

# AP

## Chapters 23 & 26

### 2010 Regional Spring Conference



# What's in your bounce?

March 24-26, 2010  
YMCA Blue Ridge Assembly

# What's in your bounce?

## Introduction

What gets you excited about working for the YMCA? Maybe it's the 3 year olds that are learning to play basketball, the family that has joined and is now making healthy life style choices, the senior adult regaining strength by doing water aerobics or is it.....you fill in the blanks. That is what's in your bounce! And now more than ever, kids, families and communities we serve need our bounce.

This Spring Conference is an opportunity for new and tenured staff alike to attend dynamic leadership training sessions, fantastic networking opportunities and fellowship with colleagues and friends on the beautiful grounds of YMCA Blue Ridge Assembly. All three of the above mentioned will help you wherever you bounce at your YMCA. Be sure not to miss out on this great opportunity!



## The AYP Emergency Assistance Fund (EAF)

The EAF provides financial aid when an accident, illness, death of a loved one, disaster or other crisis strikes. Grants of up to \$10,000 are made to active and retired Y professionals, as well as family members. The EAF Fund is supported by the very people it helps - YMCA professionals.

The EAF Auction is an annual conference event for attendees to help raise money for this special need. Bring money to bid on such items as YMCA training sessions, gift baskets, pottery, Y-apparel and much more. Credit cards, checks and cash are welcome.

Payment must be made at the auction.

## Keynote ~ Kyle Matthews

In almost two decades of writing and performing his songs, Kyle Matthews has emerged as one of Christian music's most prolific songwriters. Of his over 60 cuts by major artists of disparate genres, he has penned such well known songs as "If You Want Me To," recorded by Ginny Owens, "Everything and Nothing," recorded by Vince Gill, "One and the Same," recorded by Cece Winans, and "God Forbid," recorded by Point of Grace, and "Been Thru the Water," recorded by Kyle.

Kyle's itinerant, ecumenical ministry includes opportunities that allow him to blend his songs and storytelling with preaching and teaching. His music company, "See for Yourself Music," produces recordings, print music, and devotional materials. He has served as a teaching resource for the Staley Foundation, the Gospel Music Academy, and the Samuel Project.

But Kyle's music is only a reflection of his deeper commitment to sound theology and spiritual health. Part of his mission is to motivate people to serve others in a way that allows them to meet Christ in "the least of these." In that endeavor, he was for twelve years a recruiter for the Wherry Project, a transitional housing ministry near Nashville, TN. Kyle also serves on the board of directors for Hand Up Africa, and he is a child sponsor and sponsor recruiter for Compassion International.

Kyle lives in Greenville, SC with his wife Susan and children Emily and Christopher, where he ministers to a local congregation, contributes to worship and coordinates mission opportunities.

## Keynote ~ James White

James White is Senior Vice President of Leadership Development of YMCA of the Triangle and Senior Pastor of Christ Our King Community Church, Cary, NC.

A graduate of East Carolina University (1983), he and his wife Cynthia have three children, Christa, Alexis, and Justin. James and Cynthia served with Campus Crusade for Christ for 20 years. During their time with Campus Crusade they served on the Campus of Howard University for 8 years. White moved his family to the Triangle Area to serve as a part of the teaching faculty of the Communication Center where James was a teacher and trainer in evangelistic speaking and analyzing culture.

James has served as the Director of Research and Development of the Hand Up Foundation; an adjunct fellow for the Welfare Policy Center at the Hudson Institute; and a board member for Carver Bible College located in Atlanta GA. In addition he has served as a consultant for several organizations concerning the issue of diversity and community in the marketplace including: YMCA of the Triangle Area, Cleveland County YMCA, Marriott Corporation of Orlando, Florida, CC Mangum Corporation, The Centers for Youth and Families of Little Rock, Arkansas, and IBM Diversity Awareness Week.

