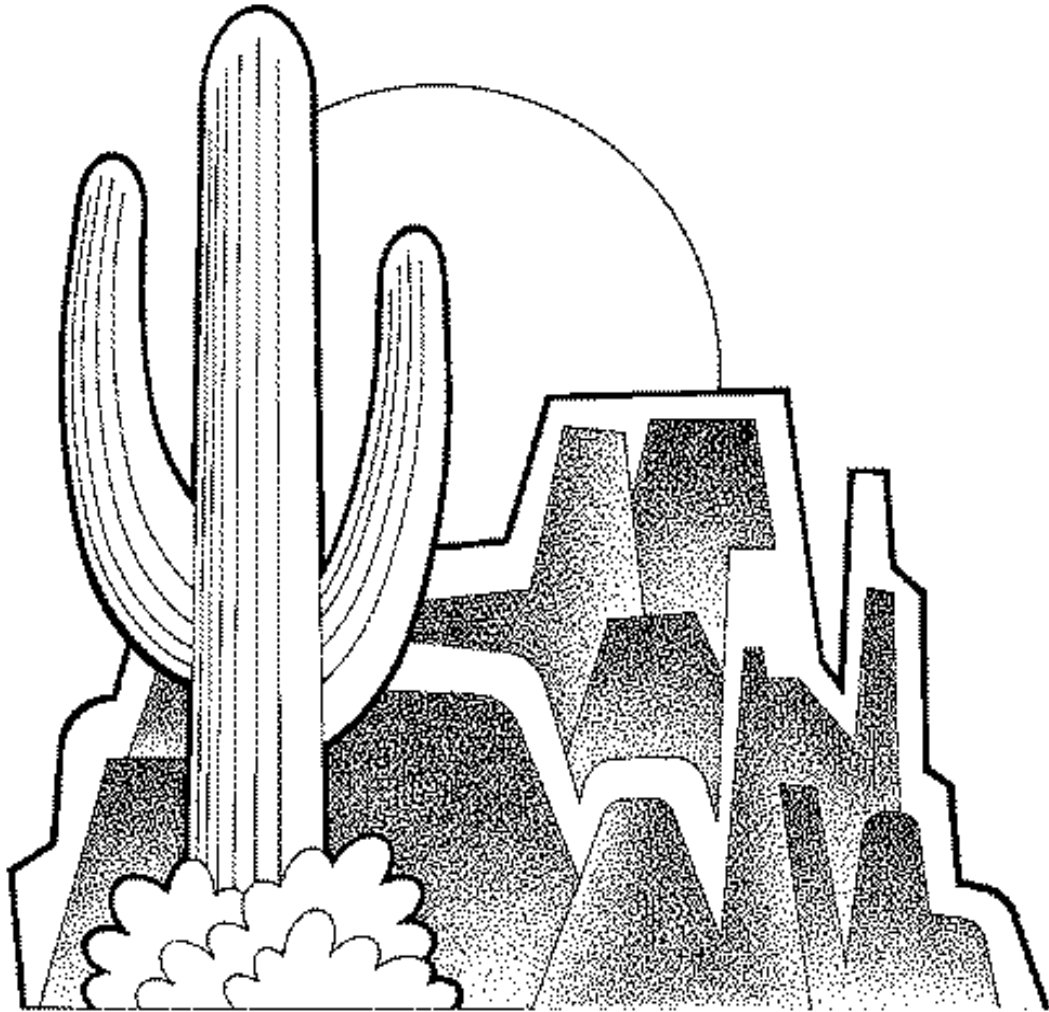


Coppell Family YMCA
YADVENTURE GUIDES™
New Navigator's Manual



We build strong kids, strong families, strong communities.

History of the YMCA

The YMCA was founded in London, England, in 1844 by George Williams and a dozen or so friends who lived and worked as clerks in a drapery – a forerunner of dry-goods and department stores. Their goal was to save fellow live-in clerks from the wicked life on the London streets. The first members were evangelical Protestants who prayed and studied the Bible as an alternative to vice. The Y has always been nonsectarian and today accepts those of all faiths at all levels of the organization, despite its unchanging name, the Young Men's Christian Association.

The first U.S. YMCA started in Boston in 1851, the work of Thomas Sullivan, a retired sea captain who was a lay missionary. Ys spread fast and soon were serving boys and older men as well as young men. Although 5,145 women worked in YMCA military canteens in World War I, it wasn't until after World War II that women and girls were admitted to full membership and participation in the U.S. YMCAs. Today half of all YMCA constituents and staff members are women. Also, half of the Y's constituents are 18 or under.

