



Allied Youth of Newfoundland and Labrador  
Leadership Kick-Off Weekend 2019

*“United for ChAYnge”*

Dear AYers, Post Advisors, Parents, and Guardians,

It is that time of year again! Welcome to another new year of Allied Youth in Newfoundland and Labrador. Our annual Allied Youth Leadership Kick-Off Weekend (LKO) is scheduled for October 18<sup>th</sup>-20<sup>th</sup>, 2019 at Camp Starrigan in Musgravetown, NL!

The AY Leadership Kick-Off Weekend is an event planned by the Allied Youth NL Provincial Executive along with Post Presidents. This year, we have many fun events planned to focus on developing leadership and teamwork skills, life skills, communication skills, and community awareness!

This year's theme is "United for ChAYnge", our focus is developing youth to become the strong leaders of tomorrow to make a more prosperous and successful future.

### **Participants per Post**

We are inviting each post to send along up to **16** delegates and **2** Post Advisors; however, we encourage you to send along a list of alternates if your post has any members outside of these numbers that would like to attend.

### **Cost**

The event will cost \$125.00 per participant, a \$50 deposit is required to secure your spot. Post Advisor is the same cost. One Post Advisor per every 10 delegates from your post **must** attend. This cost includes meals and snacks (Friday supper, three meals on Saturday, and Sunday breakfast), registration, activities, and accommodations. Membership fees are \$30.00 and must be paid with LKO registration if not already submitted (or \$50.00 per family).

### **Post Advisors**

A registered and approved adult/advisor/chaperone over age 21 **must** accompany each post. Posts will be required to send ONE advisor for every 10 youth members. All members and adults must also be registered for the 2019 – 2020 year with their membership paid in full and required documentation received by Provincial Office. Membership fees are \$30.00 and must be paid with LKO registration if not already submitted (\$50.00 per family) and are to be paid for by their Post.

### **Deadline**

Permission forms, Membership and Advisor Registration forms, List of Attending Delegates, and pre-registration deposit must be **postmarked by September 27<sup>th</sup>, 2019**. Late registration cannot be accommodated, and refunds will not be granted after this date. Delegate lists along with food allergies/concerns must be emailed to [contact@alliedyouth.ca](mailto:contact@alliedyouth.ca) by September 27<sup>th</sup>, 2019, as the camp kitchen requires this information at that time. A \$50 deposit is required to secure each delegates spot. Your delegate summary list is available in this package.

### **Rooms and Accommodations**

We encourage all Post Advisors to submit a preferred rooming list, or ideally, a list of pairs for rooming during Kickoff 2019. All rooming lists should be submitted by September 27<sup>th</sup>, 2019. While we will do our best to accommodate your requests, there are times where this may not be possible. There will be no switching cabins or rooms upon arrival.

### **Community Project**

This year's community project will be in support of those subject to youth homelessness. We will be collecting personal hygiene items to be donated to a local shelter. Items to bring include toothpaste, toothbrush, deodorant, shampoo, soap, feminine hygiene products, etc.

### **Travel**

Travel is the responsibility of individual Members/Advisors/Posts. Allied Youth Provincial Office is **NOT** responsible for travel arrangements.

### **What to Bring**

Participants are also expected to bring a sleeping bag/bedding, towels, toiletries, and some pocket money, as a snack canteen is also available on-site with a selection of chips, bars, and other refreshments. A list of other items to bring is also included, please take note of allergies listed later in this package. If you have any questions about this event, please do not hesitate to contact one of us listed below. We hope to see everyone there in full AY spirit! Look forward to an awesome weekend!

Yours in AY,

Provincial Executive 2019-2020

**Kate Hodder**

Chairperson

(709) 227 – 3326

contact@alliedyouth.ca

**Daniel Skanes**

Vice – Chairperson

(709) 725 – 2209

contact@alliedyouth.ca

**Jenna Hennebury**

Provincial President

jennahennebury@gmail.com

# Leadership Kick-Off Weekend 2019 Schedule

## Friday, October 18<sup>th</sup>, 2019

3:00pm-5:00pm	Registration
5:00pm-5:30pm	Welcome & Introductions Rules & Housekeeping Theme Discussion
5:30pm-6:30pm	Supper
6:30pm-7:30pm	Body Image Education Session
7:30pm-8:30pm	People Up Meeting People (PUMP)
8:30pm-9:00pm	Snack Break & Camp Fire Prep
9:00pm-10:30pm	Camp Fire
10:30pm-11:30pm	Capture the Lantern & Coffee House
11:30pm-12:00am	Return to Cabins
12:00am	LIGHTS OUT

