



Naperville Operation Snowball

invites you to *“Experience Your Potential”*

by attending

Here For You!

-A teen led and adult guided experience
snow.360youthservices.org

October 25th, 26th, & 27th, 2019

Begins Friday Morning, 7:45 a.m.

Camp Nageela, 26710 Nippersink Rd.

Ingleside, Illinois

Transportation to Camp is Provided

(Participants need to find their own transportation home.)

Leadership Team

Teen Directors: Lauren Somers
Morgan Carioscia
Quinn Dzieginski
Adult Directors: Keith Fedyski
Kate Keir

Skit Leader : Colleen Patsavas
Workshop Leader: Megan Coleman
Student Support Leader: Joe Curran



Parents: For more information about Operation Snowball, go to
snow.360youthservices.org

Operation Snowball is a retreat-type leadership program that allows teens to participate in small group discussions about issues that are important to them. Presentations, workshops, activities, and the small group discussions all combine to assist teens in learning more about healthy choices and enhance their self-esteem and confidence. The emphasis is on developing and refining responsible decision making skills and creating a positive impact on their peers. The name comes from the idea that, "If I have a positive impact on you, you can have a positive impact on someone else, and the effect Snowballs." The program began as a teen-led/ adult guided, alcohol, tobacco, and drug abuse prevention program, and has expanded into a program that makes a difference in teens' lives in hundreds of different ways.

The event begins with our teen staff helping everyone check in Friday morning and get acquainted before getting on the bus to camp. After checking into your dorm at camp, you will meet your small group. Your small group is your family for the next three days and will meet frequently throughout the weekend - usually after large group presentations. Each small group is led by a teen and adult staffer and may include an adult participant. Large groups are created and led by our staff. Each one is different, but we always talk about taking a chance on Snowball, being yourself, meeting new people, and making healthy choices. Part of Snowball is devoted to mini-workshops. Workshop topics range from very silly to very serious. (You get to choose.) We also have a no-talent talent show Friday night, free time, and lots of opportunities to meet new people or see old friends at meals or at our other activities. Of course, we eat a lot too! Camp provides our meals and bed-time snack, and small groups are known for also having a great snack supply!

Snowball takes place at Camp Nageela, a 'rural' retreat far enough from the Naperville area to become immersed in the three-day weekend. Each Snowball weekend is planned by teen directors and a teen staff who know the current issues and what you want to do and hear. You choose the workshops you want to attend, and you hear about topics of interest to you.

We hope that everyone who attends Snowball will take the spirit of the event home with them. The Snowball perspective allows teens to make a positive impact on their peers at school and in their community. In addition to increasing the likelihood that teens will continue making healthy choices about substances and other behaviors, it is proven that Snowball is also effective in increasing leadership skills and self-esteem, making teens less susceptible to negative peer pressure.

How much does it cost?

The cost of your 3-day Snowball experience is \$235, and checks should be made payable to 360 Youth Services. The fee includes food, transportation to camp, lodging, 6 meals, and a Snowball t-shirt. Refunds after the September 30th deadline are for medical emergencies only. Students in need of financial assistance should request information from their school's Snowball contact. The minimum age requirement to attend as an adult participant is at least four full academic calendar years post high-school graduation.

If you would like to make a tax-deductible donation in any amount to the Snowball sponsorship fund to help a teen who is not financially able to attend, please include a separate check, also payable to 360 Youth Services. Thank you for your generosity!

Expectations:

- You will be there for the entire event
- You are open to experience the weekend and benefit from the program.
- Use of alcohol, tobacco, electronic cigarettes / vaping products, or other drugs not dispensed by our staff nurse is strictly forbidden. Any violation will result in dismissal from the event. Parents will be notified to come pick you up from camp.
- **You will leave your cell phone at home.** (You might be surprised at how good it feels!)
- You will be responsible about making up any missed school assignments.
- Appropriate attire in keeping with your school's dress code
- All medications will be turned in to the staff nurse upon arrival
- You will have fun!

