

2019 YMCA BLUE RIDGE LEADERS' SCHOOL LEADER APPLICATION PREVIEW FORM

Note: Applications for BRLS 2019 will be submitted online. Please visit ymcabrls.org/registration for information. This document is for informational purposes only and previews the information that each leader will need to have handy when completing the online application form. Please consult your club's advisor for the date and time of your club's registration meeting.

Each leader will need the following information to submit a complete application:

1. **Parent Release Form** (hard copy completed and signed by parent or legal guardian. Download a copy under the "Forms" section of ymcabrls.org/registration)
2. **Headshot** (digital copy to be uploaded (.png or .jpg) and must include Leader's face only)
3. **Leader's General Information:** Full Name, DOB, Gender, Address, Email, Phone, T-Shirt Size
YMCA Name, Year on the Mountain, Emergency Contact's Name/Phone/Email
4. **Leader's Medical Information:**
 - General Health (Fair/Good/Excellent)
 - Ongoing Medical Conditions (including any professionally diagnosed mental health issues) (please describe)
 - Allergies (describe and include reaction)
 - Epi pen needed and carried with Leader? (Y/N)
 - Medications (Y/N and list)
 - Dietary Restrictions (Y/N and list)
 - Any other physical or mental condition, disability, injury or illness that will impact involvement? (Y/N and list)
4. **Class Selections** (please review the requirements below and the class descriptions on Class and Clinic Info Sheet available on ymcabrls.org/registration)

Course Requirements (by year of attendance)

1 st year	2 nd year	3 rd year	4 th year	5 th year	6 th year
Basic Leadership	Leadership (by age)	Leadership (by age)	Leadership (by age)	Leadership (by age)	Leadership 18
Science of Fitness I	Science of Fitness II	Biomechanics	Wellness Concepts I	Image 101	Sixth Year Summit
Aquatics	Kids in Motion	Officiating Youth Sports or Junior Lifeguard*	Advanced Character Development	Advanced Character Development	Experiential Learning (1)
Feeling Great	Basic Games	HEPA	Program Elective	Health Elective	Experiential Learning (2)
Character Development	Sports Elective	Program or Sports Elective	Sports Elective	Sports Elective	Any Elective (no Feeling Great or Char. Development)
Clinic	Clinic	Clinic	Clinic	Clinic	Clinic

Sports Electives: Basketball, Jump Rope, Soccer, Volleyball, Volleyball II, Flag Football, Aquatics II, Ultimate Frisbee, Lacrosse, Gymnastics, Disc Golf, Tennis, Wiffle Ball, Coaching

Health Electives: Group Exercise, Wellness Concepts II, Cross Training

Program Electives: Working with Special Populations, Working with 5-12 Year Olds, Working with Preschoolers, Coaching, Character Education, Junior Lifeguard*, Stregnth Training

***If you take Junior Lifeguard as a class, you must also take it as a clinic.**

2019 CLASS OFFERINGS BY PERIOD

PERIOD 1	PERIOD 2	PERIOD 3	PERIOD 4	PERIOD 5	CLINIC
Adv. Character Development	Adv. Character Development	Adv. Character Development	Adv. Character Development	Adv. Character Development	Aquatics
Aquatics	Aquatics	Aquatics	Aquatics	Aquatics	Backyard Games
Aquatics II	Aquatics II	Basic Games	Basketball	Basic Games	Basketball
Basic Games	Basic Games	Basic Leadership	Basic Games	Basic Leadership	Cheerleading/Tumbling
Basic Leadership	Basic Leadership	Biomechanics	Basic Leadership	Biomechanics	Cycling/Circuit Training
Biomechanics	Biomechanics	Character Dev.	Biomechanics	Character Dev.	Dance Blast
Character Dev.	Character Dev.	Feeling Great	Character Dev.	Feeling Great	Dancing with the Stars
Character Ed.	Character Ed.	Flag Football	Character Ed.	Flag Football	Disc Golf
Coaching	Coaching	Disc Golf	Feeling Great	HEPA	Dodgeball
Exp. Learning	Cross-Training	HEPA	Gymnastics	Junior Lifeguard (Must take Clinic)	Eco Challenge
Feeling Great	Exp. Learning	Image 101	HEPA	Kids in Motion	Field Hockey
Disc Golf	Feeling Great	Kids in Motion	Kids in Motion	Lacrosse	Flag Football
Group Exercise	Flag Football	Lead 14	Lead 14	Lead 15	Group Exercise/WOD
Gymnastics	HEPA	Lead 15	Lead 15	Lead 16	Gymnastics
Image 101	Kids in Motion	Lead 16	Lead 16	Lead 18	Hiking
Jump Rope	Lead 15	Lead 17	Lead 17	Science of Fitness I	Jump Rope
Kids in Motion	Lead 16	Lead 18	Lead 18	Science of Fitness II	Junior Lifeguard
Lead 14	Lead 17	Officiating Youth Sports	Officiating Youth Sports	Sixth Year Summit	Media/Website
Lead 15	Officiating Youth Sports	Science of Fitness I	Science of Fitness I	Strength Training	Outdoor Adventure
Lead 16	Science of Fitness I	Science of Fitness II	Science of Fitness II	Volleyball	Power Yoga
Lead 17	Science of Fitness II	Tennis	Soccer	Volleyball II	Quidditch
Officiating Youth Sports	Soccer	Ultimate Frisbee	Ultimate Frisbee	Wellness Concepts I	Soccer
Science of Fitness I	Strength Training	Volleyball	Wellness Concepts I	Wiffle Ball	Step Team
Science of Fitness II	Volleyball	Wellness Concepts I		Working w/ Preschoolers	Tennis
Strength Training	Wellness Concepts II				Triathlon
Tennis	Wiffle Ball				Ultimate Frisbee
Ultimate Frisbee	Working with Special Populations				Volleyball
Volleyball					Water Sports
Wellness Concepts II					Zumba
Working with 5-12 Year Olds					