## Saturday, October 19<sup>th</sup>, 2019

7:00am-8:00am	Wake Up
8:00am-9:00am	Breakfast
9:00am-9:30am	Waltzing with Walter
9:30am-10:30am	Scavenger Hunt
10:30am-11:00am	Break
11:00am-12:00pm	Career Development Education Session
12:00pm-1:00pm	Lunch
1:00pm-2:30pm	PEGNL Presentation
2:30pm-3:00pm	Break
3:00pm-4:00pm	Mixers
4:00pm-5:30pm	Garbage Bag Fashion Show
5:30pm-6:30pm	Supper & Speak Off
6:30pm-7:30pm	Prep for Talent Show & Lipsync Battle
7:30pm-9:00pm	Talent Show & Lipsync Battle
9:00pm-9:30pm	Prep for Dance
9:30pm-11:00pm	Dance
11:00pm-11:30pm	Cat's Meow & Friendship Box
11:30pm-12:00am	Return to Cabins
12:00am	LIGHTS OUT

## Sunday, October 20<sup>th</sup>, 2019

7:00am-8:00am	Wake Up
8:00am-9:00am	Breakfast
9:00am-10:00am	Pack, Tidy, and Departure



## Details about Leadership Kick-Off Weekend 2019

Cost: \$125.00 per delegate

Host: Camp Starrigan, Musgravetown, NL

Theme: "United for ChAYnge!"

Sleeping arrangements:

All AYers will sleep in assigned bunks/cabins.

Meals:

You will be provided with the following meals:

- Supper – Friday evening
- Breakfast – Saturday morning
- Lunch – Saturday afternoon
- Supper – Saturday evening
- Breakfast – Sunday morning
- Snacks will be available throughout the weekend

Showering arrangements:

There are individual showers available in each cabin.



## ITEMS TO BRING

- Sleeping Bag or equal number of sheets and blankets
- Single fitted sheet for mattress cover
- Pillow
- Pajamas
- Appropriate clothing for three days and two nights
- Loose clothing/sneakers for all activities
- Outdoor clothing for all possible weather. Activities go ahead rain or shine! Bring rain gear.
- Instruments or needed props for talent show
- Camera to take pictures for your AY Yearbook
- Money for lunch/bus stops during travel to/from site and/or extra snacks (see allergy list below)
- Toiletries
  - Shampoo/Conditioner/Soap
  - Toothbrush/Toothpaste
  - Face Clothes
  - Deodorant
  - Towels
  - Hair Dryer
  - Hair Brush
  - Prescriptions (if required)

\* NOTE: We have severe allergies, so please do not bring any food containing nuts, fish, kiwi, bananas, or pomegranates.

\*We are also SCENT FREE, please do not bring any strong colognes or perfumes.



## **RULES AND REGULATIONS**

- All AYers must attend all sessions and functions. Your cooperation is needed to make these sessions as beneficial as possible.
- The consumption of energy drinks is not permitted at any time during or in transit to any AY event.
- Alcohol and other drugs are strictly forbidden and will not be tolerated.
- Buildings must be kept clean and tidy and be respected, as it is not our property.
- Please give all leaders and volunteers the respect they deserve at all times.
- Respectable and becoming language is to be used at all times.
- Appropriate clothing is to be worn at all times, items depicting drug usage, sexually explicit images, or inappropriate language will not be tolerated. If found wearing these items, delegates will be asked to change.
- Delegates remain at the site at all times. When a field trip or game etc. takes us off site grounds, all delegates will travel together. If a delegate does not follow this rule and leaves the site at any time, (without permission from all AY staff or volunteers, including parent/school/post advisor he/she will be dismissed and sent home immediately. Parent/guardian will be notified).
- Delegates must wear their lanyards displaying their name at all times.
- Cell phones should be turned off or on vibrate during all activities. Phone use is NOT permitted during organized activities.
- Registration for this event is through your Post and all permission slips must be submitted to your Post Advisor BEFORE travel.
- A registered Post Advisor must travel/attend with any member(s) attending from your post.
- Allied Youth is not responsible for any lost or stolen items – therefore, do not bring valuables with you to Kick-Off Weekend.

THIS EVENT IS PLANNED AND COORDINATED ANNUALLY BY VOLUNTEERS.

WE ENCOURAGE YOU TO PARTICIPATE TO THE FULLEST!



## Parent/Guardian Consent Form and Liability Waiver form

Name and Date of Event: \_\_\_\_\_

Name of AY Member: \_\_\_\_\_ Preferred Pronouns \_\_\_\_\_

Home Address \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Date of Birth (MM/DD/YYYY): \_\_\_\_\_

Parent/Guardian alternate number in the event of emergency: \_\_\_\_\_

Participant's MCP # \_\_\_\_\_

Family Doctor Name: \_\_\_\_\_

### Parental Agreement

I \_\_\_\_\_ give my permission for \_\_\_\_\_ to participate in the above named activity. I acknowledge that my child is participating in this event voluntarily and that Allied Youth Newfoundland and Labrador will not assume responsibility for injury, loss, or damage sustained by participants during the course of this event. In the event of emergency, I authorize staff to seek emergency medical treatment.

