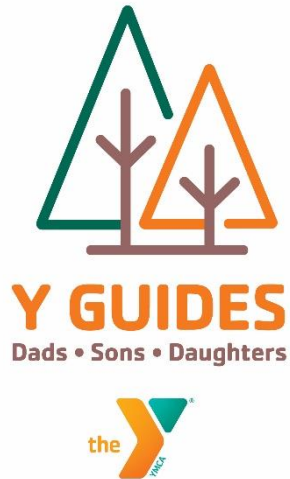


YMCA of the Triangle
Y GUIDES
New Year Captain's Meeting



Y Guides Team



Howlin' Hippo
Lou Seaman
Director of Y Guides



Blue Whale
Desmond Miller
Y Guides Senior Program
Director



Happy Lion
Ashley "AB" Butler
Y Guides Senior Program
Director

AGENDA

By the end of our time together, we will have:

- Mission Moment
- Captain's Corner
- Reminder: What is Y Guides?
- Y Guides Signature Events: Winter Inning, Polar Bear Swims, Spring Outing 2024
- Other Events in 2024
- New Year Planning: Crew Meeting Bright Spots, Crew Outing Ideas
- Next Steps





// OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

// OUR PURPOSE

The Y is our region's leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other.

In that, Christian principles are caring and inclusive, we respect various expressions of religion. We serve people from all faith traditions and perspectives. And we strive to create a welcoming environment for people to feel comfortable to explore spiritual matters and grow in Christian faith if they choose.

Our Mission guides us in all we do and compels us to embrace, reflect and celebrate the richness of diversity within each other and our community. We invite everyone and welcome them to work side by side with us to further our Purpose.

YMCA OF THE TRIANGLE

OUR AREAS OF IMPACT

YOUTH DEVELOPMENT

Empowering young people to reach their full potential

HEALTHY LIVING

Improving individual and community health and well-being

SOCIAL RESPONSIBILITY

Providing support and inspiring action in our communities

OUR VALUES

CARING Show a sincere concern for others. 1 THESSALONIANS 5:11

HONESTY Be truthful in what you say and do. PROVERBS 11:1

RESPECT Treat each other as we'd all like to be treated. 1 PETER 2:17

RESPONSIBILITY Be accountable for your promises and actions. GALATIANS 6:4-5

FAITH IN GOD Trust God. HEBREWS 11:6

// OUR COMMITMENT TO DIVERSITY, EQUITY AND INCLUSION

To fulfill our Mission and purpose, the YMCA of the Triangle is committed to being a multicultural, anti-racist and inclusive organization, fully leveraging our collective resources and impact to address social inequities.



// OUR COMMITMENT TO SERVE

Collectively, we work as one YMCA to transform lives and strengthen the foundations of the many unique and diverse communities we serve. And it is the work we do together that sets us apart.

As one team, we aspire to achieve excellence in all we do. We are committed to provide extraordinary service in all programs we run and at every touchpoint within our Y. Across our Areas of Impact – Youth Development, Healthy Living and Social Responsibility – we will be leaders, collaborators and innovators as we advance our Mission.

GALATIANS 5:13:
SERVE ONE ANOTHER HUMBLY IN LOVE

OUR PERSONALITY

WELCOMING

We're open to all and create spaces where you can be, belong and become.

GENUINE

We value who you are and encourage you to be true to yourself and others.

NURTURING

We're with you on your path to reach your full potential.

HOPEFUL

We believe in your ability to inspire a brighter tomorrow.

DETERMINED

We work relentlessly to strengthen communities, starting with you.

YMCATriangle.org
[@YMCATriangle](https://www.instagram.com/YMCATriangle)

Father involvement using authoritative parenting (loving, kind with clear boundaries and expectations) leads to better emotional, academic, social and behavioral outcomes for children.^[3]

The quality of the father-child relationship matters more than the specific amount of hours spent together.^[3]

High levels of father involvement are correlated with higher levels of sociability, confidence, and self-control in children. Children with involved fathers are less likely to act out in school or engage in risky behaviors in adolescence.^[6]

Father engagement reduces psychological problems and rates of depression in young women.^[8]

What is Y Guides?