How do I sign up?

Registration packets will be available in all schools on Monday, September 9th. Registration closes Monday, September 30th, and all registration forms (white pages insert) must be returned to your school contact by that date. Upon confirmation of registration, you will receive a packet of detailed information, including maps, event expectations, and a checklist of what to bring. NO registrations will be accepted after the September 30th deadline. Registrations are taken on a first come, first served basis and fill quickly.

School Contacts

Return Completed Packet To:

MVHS - Mr. Solgos, E220 Office
NCHS — Ms. Fertel, Student Services
NNHS - Mrs. Costanza, Health Office

NVHS – Mrs. Marple, Senior House
Mr. Gerald, Senior House
WVHS - Ms. Ratchev, Pride House



Operation Snowball Registration Form

The Fall, 2019 Snowball event is scheduled for October 25th, 26th, & 27th. Registration begins the week of September 9th and ends Monday, September 30th. The cost of the 3-day Snowball experience is \$235, and checks should be made payable to **360 Youth Services**. Students in need of financial assistance should request information from their school's Snowball contact. Refunds for cancellations after the September 30th deadline will be for medical emergencies only. Please complete all sections of this registration packet and return to your school contact with your registration fee before September 30th, 2019. The minimum age requirement to attend as an adult participant is at least four full academic calendar years post high school graduation.

Participant's Name: _____ / _____
Preferred name for nametag, if applicable

ID # _____ School _____

Gender _____ Age _____ Grade _____

Address: _____
Street
_____ / _____ / _____
City State Zip

Home Phone: _____

Your Cell Phone: _____

Your E-mail _____

Parent Cell: _____

Parent E-Mail: _____

Parent(s) Name(s) _____

I give my permission for the above participant's contact information to be shared with event participants. _____ Yes _____ No

Have you ever attended a Snowball event? _____ Yes _____ No

T-Shirt Size Preference: S M L XL or 2XL



Operation Snowball Permission, Waiver, and Agreement

PARENTS AND PARTICIPANTS: Please read the following permission and waiver form. Your signature indicates understanding and agreement with Operation Snowball policies.

As a parent /guardian of _____, I give my permission for this teen to attend the Naperville Operation Snowball retreat to be held at Camp Nageela the weekend of October 25th, 26th, & 27th.

I designate all matters of emergency decisions to Naperville Operation Snowball authorities and hereby release Naperville Operation Snowball and 360 Youth Services from any liability for accidents. I further understand that I will be notified in case of any problems or disruptive behaviors on my child's part and will assume responsibility for them. I hereby release and hold harmless Naperville Operation Snowball and any person associated with Naperville Operation Snowball, from any and all liabilities during the Naperville Operation Snowball retreat.

Participant Signature: _____ / _____
Date

Parent / Guardian Signature: _____ / _____
Date

Name and primary phone # of person responsible to pick up participant in the event they need to be sent home:

Person: _____ Phone #: _____

*******CELL PHONE USAGE*******

The personal growth and process of self-discovery that Snowball offers is only possible when participants are able to remain focused on the retreat. Therefore, **PARTICIPANTS ARE NOT ALLOWED TO HAVE CELL PHONES** on the weekend and will be required to turn them in at registration. Any phones brought on the weekend will be held by staff until Sunday afternoon. Students can be reached for any home emergencies by calling Kate Keir at 630.447.9276. Emergency messages will be delivered quickly.

I understand that my student will not be allowed to bring a cell phone on the weekend and failure to comply will result in confiscation until the end of the retreat.

Parent / Guardian Signature / Date

I also acknowledge that my student might feel the need to remain in contact with some Snowball adult staff through group messaging post event.

Parent / Guardian Signature / Date



Operation Snowball Liability, Transportation, Photo and Housing Release

PARENTS AND PARTICIPANTS: Please read the following release form. Your signature indicates understanding and agreement with Operation Snowball policies.