The YMCA is the largest nonprofit community service organization in America. It is at the heart of community life in neighborhoods and towns across the nation. It works to meet the health and social service needs of 13.8 million men, women, and children.

Ys help people develop values and behavior that are consistent with Christian principles. Ys are for people of all faiths, races, abilities, ages, and incomes. No one is turned away for inability to pay. The YMCA's strength is in the people it brings together.

In the average Y, a volunteer board sets policy for its executive, who manages the operation with full-time and part-time staff and volunteer leaders. Ys meet local community needs through organized activities called programs. In its own way, every Y nurtures the healthy development of children and teens, strengthens families, and makes its community a healthier, safer, and better place to live.

Best known for community-based health and fitness programs, the Y teaches kids to swim, organizes youth basketball games, offers exercise classes for people with disabilities, and leads adult aerobics. Ys also offer hundreds of other programs, including day camp for kids, child care (the Y is the largest not-for-profit provider in the United States), teen clubs, environmental programs, substance abuse prevention, family nights, job training, international exchange, and many more.

History of YMCA Guide & Princess Program

The first Y-Indian Guide Program was developed to support parents' vital role as teachers, counselors, and friends to their children. Harold S. Keltner, St. Louis YMCA Director, initiated the program as an integral part of Association work. In 1926, he organized the first tribe in Richmond Heights, Missouri, with the help of his good friend, Joe Friday, an Ojibway Indian, and William H. Hefelfinger, chief of the first Y-Indian Guide tribe. Inspired by his experiences with Joe Friday, who was his guide on fishing and hunting trips into Canada, Harold Keltner established a program of parent-child experiences that now involves over 200,000 children and adults annually in the YMCA.

Joe Friday planted the seed for this program during a hunting trip he and Mr. Keltner took to Canada. One evening, the Ojibway said to his white colleague as they sat around a blazing campfire: "The Indian father raises his son. He teaches his son to hunt, to track, to fish, to walk softly and silently in the forest, to know the meaning and purpose of life and all he must know, while the white man allows the mother to raise his son." These comments struck home, and Harold Keltner arranged for Joe Friday to work with him at the St. Louis YMCA.

The Ojibway Indian spoke before groups of YMCA boys and their fathers in St. Louis, and Mr. Keltner discovered that fathers, as well as boys, had a keen interest in the traditions and ways of the American Indian. At the same time, Harold Keltner, being greatly influenced by the work of Ernest Thompson Seton, great lover of the out-of doors, conceived the idea of a father-and-son program based upon the strong qualities of American Indian culture and life – dignity, patience, endurance, spirituality, harmony with nature, and concern for the family. Thus the first Y-Indian Guide program was born more than half a century ago.

The rise of the family YMCA following World War II, the genuine need for supporting little girls in their personal growth, and the demonstrated success of the father-son program nurtured the development of YMCA parent-daughter groups.

In 1954, father-daughter groups, now known as Y-Indian Princesses, emerged in the Fresno, California YMCA. The Y-Papoose Program, a program for a preschool child and his parent, was sparked by a real-life need. A YMCA staff member in Orlando, Florida, had an older daughter in a Y-Indian Princess tribe. Each week, when he and his older daughter went to tribal meetings, the younger daughter – a preschooler – began to cry. She couldn't understand why there wasn't a special time for her. In asking around, the Y staff member found that other families had the same problem. It was easy for him to find enough parents to put together the first Y-Papoose tribe.

History of Coppell Family YMCA

The Coppell Family YMCA is a branch of the YMCA of Metropolitan Dallas. The Coppell branch is the fastest growing branch of the 22 branches in the Dallas association.

The Coppell Family YMCA began as an extension of the Lewisville YMCA. The first program offered through the Lewisville YMCA for Coppell families was the YMCA Guide and Princess program in 1986. In April 1992, the YMCA opened its first facility in Coppell on Sandy Lake Road. Eighteen months later, it had outgrown that facility and moved to a larger location. The new 52,000 square foot facility of the Coppell Family YMCA open in April 1999.

The Coppell Family YMCA currently operates one of the largest afterschool childcare program in the Dallas YMCA association with over 500 children attending daily. The YMCA also offers a large youth basketball program (1700 kids), backyard swimming lessons, fitness classes and the 3rd largest Adventure Guides/Princess program in the Dallas association with over 1200 fathers and children participating last year.