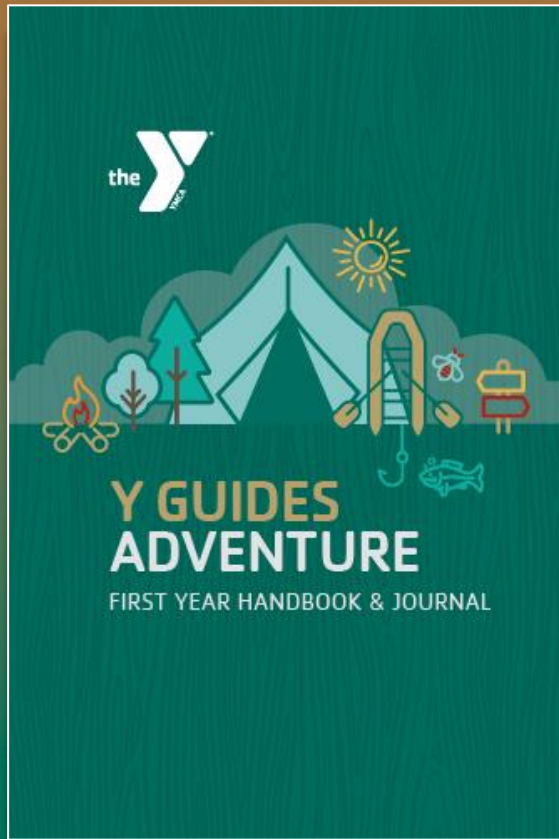
The YMCA of the Triangle's Y Guides program focuses on strengthening the father-child relationship through one on-one activities.

It's through these shared experiences that fathers and their children grow closer and form memories that last a lifetime – strengthening families.

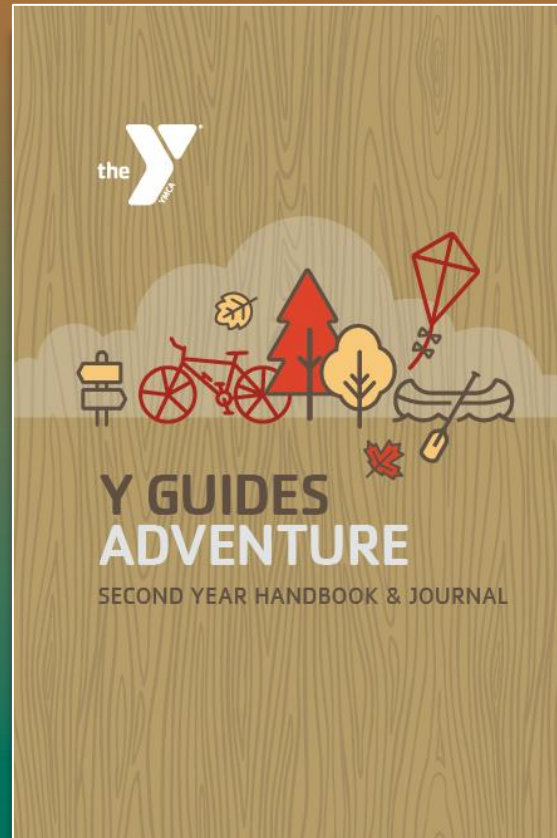
Y Guides is for dads and their children in rising first through third grade.

Participants form crews with others in their community. These crews are normally composed of six to 10 father/child pairs and meet twice per month.

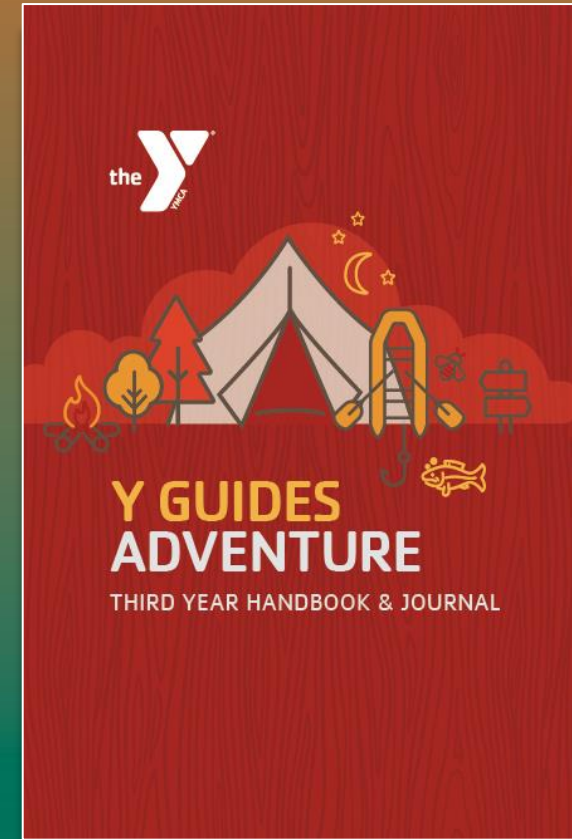
Year 1:
Build Community



Year 2:
Spirit, Mind and Body



Year 3:
Service to the Community



Your role as Captain



The Captain is the leader of the crew. The Captain:

- Ensures continuity in meetings and outings
- Conducts portions of the meetings as assigned
- Delegates assignments for upcoming Crew meetings
- Serves as the contact person for the Crew
- Leads any "Dads-Only" meetings set for the Crew
- Represents the Crew at YMCA hosted Dads or Captains Meetings in Raleigh or at the Outing
- Communicates to the Y Guides Office as needed

WRAPPING UP A BUSY 2023

LOTS TO CELEBRATE!

