

LDP 2025 Information Packet



Dear Leadership Development Program (LDP) participant,

Welcome to the Leadership Development Program. We are thrilled to have you as a participant and leader at camp this summer. We hope that participating in this program will have a lasting impact on your life and support future endeavors, whatever they might be!

As a participant of the Leadership Development Program, we have high expectations for you and ask that you have high expectations for yourself and those around you. The two-week experience is truly going to give back what you put in. At times you are going to be tired, challenged, and asked to extend your comfort zone. We are here by your side through it all!

Ultimately, we ask that you leap into your two-week experience feet-first, excited to learn, grow, and have the time of your life.

Again, welcome!

Dan O'Brien

Executive Director, Camp Northern Lights

and

Andy Sinykin

Executive Director, Camp du Nord

DESCRIPTION OF THE PROGRAM

The Leadership Development Program (LDP) is a leadership skill building opportunity in a wilderness setting for teenagers that have finished 9th grade through those that have completed 12th grade. YMCA Camp Northern Lights or YMCA Camp du Nord both offer this program.

The goal of the program is to help participants develop and practice leadership skills while contributing to the mission of Camp du Nord: to strengthen families by providing opportunities for individual and family growth, supporting spiritual development, and enhancing environmental awareness in a wilderness setting.

Participants will work towards learning what it means to be an exceptional leader in and outside of the family camp community by working through a set curriculum, by volunteering to help with camp activities, and by interacting with families. The curriculum for each summer is set around the LDP Triangle structure of wilderness skills, personal development, and community awareness. All sessions during the two weeks should revolve around those three key factors.

Participants will partake in a wide variety of structured educational sessions. All sessions will focus on one, two, or all three points of the LDP Triangle.

Wilderness Skills - work towards mastery of basic and complex skills so that participants are able to then teach them confidently and independently.

Personal Development - while learning what it means to be an exceptional leader, participants will begin/continue to learn more about themselves and what/how they can contribute in communities in and outside of du Nord.

Community Awareness - participants will learn what it means to be a part of a community and what it means to be a good community member.

CODE OF COMMUNITY

We expect that all members of the Family Camp community will behave maturely, responsibly, inclusively, and respect the rights and dignity of others.

All actions at Family Camp will reflect the YMCA Five Core Values: Caring, Honesty, Respect, and Responsibility, and Equity

Examples of behavior that you agree to not engage in as a Family Camper include:

- Using abusive or vulgar language, name-calling or shouting at others in anger;
- Physical contact with another person in an angry or threatening way.
- Any demonstration of sexual activity or sexual contact that impacts others.
- Exclusive relationships.
- Harassment or intimidation by words, gestures, body language or any other menacing behavior.
- Theft or behavior which results in the destruction of property or the natural environment.
- Carrying, concealing or using devices or objects as weapons (We make an exception for standard camping knives that have blades less than three inches long and fillet knives).
- Using or possessing illegal chemicals, alcohol, tobacco, or marijuana, including nicotine gum, vapes and e-cigarettes, on YMCA property and throughout the experience.
- Engaging in intentionally risky behavior that endangers the wellbeing of self or others.

Camp reserves the right to dismiss any camper who does not follow respectful behavior expectations as outlined above. If a camper is dismissed, there will be no refund of session fees and the parent or guardian of the camper will be held responsible for the camper's early transportation home from camp.

PROGRAM SCHEDULE

Sunday – Arrival Day

1:00 – 3:00	3:00 – 6:30	6:30 – 11:00
<ul style="list-style-type: none"> • Arrive @ Camp • Lunch • Settle into Cabins • Welcome and Introductions • Overview of LDP Session and Upcoming Week 	<ul style="list-style-type: none"> • Get To Know You Activities • Skit Planning • Dinner 	<ul style="list-style-type: none"> • Sunday Meeting • Opening Celebration • Program Expectations and Community Agreement • Lights Out – 11pm

Monday – Friday

8:00	9:30	12:30	2:00-4:00	4:30-5:30	5:30	7:00	Evening	11pm
Breakfast @ Dining Hall	Age Groups	Lunch	Leadership Sessions or Program Support	Biffy Cleaning, Cabin Greeting	Dinner	Evening Program	Leadership Session	Lights Out

Saturday – Sunday (Mid-Session)

8:00	9:00 – 12:00	12:00 - Night	Sunday Morning
Breakfast	Support Cabin Cleaning	Lunch LDP Overnight Camping Trip!	Return. Unpack. Clean.