Name of Participant: _____

I understand that Operation Snowball will provide transportation to Camp Nageela near Ingleside on Friday morning and that the **PARENT/GUARDIAN is responsible for transportation home from camp on Sunday.**

I understand that Naperville Operation Snowball is not a treatment or recovery program. The participant agrees to follow the camp guidelines and the direction of Naperville Operation Snowball staff. Should any issue arise that requires coordination between Naperville Operation Snowball's Director(s) and appropriate school staff (i.e. Principal, Dean, School Counselor, Social Worker, Nurse, Resource Officers), I authorize the school, as well as 360 Youth Services (representing Naperville Operation Snowball) to release and disclose verbally, or in writing, any information deemed necessary to coordinate service(s) and aid in response for a period from receipt of registration until two months after the retreat.

I grant my permission for the taking of photographs and/or video at the Naperville Operation Snowball event in which the above-named participant may be included. I understand that such photographs and/or video will be used for publicity and fund raising purposes only.

Camp sleeping quarters and bathrooms/showers are communal and lack privacy. Housing is divided into male, female, and gender-neutral housing. Participants are not permitted in sleeping areas besides their own room. Snowball rules and camp health regulations do not allow more than one person per bed. Snowball is not able to change housing requests on the weekend. Please contact Kate at 630-961-2992 x 1130 prior to the event for housing questions and/or information about the gender-neutral housing option.

Participant Signature: _____ / _____
Date

Parent / Guardian Signature: _____ / _____
Date



NAPERVILLE OPERATION SNOWBALL REGISTRATION FORM HEALTH STATEMENTS & PARENT APPROVAL FORM

Participant Name: _____ DOB: _____

Preferred Name (if applicable) _____ Gender: _____

Address: _____ / _____ / _____
Street City Zip

Home Phone: _____ Parent Cell Phone: _____

Information noted in the following sections is considered confidential.

Please note any information 360 personnel should be aware of to help ensure the safety and well-being of the above-named participant.

EMERGENCY CONTACT INFORMATION:

In case of emergency, please call _____ @ Phone # _____

Alternate contact (if parent cannot be reached): _____ @ Phone #: _____

Our family physician is: _____ Physician's #: _____

Date of last Tetanus Immunization: _____

HEALTH INFORMATION:

Allergies	<input type="checkbox"/> No known allergies <input type="checkbox"/> Is allergic to: <input type="checkbox"/> Food <input type="checkbox"/> Medicine <input type="checkbox"/> The environment (insects, hay fever, etc.) <input type="checkbox"/> Other: Please describe what the participant is allergic to and the reaction seen:																		
Diet/Nutrition	<input type="checkbox"/> Participant eats a regular diet <input type="checkbox"/> Participant eats a regular vegetarian diet <input type="checkbox"/> Participant has special food needs (please describe below):																		
Medication	<input type="checkbox"/> No daily medications <input type="checkbox"/> Will take the following prescribed medication(s) while at camp (describe name, dose, and frequency below): Please note: These medications must be clearly marked with participant's name and brought in a container appropriately labeled by a pharmacy or physician. <i>If the participant is put on the medication after this health form is submitted, SEND A NOTE WITH: name, dose, frequency, instructions, and parent signature.</i> All medications must be reviewed and be given to the staff nurse at registration.																		
Non-Prescription Medications	The following non-prescription medications are commonly stocked in camp health centers and are used on an <u>as-needed basis</u> to manage illness and injury. Cross out those items the participant should NOT be given: <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">Acetaminophen (Tylenol)</td> <td style="width: 33%;">Dextromethorphan</td> <td style="width: 33%;">Bismuth subsalicylate (Pepto-Bismol)</td> </tr> <tr> <td>Ibuprofen (Advil, Motrin)</td> <td>Diphenhydramine (Benadryl)</td> <td>Laxatives for constipation (Ex-Lax)</td> </tr> <tr> <td>Phenylephrine (Sudafed PE)</td> <td>Generic cough drops</td> <td>Hydrocortisone 1% cream</td> </tr> <tr> <td>Pseudoephedrine (Sudafed)</td> <td>Chloraseptic (Sore throat spray)</td> <td>Topical antibiotic cream (Neosporin)</td> </tr> <tr> <td>Chlorpheniramine maleate</td> <td>Lice shampoo or scabies cream (Nix or Elimite)</td> <td>Aloe</td> </tr> <tr> <td>Guaifenesin</td> <td>Calamine lotion</td> <td></td> </tr> </table>	Acetaminophen (Tylenol)	Dextromethorphan	Bismuth subsalicylate (Pepto-Bismol)	Ibuprofen (Advil, Motrin)	Diphenhydramine (Benadryl)	Laxatives for constipation (Ex-Lax)	Phenylephrine (Sudafed PE)	Generic cough drops	Hydrocortisone 1% cream	Pseudoephedrine (Sudafed)	Chloraseptic (Sore throat spray)	Topical antibiotic cream (Neosporin)	Chlorpheniramine maleate	Lice shampoo or scabies cream (Nix or Elimite)	Aloe	Guaifenesin	Calamine lotion	
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Are there any other conditions that would be helpful for us to know about? _____ Yes _____ No Examples: recent hospitalization / asthma / autism spectrum / anxiety, / mental health issues / epilepsy, etc. If yes, please explain:																			