- We welcomed **2,266** first-year participants and **167** first-year Crews this fall!
- **5,000** participants enjoyed Fall Outing at Camp Kanata!
- We surpassed our goal by raising over **\$145,000+** during the Annual “We Build People” Campaign!

CAPTAIN'S CORNER

James Love

Y Guides Advisory Board Vice Chair
"Bald Eagle"



CAPTAIN'S CHALLENGE



CAPTAIN'S CHALLENGE

CAPTAIN'S CHALLENGE: Dance Like Nobody's Watching!

Throughout the past hundred years many different forms of creative dance have emerged, which means there are many different types of dance styles that children can learn. Dance provides many physical and emotional benefits. Studies show that getting your kids moving with you is a great way to spend time together and create memories. Learning and performing dance moves helps build memory skills and boost confidence.

TEACH

Father and child should plan time together to share and practice each other's favorite dance style and dance moves.

- Child teaches dad favorite dance.
- Dad teaches child a dance from his childhood.
- Loosen up and have fun!

LEARN

Explore different dance styles and learn something new. Try searching for music on streaming channels or virtual dance classes and demonstrations on YouTube.

- Dad and child research the history of a dance style based on their own cultural or ethnic background. Learn and perform a few basic moves from this style.
- Dad and child research the history of a dance style based on a different cultural or ethnic background. Learn and perform a few basic moves from this style.

DANCE!

Dad and kid make up a dance with each other that incorporates something meaningful (e.g., an activity, a gesture, a song, a saying) and perform it for their crew. (BONUS POINTS: capture a video and share it on social media.)



CAPTAIN'S CHALLENGE



Y GUIDES ADVISORY BOARD

Y Guides Advisory Board Candidate Interest Form

<https://forms.office.com/r/ige3Tde93y>

Y Guides Advisory Board
Candidate Interest Form 2024-25



WINTER INNING

REGISTRATION IS OPEN!

WINTER INNING

- A Night at the Museum – Marbles Kids Museum
- Saturday, Jan. 27 from 6-8:30 p.m.
- \$15 per person (open to the whole family); children 5 years and younger are free



POLAR BEAR SWIM & CHALLENGE

REGISTRATION IS OPEN!

POLAR BEAR CHALLENGE

- A winter swim and fitness challenge at a local YMCA
- January, February and March at YMCA Branches:
 - Alexander, Finley, Kerr, Taylor, Chapel Hill
- Each timeslot has two components: 30-minute fitness challenge and 45-minute swim.
- Maximize your time in the pool by taking a swim assessment in advance!
- Check website for dates, details and registration links.



SPRING OUTING

WHAT IS SPRING OUTING?

- Capstone event during the Spring
- Camp Sea Gull and Camp Seafarer on the Neuse River in Arapahoe, NC
- Spend the weekend enjoying activities, led by our LBC*, including:
 - Canoeing, Archery, BBs, Zipline, digging for sharks' teeth
 - Third-Year raft race

**Third-years – get excited to learn more about how to continue your Y Guides journey in LBC!*



SPRING OUTING

DATES

- April 5-7
- April 12-14
- April 19-21
- April 26-28
- May 3 – 5

WEEKEND ASSIGNMENT & REGISTRATION

- Your Crew's specific weekend assignment is available on website.
- You will receive a registration link that is specific for your assigned Jan. 16
- Early-Bird Registration (\$192.55/person): Jan. 16 – 31
- Regular Pricing (\$212.55/person) goes into effect on Feb. 1
- **Late Registration Fee**-Registrations Tuesday through Friday the week of the event will have a \$20 late registration fee.

ROSTER CHECKS

- Email coming soon with your Crew's ACTIVE roster; People not on roster CANNOT register for Spring Outing.
- First-Years, make sure you tell us your permanent Crew name.