### Video / Photo Release

I understand that photos, videos, and images of my child will be taken during Allied Youth events (or during travel to and from events) and may be used on the Allied Youth Provincial Website or in other forms of promotional material for the program. I give permission for Allied Youth Newfoundland & Labrador to use my child, \_\_\_\_\_'s image on their website, social media, and materials for promotion use.

\_\_\_\_\_

Signature of Parent or Guardian

\_\_\_\_\_

Date





## Participant Agreement

In choosing to attend this event, I commit to the following:

- I will respect others and participate in activities in a non-violent way
- I will use speech that is non-offensive and respectful to others
- I will refrain from sexual or sexualized relationships with other participants
- I will refrain from the use of alcohol and non-prescription drugs
- If I am using medications, I will only take them in the manner directed.
- I will speak up and inform a leader if I feel that my safety or well-being is threatened in any way.

I understand that if I break these commitments, I may be sent home prior to the end of the event.

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Participant Signature

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Date



## Medical Information Form

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

Date: \_\_\_\_\_

Dietary restrictions/allergies of the participant:

Medical concerns, special needs, or required accommodations of the participant:

I, \_\_\_\_\_, consent that the information provided above is complete,

Full name of parent/guardian

and hereby give permission for my child \_\_\_\_\_ to participate in the

Full name of participant

above stated event.

Signature of Parent/Guardian: \_\_\_\_\_

Signature of Participant: \_\_\_\_\_

Date signed: \_\_\_\_\_



## Public Speaking Competition

This year we are bringing back the Public Speaking Competition to LKO! Trust us, you're going to want to take part, because the 1<sup>st</sup> Place winner will win FREE ADMISSION to Provincial Conference, being held April 2020 in Clarendville, NL. This year, the public speaking competition will be based on our new public speaking program and will help prepare AYers to excel in all of the program's modules.

### Requirements

You will deliver a 2-3-minute speech to a small panel of judges during LKO. This speech should be prepared prior to Kick-Off and two paper copies should be brought. The top speakers will then deliver their speech a second time at supper on the Saturday night to the youth members.

- 1. How do you think as youth we can reduce the early introduction of nicotine addictions amongst teens?**
- 2. Do you feel there is an adequate amount of career and post-secondary counselling available in schools? Why or why not? If not, what can schools do to change this?**
- 3. How do you think as youth we can increase awareness of mental health issues and encourage our peers to seek the proper resources?**





## Leadership Kick-Off Weekend 2019 Rooming List Request Form

Please put delegates from your Post in pairs of two (2) who would like to be in a room together if possible at LKO. Pairs must be matched in gender and age (i.e. both are junior members (grades 7-9) or both are senior members (grades 10-12)). While room request are not guaranteed to be approved, we will do our best to accommodate your requests.

<b>PAIR #1</b>		<b>PAIR #5</b>
Delegate #1:		Delegate #9:
Delegate #2:		Delegate #10:
<b>PAIR #2</b>		<b>PAIR #6</b>
Delegate #3:		Delegate #11:
Delegate #4:		Delegate #12:
<b>PAIR #3</b>		<b>PAIR #7</b>
Delegate #5:		Delegate #13:
Delegate #6:		Delegate #14:
<b>PAIR #4</b>		<b>PAIR #8</b>
Delegate #7:		Delegate #15:
Delegate #8:		Delegate #16:

By Youth For Youth

[www.alliedyouth.ca](http://www.alliedyouth.ca)

Allied Youth Provincial Office ♦ P.O. Box 21145 ♦ St. John's, NL A1A 5B2

♦ Email: [contact@alliedyouth.ca](mailto:contact@alliedyouth.ca)

# Allied Youth



Alternate List:

<u>ALTERNATE PAIR #1</u>		<u>ALTERNATE PAIR #5</u>
Alternate #1:		Alternate #9:
Alternate #2:		Alternate #10:
<u>ALTERNATE PAIR #2</u>		<u>ALTERNATE PAIR #6</u>
Alternate #3:		Alternate #11:
Alternate #4:		Alternate #12:
<u>ALTERNATE PAIR #3</u>		<u>ALTERNATE PAIR #7</u>
Alternate #5:		Alternate #13:
Alternate #6:		Alternate #14:
<u>ALTERNATE PAIR #4</u>		<u>ALTERNATE PAIR #8</u>
Alternate #7:		Alternate #15:
Alternate #8:		Alternate #16:

\*\*\*Please indicate if the pairs are JUNIOR (JR) or SENIOR (SR), and MALE (M) or FEMALE (F). Allergies may be attached separately. Thank you!

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