I understand that first aid will be available and the participants will be closely supervised. I understand that in case of serious injury or illness, I will be notified. If it is impossible to contact me, I authorize the Staff Nurse or Adult Director to give permission for emergency medical treatment or surgery as recommended by an attending physician.

Participant Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____



Fall 2019 Mini Workshops

You will attend one workshop on Friday and one workshop on Saturday. Please number (1, 2, 3) your first, second and third choices for each day. We try to honor your selections; however, some workshops have a limited number of spaces available. Descriptions of the workshops are found on the following pages.

Participant Name: _____

Friday

- _____ Alternative Therapy
- _____ A-Maze-Ing
- _____ Casting Away Stress
- _____ Empowerment
- _____ Family Ties
- _____ How Do You Cope?
- _____ Improvisation
- _____ Kindergarten
- _____ No Waxy Buildup
- _____ Taking Back What is Ours
- _____ T-Time

Saturday

- _____ Adult Rap
- _____ Alternative Therapy
- _____ A-Maze-Ing
- _____ Be Yourself
- _____ Family Ties
- _____ Nature
- _____ No Waxy Buildup
- _____ Self Defense
- _____ Sensible-U
- _____ Taking Back What is Ours
- _____ The Ultimate Challenge
- _____ Zumba
- _____ 10 Ways to Say No

Fall 19 Workshop Descriptions

Adult Rap: This is a chance for adult participants to get together and discuss the weekend - or whatever else is on your mind! For adult participants only. *(Saturday only)*

Alternative Therapy: Participants will explore various ways they can relax and take care of themselves and their mental health. *(Friday or Saturday)*

A-Maze-Ing: This popular workshop is a fun way to learn one of life's greatest lessons. If you have been to this workshop before, sorry, choose another one. *(Friday or Saturday)*

Be Yourself: 360 Youth Services will present what they have learned working with lesbian, gay, bisexual, transgender, and allied teens. This workshop includes an open discussion about sexual orientation and gender identity. Be a great resource for yourself, siblings, and/or friends. *(Saturday only)*

Casting Away Stress: Have you ever thought about knitting as a stress reliever and a way to help your mind problem solve? This interesting workshop will teach you a new skill that you can weave into many areas of your life. *(Friday only)*

Empowerment: A workshop that discusses current issues facing people today. A very great way to say how you really feel about the role you play in today's world, and determine ways to feel more empowered, and to empower others. *(Friday only)*

Family Ties: An experiential workshop that helps you look at your family structure from a whole new angle. Discover more about yourself and your piece of the family puzzle. This workshop is about family structures, positive and negative, and how they affect individuals within the family structure. *(Friday or Saturday)*