The Coppell Wichita Federation has over 60 circles from Coppell, Carrollton, Irving, Grapevine, Denton, Flower Mound and Trophy Club. The Federation also has one of the few Papoose (ages 3 – 4) programs offered in the Dallas association. The Federation is split into two governing bodies: the Guide/Papoose Federation and the Princess Federation. Each is run by approximately six volunteer dads and a YMCA staff person, the *YMCA Outfitter*.

The program has become a viable part of the community. The Guides and Princesses participate in the following area fundraisers: the annual YMCA scholarship campaign. The Guides and Princesses raised over \$30,000 for the Coppell YMCA annual scholarship campaign last year. The program participants are also involved in community service. Each circle is asked to conduct two community service projects each year. Also, all Coppell circles are asked to clean our adopted park located at Andy Brown East.

The program is also very visible in the community. Our participants have participated in the Coppell, Carrollton and Trophy Club's 4th of July and Christmas parades, many times winning a parade trophy. Our group is also called upon by other groups in the community needing assistance with their special events.

Add to these events the monthly circle meetings, monthly federation events, and a fall and spring campouts and you have a pretty busy program. Our program continues to grow and improve. Your participation and leadership will help us reach our goals.

Mission Statement of the Coppell Family YMCA

"The YMCA of Metropolitan Dallas is a human care organization based on Christian values that promotes, through its programs, the physical, emotional and spiritual well-being of individuals of all religions, races, ages, and communities."

Six Character Values

The YMCA of Metropolitan Dallas has adopted six core values to teach its participants in its programs. The following character values will be taught to the Indian participants this year:

Respect
Responsibility
Caring
Citizenship
Trustworthiness
Fairness

Guide Program Purpose

The purpose of the Y- Guide Program is to foster understanding and companionship between father and son.

Slogan

"Friends Forever"

Aims

1. To be clean in body and pure in heart.
2. To be friends forever with my father/son.
3. To love the sacred circle of my family.
4. To listen while others speak.
5. To love my neighbor as myself.
6. To seek and preserve the beauty of the Great Creator's work in forest, field, and stream.

Princess Program Purpose

The purpose of the Y- Princess Program is to foster understanding and companionship between father and daughter.

Slogan

"Friends Always"

Aims

1. To be clean in body and pure in heart.
2. To be friends always with my father/daughter.
3. To love the sacred circle of my family.
4. To listen while others speak.
5. To love my neighbor as myself.
6. To seek and preserve the beauty of the Great Creator's work in forest, field, and stream.

Important Things to Know

Campouts

Payment / Refund Policy

All campout / special event payments must be paid in full at least 3 weeks before the date of the event. After that time a late fee of \$20 per person will be assessed to anyone who has not paid on time. Fees must be turned in at least 2 weeks before event so that numbers can be sent in and deposits can be paid. Refunds will be given in full only if someone contacts the Y program director at least 2 weeks before the event date. Any time after the 2 week deadline a service fee will be charged. *Note - Fees will vary depending on location of camp or special event.

General

Your circle may participate in one fall campout and one spring campout. The campouts are the highlight of the Adventure Guides program. Most campouts are held at YMCA campsites that are within a two hour drive from the metroplex. Each campsite provides sleeping quarters (either a cabin or a tent structure with cots and mattresses) and dining facilities if you choose not to cook your own meals. Campouts start on Friday evening and end on Sunday morning. Campouts are assigned using a lottery system. Each circle will draw a number to determine what order they may choose their campout weekend. This is done at the Basecamp meeting in September and January.

Aims

While at campout, your child will get the chance to earn beads from our Federation (Basecamp) Officers. These Officers will be walking through camp all weekend wearing black hats. Your child is encouraged to recite the aims of the program to the basecamp officer. The officer will in turn give your child a colored bead for each aim given. Your child can place these beads on a necklace or other artifact to help him/her remember the aims of the program.

Campout Duties

Campout can only function like a well-oiled machine if each circle pitches in to take on a campout duty. Duties might include cleaning the mess hall after a meal, monitoring the archery range for a period of time, to leading chapel on Sunday morning. Each duty is important to the overall flow of our campout. Your circle will sign up for a duty at the basecamp meeting proceeding the campout. If your circle is not represented at this longhouse meeting, you will be assigned a duty. (Not all duties are glamorous, but each is important.)