Saturday (End of Session)

8:00	9:00 – 11:00	1:00 – 9:00
Breakfast	Cabin Cleaning Lunch	Adventure Celebration Wrap-up Saunas

Definitions, Descriptions, Responsibilities

Age Group – In the morning, campers are broken up into groups of all ages, from 0-18. LDP will be assigned to support an age group both weeks.

Cabin Cleaning – As part of the du Nord community, we ask campers to clean their cabins before departure. Sometimes cabins look great, other times, not so much. On Saturday mornings, staff disperse across camp to clean cabins and get them prepared for the following week. LDP support cleaning.

Meals – Breakfast, Lunch, and Dinner are provided as part of the cost to participate as an LDP. At breakfast, LDP can sit with one another or with staff. At lunch and dinner it is expected that LDP will sit with families. ***Tip: Sit with a friend to make it less daunting!**

Overnight – In the middle of the two-week session, LDP embark on an overnight camping trip. The goal of the trip is two-fold: 1. To gain outdoor skills. 2. To be together as a group. It is expected that all LDP participants attend the overnight camping trip.

Program Support or Breakout Sessions – On some afternoons, LDP are asked to support camp programming. LDP could be assigned to locations such as: Outdoor Activity Center, Family Arts Center, The Beach, Field Games, and more.

Session (Meaning #1) – At du Nord we call the entire two-week experience a 'session' (Ex: If you are attending camp from June 9-23, you are in Session One, other dates correspond with following sessions).

Session (Meaning #2) – Also at du Nord we call our leadership programming 'sessions'. (Ex: "Tonight we are doing a session on public speaking")

Skit Planning – LDP are asked to introduce themselves at Opening Celebration as a skit!
LDPs can be involved up to their level of comfort.

Transportation

LDP participants are encouraged to ride the bus to camp for their program session. There is a \$40 round-trip fee for transportation to and from each session.

Departure/Return Information

Location: White Bear Area YMCA, 2100 Orchard Ln, White Bear Lake, MN 55110

Departure: Arrive at WBL Area Y by 7:30am for a 7:45am departure to camp on the 1st Sunday of your session.

Return: The bus typically returns to the WBL Area Y between 5:30pm and 6:00pm on the Sunday after each program session concludes.

In the case that the bus will not arrive on time for departure or return, Camp du Nord staff and/or LDP participants will reach out to all parents and guardians via email and/or phone call.

If participant families need to get in touch with Camp du Nord staff, contact information will be provided in a pre-camp email.

Safety Expectations

- LDP Staff (or staff assigned to chaperone) must carry health history information, including health forms, signed permissions from parents/guardians to seek medical treatment, and emergency contact information.
- All passengers must receive a brief orientation prior to departure. Training topics should include wearing seat belts, remaining seated while the vehicle is in motion, assuring exit doors are not blocked, and not distracting the driver.
- YMCA Staff should ensure that passengers are following written expectations above, while also managing behavior, accounting for all passengers.
- When traveling off-site in a vehicle, LDP staff must leave a list of passengers, destination, estimated return time, and provide contact information for staff supervising.

LDP are not allowed to bring personal vehicles to camp. If an exception is made, vehicles must be left in the Pine Pointe parking lot for the duration of the program session.

Lodging

LDP participants stay at the Superior Complex in Pine Pointe Village. The buildings are set up with two sleeping cabins and one shared meeting space. Sleeping cabins are assigned to LDP based on gender identity.