How Do You Cope? - Life's twists and turns can bring difficult challenges! This workshop is designed to strengthen and develop a sense of personal control by learning and practicing skills that will help you cope with challenges. *(Friday Only)*

Improvisation- Show off your creative side, and use the power of improvisation to discover how you might be able to do handle some real life situations. *(Friday only)*

Kindergarten: Come and entertain your inner child with coloring, playground games, and story time.... All the things you probably haven't done since KINDERGARTEN. *(Friday only)*

Nature: A chance to enjoy the serene beauty of the camp. Dress for outdoor weather... Rain or Shine, we will take a guided solitary walk. *(Saturday Only)*

No Waxy Buildup: This workshop cleverly explores the topic of the "masks" we wear and how they impact our lives. Participants leave this workshop feeling silky smooth and comfortable with who they are. *(Fri or Sat)*

Self Defense: Our black belt expert in self-defense will talk about how to be safe, avoid danger, and protect yourself, if needed. *(Saturday only)*

Sensible U: Mindfulness! A proven method of dealing with stress and anxiety by focusing on the present and appreciating the little things. This workshop will give you take-away tools to help reduce stress and anxiety no matter where life takes you. *(Saturday only)*

Taking Back What is Ours: Everyone experiences anxiety and/or depression at some point in their life. Therapists from Linden Oaks will lead this workshop that will focus on strategies to ease symptoms of anxiety and depression and will also talk about how to recognize the signs and symptoms that could benefit from professional help. *(Friday or Saturday)*

T-Time: This workshop welcomes anyone who'd enjoy a good workout through physical activities such as dodgeball, sharks and minos, football, and or whatever else the group wants to do. *(Friday only)*

The Ultimate Challenge: Discover the ultimate challenge through a fast paced, action packed adventure. This exciting, fun, and thought provoking workshop will challenge your physical, mental, emotional, and social dimensions of your life. Rain, shine, OR even SNOW... This workshop will be outside. *(Saturday only)*

Zumba: A workshop designed to relieve stress and encourage wellness through fitness and dance. Participants should be ready to move and shake to everything from Latin to Meringue to modern-day songs. *(Saturday only)*

10 Ways To Say "No": Peer pressure is something we all face, no matter how popular or how well liked we may be. Planning ahead with a mental script and being prepared for unexpected situations comes in handy! Come to this workshop to brainstorm a little about how to be true to yourself without offending or seeming judgmental. *(Saturday only)*

Snowball is a great place to:

- Make new friends
- Spend fun time with old friends
- Participate in teen-led small group discussions
- Discover something about yourself
- Have fun!
- Attend amazing presentations
- Play games, jump rope, be on stage, and be heard
- Learn about ways you can impact other teens as well as younger students
- Snowball is three days away from home and school. No stress, homework, or tests. No everyday problems- and a Friday out of school!
- Enjoy an entire 3 days planned just for you!

Snowball is an opportunity to find out what you and your friends really think about the things that are important to you. It is a time of processing honest feelings in order to gain an inner strength and knowledge that will give you a new perspective on life. AND IT'S FUN!!! Do yourself a favor and join us for the experience of a lifetime.

What do teens say about Snowball?

- It's a remarkable place. It surrounds you with love, friends, confidence, fun, and support.
- It's a place where a healthy lifestyle is celebrated.
- Snowball is my safe haven.
- It lets you release all the stresses and burdens that everyday life puts on a teenager.
- Snowball is not being afraid to be yourself.
- Snowball doesn't end after the retreat. The friendships made there last for years to come.
- Snowball let me quit hiding behind the shadows of everyday life **and** just be myself.
- Snowball is a place where you can go and make the best friends. They don't judge you, and they listen to what you have to say.
- Snowball is about making healthy decisions and being supported the whole time!
- I was never afraid to open up at the event.
- It's FUN!

If you have any questions, or need more information, please see your school contact, or call Kate Keir at 630.961.2992 x 1130