated to indemnify the YMCA hereunder for any claim resulting from the deliberate acts or due to the sole negligence of the YMCA or its employees. I also grant permission for my child to be included in evaluations, photographs and referral services connected with YMCA programs, including all those that require the sharing of general information with non-profit third-party agencies outside of the YMCA. Intending to be legally bound, the undersigned have placed their signatures:

<b>Parent/Guardian</b>	Date
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### CODE OF CONDUCT

1. I will not use tobacco products, alcohol or illegal narcotics, contraband or weapons while participating in YMCA Teen Programs activities.
2. I will not borrow anyone's property without asking.
3. I will fully cooperate with staff and volunteers in YMCA Teen Programs activities.
4. I will not engage in any inappropriate displays of affection. (Friendly hugs are acceptable.)
5. I will participate in and attend all scheduled activities. I will arrive on time.
6. I will not involve myself in the playing of pranks. I understand that pranks can be harmful in many ways and I will report to an adult any knowledge of playing pranks.
7. I will respect all people and property, as well as any places we visit.
8. I will respect others' opinions and I will live by the "House Rules" established by YMCA Teen Programs.

### YMCA TEEN PROGRAMS GUIDELINES

1. All participants of the YMCA Teen Programs must be registered and approved by YMCA staff. If you wish to have a visitor, please speak to your Coordinator or Staff.
2. YMCA staff must administer all medications, prescription and/or non-prescription, if during YMCA Teen Programs activities. All medications must be in their original containers with written guidelines for administration. Medication must be submitted with a separate consent form.
3. Please report all injuries and incidents to YMCA staff immediately.
4. Any electronic equipment, valuables, jewelry, etc. are the sole responsibility of the YMCA Teen Programs participant. The YMCA, YMCA of the USA or any other site will not be held responsible for lost or stolen items. Please use good judgement when deciding what to bring during YMCA Teen Programs activities.

I have read and understand the above Code of Conduct and YMCA Teen Programs Guidelines and I accept full responsibility for my behavior while participating in YMCA Teen Programs.

<b>Participant Signature</b>	Date
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<b>Parent/Guardian Signature</b>	Date
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