



HUGH O'BRIAN YOUTH LEADERSHIP

Seminar Handbook

HOBY Washington

HOBY Washington
PO Box 25121
Seattle, WA 98165

www.hobywa.org

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2010 HOBY WA -- Seminar Handbook

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HOBY'S VISION, MISSION AND CORE VALUES

VISION

To motivate and empower individuals to make a positive difference within our global society through understanding and action based on effective and compassionate leadership.

MISSION

Hugh O'Brian Youth Leadership provides lifelong leadership development opportunities that empower individuals to achieve their highest potential.

CORE VALUES

Volunteerism

Excellence

Organizational Integrity

Diversity

Innovative Thinking

Community Partnership

Life-long Learning Leadership

Opportunities

HOBY WA CONTACT INFO

HOBY WA Seminar Chairperson: Claire Bickel 206-799-4857

HOBY WA Web Site

Our website, www.hobywa.org is open 24/7. If you need forms, directions to Gonzaga, or answers to many common questions try our website first!

CONTACTING HOBY WA DURING THE SEMINAR

If you must speak to a HOBY Director while your child is at HOBY, you may call of the Seminar Chair at the above number.

MAIL

Please mail all correspondence related to the HOBY WA seminar to the following address: HOBY Washington PO Box 25121 Seattle, WA 98165.

HOBY WA SEMINAR PLANNING COMMITTEE

Claire Bickel

Melissa Larson

Mele Fuller

Brandi Weekes

Kevin Kennedy

Sandra Turnbull

Kevin Kennedy

Tammy Drew

Melissa Larson

Paul Aoki

Michele Anciaux Aoki

Leadership Seminar Chair

Director of Recruitment and Registration

Assistant Director of Recruitment

Director of Program

Director of Facilitators

Director of Alumni

HOBY Bus Coordinator

Advisor to Seminar Planning Committee

Board: President

Board: Treasurer

Board: Secretary and Development

SPECIAL THANKS

Special thanks to the HOBY WA Seminar Planning Committee whose support and expertise help maintain the quality experience that is the heart of HOBY. This group of dedicated volunteers is comprised of HOBY alumni, business professionals, community leaders, current and former directors and facilitators who were on staff as long as 20 years ago. They generously give of their time and creativity year long to put together a life changing seminar for high school sophomores from across the state of Washington.

WELCOME TO HOBY WA

A Once-In-A-Lifetime Experience

You will soon be joining more than 140 Washington State sophomores for 4 amazing days of leadership training. Here is what you can expect:

- ❖ Inspiration from key note speakers from across the country
- ❖ Interaction with community leaders from government, business, volunteerism and the arts
- ❖ Participation in a community service project that will profoundly impact the lives of those in need.
- ❖ Leadership games and activities helping you to develop skills in organization, communication, problem solving and goal setting.
- ❖ FUN!!!
- ❖ Lasting bonds with other HOBY ambassadors based on shared values, goals and experiences.

It is our sincere hope that you will be motivated to inspire positive change in your home, school, community and ultimately the world. We look forward to meeting each and every one of you.

Again, welcome to the HOBY family!

Sincerely,

Claire

Claire Bickel, Leadership Seminar Chair

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REQUIRED FORMS NOTICE

ALL FORMS DUE MARCH 15, 2010!

Please download, complete and mail all the forms. In the right-hand menu at www.hobywa.org, click the "Acceptance Packet" link to download the PDF containing all forms. All the forms must be completed and signed. Please mail forms to:

HOBY WA
Attn: Melissa Larson
9126 5th AVE NE
Seattle, WA 98115

PAYMENT DEADLINE

Total payment is due with the original registration with HOBY national. If fees are not paid in full, HOBY WA is not allowed to contact the student, send further forms, or allow the student to attend the seminar.

CANCELLATIONS AND REFUNDS

Our refund policy is as follows: Cancellations made 30 days prior to the seminar start date will be entitled to a full refund minus a \$25 processing fee. No refunds will be issued within 30 days of the seminar date.

ILLNESS/INJURY WHILE AT HOBY

In the event of minor injury or illness, parents will be notified only if the student spends more than 12 hours in the infirmary. Should any serious accident or injury occur, the parent or guardian on the Health History form will be notified immediately. In cases of emergency, students will be transported to Holy Family Emergency.