Chapel

Chapel marks the closing ceremony of our campout. Chapel is held on Sunday morning around 9:00 AM. A devotional is shared, songs are sung, prayer time is encouraged and then awards are handed out. Various patches, as well as feathers are given for archery, bb guns, and the scavenger hunt by grade level. Stories are shared and eagle feathers are given to those participants exhibiting great courage and turkey feathers are given to those who exhibit a lack of intellect. Chapel patches are given to all who attend chapel.

Navigator's Meeting (at campouts)

The navigator's meeting is held on Friday night for all navigator's (or their representatives) at camp. The campout schedule is given out, duties are discussed and horseback riding times are given. This is a very important meeting, and it is imperative that your circle is represented.

Council Fire

One of the highlights of campout is the Saturday evening council fire. The council fire begins with a federation procession from one end of camp to the council fire ceremony. Circles will join the procession by giving their circle chant to the federation navigator when he approaches. If the federation navigator approves, the circle may join in the procession towards the council fire ceremony. The ceremony will consist of inspirational words from our basecamp federation officers, great magic from our medicine man, initiation of new members to our program, Red Feather ceremony for those graduating from the program, stories, and a fire. These ceremonies will be long remembered by each father and child. Each ceremony ends with each father and child being asked to go into the world to live out the aims of the YMCA program.

Events

The schedule at campout is very laid back. We want you to enjoy your time camping with your child, therefore only a few events require you to be at a certain place at a certain time. Horseback riding is one of these events. Your circle navigator will pick a horseback riding time at the navigator's meeting on Friday night of camp. Most camps only have enough horses for the kids to ride, not the dads. In order to give each child a chance to ride, we ask that you follow this rule. Some horses can accommodate double riders if you have a child who will only ride with his/her father. Horseback rides are usually 30 – 45 minutes long. Other events at camp include: archery, bb guns, leather crafts, scavenger hunt, secret message trail, fishing, canoeing, hiking, and other activities.

Meals

If your circle camps at El Tesoro, you will be required to cook all of your meals. If you camp at Camp Classen, Sky Ranch, or Grady Spruce the meal plan is included in your price of camp. Meals will start with Saturday breakfast and end with Sunday breakfast. Regardless of which camp you attend, you are responsible for your meal on Friday night.

Registrations

Campout weekends are awarded using a lottery system. The lottery will occur at a designated Basecamp meeting. Circles will choose their campout weekend based upon what campsites are still available when they choose. Even though we will have enough camp spaces for everyone in our program, we may not have enough at a desired camp on a specific weekend. Each member of the circle is required to put down a \$25 deposit per person when determining what camp to attend. Once a camp reaches its occupancy limit, we will close that camp. Deposits are refundable, minus a \$25 per dad refund fee, up until two weeks prior to camp when the balance is due. After this date, camp money is not refundable, even for no-shows at camp. Campouts are conducted regardless of weather conditions. Campouts are never canceled.

Character Values

The YMCA of Metropolitan Dallas has adopted six character values to teach all the participants in its programs. The six character values include: Respect, Responsibility, Caring, Citizenship, Trustworthiness and Fairness. The Y-Guide and Princess programs of the Coppell Family YMCA will present these character values in a fun and meaningful manner. At campouts and other nation events, the Longhouse Officers will be asking each child what the character values are and what they mean. To award the children for learning these values, each child will receive a special character value patch. This is a wonderful opportunity for fathers and their children to grow and learn together.

Honor Circle

In order to give circles an incentive for being active, we have developed the Honor Circle system. If your circle is active, you should have no problem achieving Honor Circle status. Honor points are assigned to each activity, meeting, etc your circle participates in. Please refer to the tally sheet (located in the back of this manual) for the points your circle can earn. New circles have to earn 1200 points and existing circles must earn 1500 points by the May Basecamp to be considered an Honor Circle. Those circles achieving this status will be honored in June at the Honor Circle Ceremony. This family event includes a picnic and each circle giving their circle chant to the entire crowd. The Honor Circles are then awarded the coveted Honor Circle Patch to be placed on their Adventure Guides vests. Being awarded as an Honor Circle is a great way to finish your first season in the Adventure Guides program.

Program Kits

Each new dad in your program should have purchased an Adventure Guides kit from the YMCA. The kit includes the YMCA New Member's Manual, and a program CD which includes additional descriptions about the Adventure Guides program.