He has been a guest lecturer on several college campuses across the country, a featured speaker for the Canadian Pro Football League, a chapel speaker for several National Football League teams, and a contributing author for periodicals and books as well as being the author of the African American Devotional Bible.

# Workshop Descriptions

**BOUNCE Back** Real change is about you! YOU – AN OWNER’S MANUAL-attention all health seekers – YES - You – Y employee. This workshop will be about taking care of your own health. Presenter: Vickey Beard, Chapter 26 President

**Look as you BOUNCE** Navigating a career change. This workshop will be about knowing when its time to make a change within the movement and how to effectively make that career move after you decide to accept the position. Presenter: Pete Shattuck, VP YMCA of Memphis and Mid-South

**BOUNCING Around** Changing jobs and finding your right fit. This workshop is about how to discover your right fit-the niche that allows you to make the biggest impact and enjoy the deepest satisfaction. Presenter: Bill Van De Griek, Director of Training, YMCA of Middle Tennessee

**Do your prayers BOUNCE off the ceiling?** Keeping the mission alive in your own life. This workshop will be about how to keep the Y FIRE at the forefront of your daily life. Presenter: Ira Reasons, YUSA Regional Director

**Put BOUNCE into Your Meetings** You work for the YMCA (You Meet Constantly Association) and if you are going to spend 22 hours of your week in meetings you better make them interesting. This session will talk you out of having some of your meetings and make the ones you do have more efficient and enjoyable for you and your staff. Presenter: Dave Bell, Director of Camping Programs, YMCA Greater Charlotte

**How to BOUNCE out of the Box Creatively** Will help those creatively challenged realize that with the proper reinforcement you can be highly imaginative. Presenter: Lydia Warren and Allison Simmons, YMCA of the Triangle

**The BALL is in My Court** Will help employees learn the essentials of handling their own financial planning. Determine the role you need to play in preparing for your future. Presenter: Jim Arnold, South Atlantic Brokerage Group

**I Need AIR** Teaches Y employees on how to maintain balance without losing productivity. Presenter: Kim Ballard, COO YMCA of East Tennessee

**BOUNCE Forward** Helps YMCA directors realize that past performance is no guarantee of future results and you must continue to develop skills that help you move in the movement. Presenter: Connie Kendrick, Senior Vice President of Leadership Development and YExperience

**How High Can You BOUNCE?** Turn your setbacks to comebacks. This workshop focuses on what to do when you find yourself feeling stuck. That feeling is the first step to awareness of new opportunities in your career and your life. Presenter: Keith Coss, VP YMCA of Middle Tennessee

**BOING** Four communication mistakes Y Directors make. This workshop is about crucial conversations and the importance of communicating effectively with others. Presenter: Ted Cornelius, A Listen First Trainer

# Schedule of Events

## Wednesday, March 24

- 3:00 - 6:30 p.m. Registration and Check-In Begin  
5:00 - 6:30 Dinner (On your own)\*  
7:00 p.m. Opening Session with Keynote Kyle Matthews

\*Dinner is on your own!

There are many fabulous places to enjoy in both Black Mountain and Asheville.

## Thursday, March 25

- 7:30 - 8:00 a.m. Celebration through Prayer and Music in Chapel  
8:00 - 8:45 Breakfast  
8:45 - 9:15 Opening Session in Chapel  
9:30 - 10:45 Workshops  
11:00 - 12:15 Workshops  
12:30 - 1:15 p.m. Lunch  
1:30 - 2:30 Afternoon Session in Chapel  
2:45 - 4:00 Workshops  
4:00 - 6:00 Free Time  
6:00 - 6:30 CEO/COO Reception Hosted by AYP & Blue Ridge  
6:30 - 8:30 Recognition Awards Banquet & Live Auction

## Friday, March 26

- 8:00 - 8:45 a.m. Breakfast  
9:00 - 11:00 Closing Session with Keynote James White  
11:00 Check-out of Rooms and Bounce Home