SPRING OUTING LINKS AND FORMS

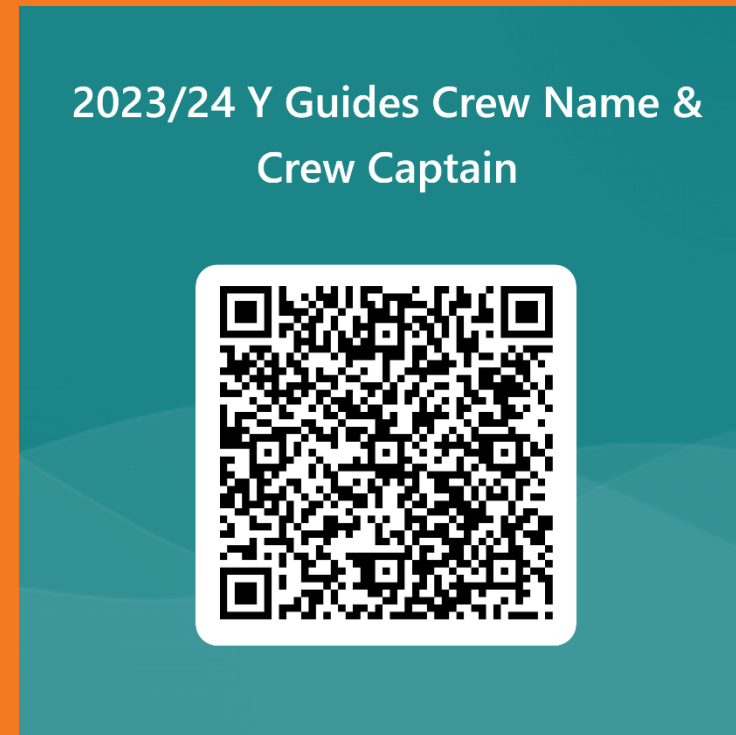
WEEKEND ASSIGNMENT SWITCH REQUEST

Need to change weekends?
Follow the link below to
request a switch.



Crew Name Request

First Years if you still haven't submitted your
name for approval, please use this link.



SPRING OUTING SPECIAL ACTIVITIES

First-Year Shark Tooth Sifter



Second-Year Trail Markers



SPRING OUTING SPECIAL ACTIVITIES

THIRD-YEAR RAFT RACE

- All rules are on the website.
- Race will be Saturday at each site:
April 26-28 and May 3-5 only.
- Complete your raft prior to arriving.



SPRING OUTING LUNCH & LEARN

WANT TO LEARN MORE?

- Virtual Dad's Training: Spring Outing Edition
- Friday, March 1st at 12 p.m. This meeting will be recorded for those that can't attend.
- We will share: An overview of the weekend's schedule, what to bring, helpful tips for first-timers, and more!

UPCOMING EVENTS

DRIVE-IN MOVIE

- Saturday, March 16
- Camp Kanata (upper field)
- Movie selection and registration info coming soon!
- Enjoy a movie, popcorn and patches. Bring the whole family!

Y GUIDES COMMUNITY CLEAN UP

- Month of April (Celebrate Earth Month)
- Plan a clean up day with your Crew at a location of your choosing: a local park, trail, school or neighborhood.
- Earn a green bear claw!

FLIGHT DAY

- Saturday, June 1
- Dorothea Dix Park
- Visit the blog post on our website for more info.
- Earn a patch. Open to the whole family.

CONNECTING WITH COMMUNITY PARTNERS

- Check our website for resources and upcoming opportunities.

NEW YEAR PLANNING

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
Y Guides Signature Events	WINTER INNING JANUARY 27		DRIVE-IN MOVIE @ CAMP KANATA MARCH 16			FLIGHT DAY @ DOROTHEA DIX PARK JUNE 1
	POLAR BEAR SWIMS			SPRING OUTING		
Crew Events: Meetings	SPRING OUTING PREPARATION: Shark Tooth Sifter (First-Year); Trail Marker (Second-Year); Raft (Third-Year)					
Crew Events: Outings				Y GUIDES COMMUNITY CLEAN UP		

NEW YEAR BRAINSTORM

What is contributing to the success of your Crew?

What is your favorite Crew-planned outing from this year (or past years)?

Which organizations have you enjoyed working with for Crew Outings?

NEXT STEPS

IMPORTANT DATES:

- REGISTER NOW! Winter Inning, Polar Bear Swims
- Jan. 16: Early Bird Pricing for Spring Outing
- Feb. 1: Regular Pricing for Spring Outing begins
- March 1: Virtual Spring Outing Dad Training

QUESTIONS? SUPPORT?

- Email or call the Y Guides Team at yguides@ymcatriangle.org or 919-719-9695.

ON YOUR WAY OUT

- Visit our Community Partners for more Outing ideas
- Grab the supplies you need: meeting beads, park clean up bear claws