HOMESICKNESS

Yes, even high school students sometimes experience homesickness. While most students bond quickly to their small groups, there are some students that find the high energy atmosphere of a HOBY seminar overwhelming. In those situations, our group facilitators are trained to work with students to make them feel comfortable and welcome. However, in the unfortunate event that a student shows severe anxiety, rest assured that we will place a phone call to ask you how you would like us to proceed.

PARENT VISITS TO HOBY

During the seminar we urge parents not to visit. The HOBY program is fully packed with panels, speakers and activities. If an emergency arises, a visit may be arranged with the one of the HOBY directors. All parents are invited and encouraged to attend the parent orientation and closing banquet on Sunday.

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HOBY STAFF SELECTION

All Washington HOBY staffers are volunteers chosen based on their values, personal goals, desire to serve, and past experience. Many staff members are former HOBY ambassadors and active HOBY alumni. All directors and facilitators are over the age of 21 and come from diverse backgrounds including business, education and medical fields. All volunteers over the age of 21 complete a National Background check for your student's safety.

HOBY WA RULES AND REGULATIONS

So that this seminar may be conducted as smoothly and efficiently as possible, we ask that you observe the following rules. Any participant who does not abide by the rules and regulations will be dismissed from further participation. Your parents will be notified immediately of this action, and they will be instructed to have you removed from the facility. Your school will also be notified of your dismissal from the program.

1. YOU MUST MAKE A COMMITMENT TO STAY FOR THE ENTIRE SEMINAR. If you have a scheduling problem, we strongly suggest offering the weekend to your school's alternate.
2. You are expected to be on time for all seminar functions and attend all scheduled activities, including meals.
3. You must wear your HOBY name-tag and HOBY T-Shirt at all designated seminar functions.
4. No outside guests are allowed in or around the seminar facility except for closing ceremonies on Sunday.
5. Stay within your assigned group during panel sessions. Gain permission from your group facilitator if you must leave a session and wait for an adult staff member to escort you. No ambassador is to leave the facility except for scheduled seminar events.
6. Room visitation by members of the opposite sex is not permitted.
7. No smoking, no drinking of alcoholic beverages and no unauthorized drug use is permitted.
8. Any ambassador who has a medical problem that requires special care, treatment, or medication is asked to inform his or her group facilitator.
9. In case of emergency, contact your group facilitator or come directly to the Operations Room. There are chaperones and facilitators available 24 hours a day and they can be contacted at any time.
10. Lock your dorm room doors at all times, whether you are in it or not. Notify the security staff on duty immediately if you need assistance.
11. Ambassadors are not allowed to make room changes. You must be in your assigned room at the announced bed check and remain there until the wake-up call the following morning.

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HOBY DRESS CODE

Modest dress is expected at HOBY. DO NOT pack/wear: low hanging or sagging pants, “short” shorts, halter tops, low cut, see through or strapless shirts. Underwear/bra straps may not show. Clothing may not advocate immoral conduct, disrespect of others, use of weapons, tobacco, alcohol or drugs. Participants not meeting standards will be

1. Spoken to by group facilitator.
2. Spoken to by directors.

Directors have the final say with regard to the appropriateness of any clothing worn at HOBY.

EXPECTATIONS

The HOBY seminar expects the following from its participants:

- Take responsibility for your actions
- Follow the direction of facilitators and other leaders
- Show respect for yourself, others and all property
- Refrain from exclusive relationships
- Listen with your heart, speak and act honestly
- Consider each person’s spirituality
- Follow all seminar rules

SEMINAR CHECK IN

Western WA Charter Bus Passengers:

Check in to the HOBY seminar will occur when the bus arrives at Gonzaga University at approx. 10:00 p.m. Wednesday, **June 2nd**.

All other HOBY Ambassadors may check in between the hours of 8:30 a.m. and 11:00 a.m. on Thursday, **June 3rd**. You are strongly encouraged to arrive as early as possible to get settled in your dorm room and meet your group prior to the beginning of open ceremonies at 11:30 a.m.