Lodging expectations:

- Sleeping quarters and the shared meeting space is to be kept clean and orderly for the entirety of the LDP Session. At the end of each day, the space should be picked up and organized.
- In the middle of the two-week session there should be a 'deep clean'. At the end of the two-week session there will be another deep clean to ensure that the space is ready for the incoming LDP group.
- Food is only allowed in the shared meeting space. There is no food allowed in sleeping cabins.
- Personal belongings should only be touched by the owner of said belongings, unless given permission from the LDP participant.
- LDP participants must only occupy their own bed. There is no sharing of bed space at any time.
- Bathrooms and shower spaces are for single use. There should never be more than one participant in those spaces at any given time.
- Quiet hours are from 10:00 p.m. until 7:30 a.m. All campers, including LDP participants, are expected to adhere to this policy.
- Lights out is at 11 p.m. It is expected that LDP get a good night sleep and are prepared to be fully engaged in programming each day.

YMCA CAMP DU NORD

2024 LEADERSHIP DEVELOPMENT PROGRAM

What to Bring and What Not to Bring to Camp

LDP's can expect to spend some time out on trail but the majority of time will be spent in camp. You should come prepared for both. We expect you to wear family camp appropriate clothing!

Clothing and Toiletry

- Typical camp clothing (they will get dirty)
- Swimsuit
- Everyday toiletries
- Hand, bath and beach towels
- Face cloths

Outerwear

- Trail hat and sunglasses for protection from the sun
- Winter hat for cold nights on trail
- Rain Gear
- Warm gloves
- Warm clothes (layers are best, polypropylene, wool work well)

Footwear

- Shoes/boots that you can hike in and get wet.
- One pair of lightweight shoes (tennis shoes, sandals with a backstrap etc.) for in-camp and evenings on trail.
- 1-2 pairs of wool socks for trail

Bedding

- Warm sleeping bag (camp has a limited amount available)
or
- Single-sized twin long sheets and blankets. (It may be cold on trail and in your cabin at night, so be prepared)
- Pillow, for in-camp use.

Miscellaneous

Book/Journal	Sunscreen
Camera (ideally not on phone)	Flashlight
	Watch
Musical Instruments	
Pocketknife (trail use only)	
Insect Repellent	
Backpack	

Do Not Bring:

Clothing with inappropriate language or labels

Animals

Weapons (pocketknives are ok)

Personal Vehicles

Personal Recreation Equipment (contact du Nord staff for specifics)

Alcohol, Drugs, Drug Paraphernalia, Tobacco Products, Nicotine Products

Cell Phones are expected to be used minimally and only in LDP housing.

**If you have any questions, please call our Camp Office at 218-365-0365 or email Cole Davis-Roberts at cole.davis-roberts@ymcamn.org.*

Health and Safety

CampDoc

The Y of the North uses CampDoc as its software to track health history, immunizations, insurance information, emergency contact information, and more.

It is expected that all LDP participants complete their CampDoc forms at least one week prior to the first day of their session.

This information both helps our staff team understand the needs of LDP participants but also gives important information if the participant were to have an injury or illness during their time at camp.

Medication

In the CampDoc form submission, parents/guardians can authorize the YMCA of the North to administer medications.

Upon arrival to camp, du Nord staff will collect any medications to be administered during the camper's enrollment in the Leadership Development Program.

Medications are kept in a locked container and will be administered by leadership staff or LDP staff members. Camp maintains a recordkeeping system of all medication administration.

Injury and Illness

Injuries and illnesses can happen. In the case of an injury or illness, parents/guardians will receive communication from camp staff. Communication will occur if any of the following are present:

- Participant receives medical care from camp staff that prohibits their ability to engage in programmed activities.
- Participant feels too ill to engage in programmed activities.
- Participant requires a visit to hospital or clinic.
- Participant exhibits allergic response that could inhibit ability to engage in programmed activity if symptoms persist.
- Participant is experiencing mental health challenges that could inhibit ability to engage in programmed activity if symptoms persist.