Vests, Hats, Walking Sticks, etc

Many circles purchase vests, and other items to display their federation event patches. Vests, Walking sticks, hats, shirts, and other items may be purchased through the webpage www.adventureguidescountrystore.com while supplies last. **Vests should be worn at all circle meetings and federation events.**

Basecamp Meetings

Basecamp meetings are held each month for all circle navigators. These meetings are very important. Federation events are discussed, information is given out concerning up-coming events, and decisions are voted upon that will affect the entire federation. Tally sheets are turned in at this time and Smoke Signals are distributed. **Base camp meetings are held the 1st Monday of each month at 7:30 PM at the YMCA unless otherwise stated.** If the circle navigator cannot make a meeting, he should send a circle representative in his place. The circles that function poorly are those circles not represented at the basecamp meetings. Basecamp meetings are for dads only.

Federation Event Patches

Patches are sold for each federation event held. Patches cost \$2-\$4 each, depending on the patch. Patches are usually glued or sewed onto the vests. Patches are a great way for you and your child to remember the fun times you had in the program.

Federation Officers

Federation Officers are dads who have been in the program for at least one year. These officers are the leaders of our basecamp meetings. Dads are encouraged to serve on the basecamp as a federation officer for a minimum of two years. The Guide/Papooses and the Princesses have their own basecamp federation officers.

Federation Officers include:

Federation Navigator: The big kahuna! He leads the basecamp meetings and the activities of the entire federation. This "seasoned" Adventure Guides dad provides organization and program philosophy to the Adventure Guides program.

Assistant Federation Navigator: Second in command. Steps in when the big kahuna is unavailable. Provides key leadership and guidance to the Basecamp. He becomes the main contender for the top job the following year.

Scout: Helps in planning and leading recruiting of new members and marketing the program

- Compass Bearer:** Considered the wise man of the federation. He leads the expedition in prayers at basecamp, meetings, and other events.
- Elder:** Elder's job is to ensure the program is meeting goals and complying with policies and procedures set for by governing bodies.
- Log Keeper:** Official scribe. Keeps track of all Honor Points during the year. He is the regulator of the honor points. If you have a question about how many points an activity is worth, he's your man to contact.
- Sand Painter:** Web Guy. Maintains YMCA Web Page. Assists in other duties delegated by the big kahuna.
- Naturalist:** Fire Starter. Works his magic to build and start our great council fire. Entertains young and old with his words of wisdom and magical powers.
- YMCA Outfitter:** YMCA Staff Person. Responsible for the administration, planning, and implementation of the program for the Coppell Family YMCA.

Passing the Navigator Torch

At the spring campout, it is tradition that you pass the torch of being circle navigator to another dad in your circle. This is done at the beginning of the council fire ceremony. Your responsibilities as circle navigator will then be transferred to the new navigator. It is important that your circle seriously consider who will be the new circle. As you will learn, being navigator carries some major responsibility. A non-active navigator usually incorporates into a non-active circle and the kids in that circle will not experience the power that this program offers. Therefore, please ask your dads to thoughtfully consider the position of circle navigator. It is not a good idea to select the dad who is not very active. Your circle will reflect the leadership of your circle navigator. Please choose the best person for this position. Not only will this dad remember the good times of being navigator, but his son/daughter will cherish the memories of dad being navigator.

Smoke Signals

The Smoke Signal is the official newsletter of the program. It is published monthly and distributed at the basecamp meetings. The Smoke Signal includes a letter from the federation navigator, honor point totals to-date, and information on up-coming nation events.

Tally Sheets

Each month, we ask that your circle turn in a tally sheet at the basecamp meeting. You will record on the tally sheet the activities of your circle for the previous month. Each activity is awarded a certain point value. At the bottom of the tally sheet, you will tally (add up) the total points your tribe earned during the month. Our nation tallykeeper will keep a running total of each tribe's points in the Smoke Signal.

Circle Chant

At the campouts, your circle will be asked to give your circle chant to the federation navigator as he invites you into the council fire procession. Your circle chant is a chant or a song that the kids and dads make up. Make it as personal as possible by using your circle name and personality of your circle. Also, make it simple so that the kids (and dads) can remember. The circle chant is a perfect circle activity at one of your circle meetings before your first campout.

If you have any questions regarding the Adventure Guides program, please contact your Meshenewa, a Basecamp officer, or Jeff Parker. Jeff may be reached at the Coppell Family YMCA at (972) 393-5121 ext. 207 or by e-mail at jparker@ymcadallas.org

Thank you for investing your time as navigator of your circle. The memories will last a lifetime.