SEMINAR CHECK OUT

Check out for all HOBY Ambassadors is at 2:30 p.m. following the closing banquet. All Ambassadors must check out at the Residence Hall’s front desk and turn in their dorm room key prior to departing the seminar.

LOST KEY POLICY

There is a \$75.00 charge for all lost keys. Gonzaga University will bill the parent/guardians directly for lost keys.

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HOBY STORE

The HOBY store is open each evening for students to purchase beverages, snacks, and basic toiletries they may have forgotten at home. They may also purchase t-shirts, sweatshirts and HOBY souvenirs.

FREQUENTLY ASKED QUESTIONS

Where should I go when I arrive?

Follow the enclosed map to the Catherine - Monica Dorm on the Gonzaga Campus. HOBY volunteers will be waiting to greet you!

What are the accommodations like?

You will be sharing a dorm room with another HOBY ambassador. All seminar sessions will occur in buildings on the Gonzaga Campus. All meals are included.

What if I need to take medication while I am at the seminar?

Please provide information about your medication on the Medical History Records Form and bring a doctor's note with you to the seminar. Make sure to read and comply with HOBY's Policy for Use of Medication During a HOBY Event. Both documents are included in this packet.

How long do I have to get ready in the morning?

You will receive a wake up call 30 minutes before you must report to breakfast. If you require more time to get ready, please bring an alarm clock.

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PACKING LIST

What should I pack? The bare essentials, plus a few things.

We spend 4 days in a variety of settings, both indoors and outdoors. Overall, we walk up to a mile at a time between sites on the Gonzaga campus, so plan your dress accordingly. Modest dress is expected at HOBY. You will be provided with 1 HOBY t-shirt to wear during the seminar.

HOBY reserves the right to ask you to change if we feel your dress is inappropriate.

Clothing

- Jeans, Khaki's or Conservative shorts
- "Grubbies" for the Service Project Day
- Gardening Gloves (if you have them)
- Jacket, Sweatshirt, or Sweater
- Comfortable Walking Shoes
- Underwear and Socks
- Pajamas, Sleep-wear
- Dress clothes for the closing banquet - i.e. Dresses for girls and nice slacks and button up shirt for boys.

Toiletries

- Soap
- Shampoo
- Sunscreen
- Towels
- All personal items such as tooth brush, make-up, etc.

Bedding

You will be provided with sheets, blanket and one pillow. You may want to bring an extra blanket and pillow from home, if you desire. Some students prefer sleeping bags.

Optional

- Flashlight
- Paper, Pens, Markers
- Dirty clothes collection sack
- Back Pack
- Water bottle
- Small fan (in case dorm rooms are warm)

Other OK Items

- Cameras, Digital Film/Memory Sticks
(If you bring a digital camera, you can contribute to the HOBY Slide Show and DVD! Our Volunteer Media Crew will have flash memory card readers so you can backup your digital photos and share them.)
- Musical instruments
- Items from your school to share/trade
- Money for the HOBY store
- Props for the optional participation Talent Show

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PACKING LIST (continued)

DO NOT PACK Items

- Shorts that are shorter than mid-thigh
- Skirts (we do too many physical activities)
- Shoes that you cannot comfortably walk up to one mile in over
- a variety of terrain at a moderate pace (high heels, flip flops, etc.)
- Cell Phones
(Exception: You may leave it in your dorm room and use before the day starts and at the end of the evenings activities.)
- MP3, iPods, Portable Music Players
- Matches and Lighters
- Tobacco products
- Games, GameBoy, PSP, etc.
- Pocket Knives
- Squirt guns

Please Remember

- While packing, please keep in mind that HOBY cannot be responsible for lost or stolen items.
- Please when possible inscribe your items with something to identify you, such as your initials, name or phone number.

STUDENT DROP OFF @ GONZAGA UNIVERSITY

The HOBY WA Seminar is hosted at:

Gonzaga University, 502 East Boone Ave., Spokane, WA 99258.

Student Drop off and Registration will be *Catherine & Monica Residence Hall*.

YOU'RE INVITED!

Parents and family are invited to attend the Parent Orientation and Closing Banquet on June 6, the final day of the seminar.

View the Map of Gonzaga: <http://www.gonzaga.edu/About/CampusMap/default.asp>.