

**LEAP Youth Training**  
Teen Confirmation Packet

Monday - Thursday

June 12 – 15, 2023

**LEAP Youth Training**

**Monday – Thursday: June 12th – 15th**

Dear Participant,

Welcome! And get ready for an AMAZING 4 days!

Check-in at Pine Springs Ranch Christian Camp and Conference Center will be between 8:00 a.m. and 9:30 a.m. on Monday, June 12th. All meals and snacks are provided during the camp except Monday breakfast.

BRING YOUR BAGS, bedding and any remaining paperwork to the registration table at the Pine Springs Ranch Lodge.

Complete all online forms prior to attending:

* Pre-LEAP homework
* Personal Assessment
* Campground Rules
* All the forms your parent or guardians have signed

**All this paperwork must be completed prior to attending the training.** After you check-in, get your nametag and room assignment and settle in. The LEAP Youth Training begins exactly at 10:00 a.m. on Monday morning in the Chaparral Room (downstairs on the right side of the Lodge when looking from the parking lot).

Graduation Celebration is on Thursday, June 15th from 7:00 p.m. to 8:30 p.m. Invite your parents and guests. The LEAP Youth Training ends at approximately 8:30 p.m. on Thursday evening. You won’t want to leave!

Graduate Meeting: A LEAP Graduate Meeting will be held about 3 weeks after the training, on Sunday, July 9, from 3:00-8:00 p.m., at 11590 Crafton Ave., Redlands, CA. This is a fun, extremely valuable time. You’ll want to plan to be there!

Support Phone call: Before you attend LEAP, a member of our team will schedule a time to call and talk with you. This call is to encourage you in what you want to accomplish during the four days and to answer any questions that you may have. This call could last as long as 1 hour.

Ground Rules: We ask you to honor these during the LEAP Youth Training. They are very simple. Here are a few examples of them:

1. Participants will be on time.
2. Participants will attend all sessions.
3. Participants are required to hold other people’s experiences in confidence.

This third ground rule helps us honor each other and to create a safe and loving place where you can talk openly and honestly. You are, however, free to tell others what you have personally experienced and learned during your time here. (A complete list of the ground rules is just below).

We’re excited you’ll be there. *Expect to have an amazing time!*

LEAP Participant Ground Rules

1. Maintain absolute confidentiality of other people’s experience.

2. Be on time. A one-minute warning will be given. Be in your seat by the end of the one minute.

3. Ask questions, talk and share only when acknowledged by the trainer(s) or during designated sharing periods. Do not side talk.

4. Eat, chew gum and drink beverages outside the training room only.

(There is no smoking permitted on the camp grounds.)

5. Complete the training.

6. Wear your nametag visibly at all times during the training. Turn your nametag in at meals and at the end of each day.

7. Abide by the curfew provided each evening.

8. Keep cell phones off inside the training room.

(Note the emergency number posted on the door.)

9. Hold each other to the ground rules.

Hours of the LEAP Youth Training

*You will be at camp and staying overnight the complete duration of the 4 days.*

Monday, June 12th

8:00 a.m. - 9:30 a.m.: Check-in at Pine Springs Ranch Lodge

10:00 a.m. - approx. 10:00 p.m.: Youth training

Tuesday, June 13th

9:00 a.m. - approx. 10:00 p.m.: Youth training

Wednesday, June 14th

9:00 a.m. - approx. 10:00 p.m.: Youth training

Thursday, June 15th

9:00 a.m. - 8:30 p.m.: Youth training and graduation

5:30 p.m. - 7:00 p.m.: Parent Meeting

7:00 p.m. - 8:30 p.m.: Graduation Celebration (parents and guests strongly encouraged to attend)

After breakfast, each day of the training begins at 9:00 a.m. There will be a lunch break and a dinner break. It is important that you take responsibility for getting enough rest and eating well during the training. All meals and snacks are provided except for breakfast on Monday. Outside activities or appointments are not possible during this time.

What’s Up With Your 4 Days?!

Ground Rules: The purpose of these rules is to help you and the group work together to accomplish your goals. On the first day, the Trainer will ask that you agree to several simple ground rules.

Mini-Lectures: The Trainer or teens may offer points of view about different subjects. Whether you agree or disagree is your choice. Be willing to discuss and explore your perspective with others in the group. The value will be in getting clear about what you really do believe and testing out how you stand for what you believe. The Trainer will speak about things that relate to a Christian’s life of love and forgiveness. The main standard to measure our relationships with is “love your neighbor as yourself.” It is a starting place, a foundation for us to learn how to live and love other people.

Sharing: Sharing is voluntary. Sharing can happen one-on-one, in small groups or with the whole group. All during the training you will have a chance to know yourself better by sharing, talking about what you are thinking, what you are learning and hearing about your own and other’s experiences. Just like in life, participation equals value! The more you participate, the more value that you experience and the more you create for others.

Small Group Exercises: You will, at different times, meet with a group of about 4-6 other participants for casual discussions or specific relational exercises.

One-on-One Interaction: In order to make progress, you may be asked to answer a number of questions, tell a story, complete sentences or take on a particular body position (like standing up). You will have an opportunity to see new solutions for the problems and issues that you struggle with and to support the other participants to do the same. Sometimes teens find this an intense or emotional experience. Please be honest about your feelings at all times.

Listening: To increase your ability to listen carefully and to discover how well you listen, occasionally the Trainer will request that you close your eyes.

Interaction with the Trainer: At times you may be talking directly with the Trainer. The Trainer will challenge you to look at your life in terms of personal responsibility, to consider what prices you and others pay for your decisions, to consider where you play the “victim” and where you take responsibility for your choices. You may feel challenged, anxious and uncomfortable when looking at your life and your choices from other perspectives or working with things that you are not used to addressing.

Ropes Course: This outdoor part of the training will be held on a ropes/challenge course. The physical challenges are designed to reveal how you deal with obstacles in your life. Some activities require personal motivation and courage. Others depend on teamwork and solving problems together. You will have the opportunity to experience how valuable you are to those around you. Note that any work up in the trees is done with full-body safety harnesses.

Music: Music is an important part of the LEAP Youth Training. The music is adapted to many preferences and styles and is always thematic. You are encouraged to listen to the words as well as the tune.

Homework: During evening or meal breaks throughout the training you will be asked to complete written homework. The homework is designed to prepare and support you for the next phase of the training. It will usually take at least 30-45 minutes to complete each time.

Worship: You will discover and explore your own creative and powerful expressions of worship and have the opportunity to be involved in individual and group worship during the training.

Challenge: During the training all parts of your being will be engaged and challenged: intellectually, emotionally, physically and spiritually. You may experience thoughts, feelings or sensations that are new or unique. This is an exciting learning experience that will include a high degree of personal challenge. Your participation is your choice. Think about the opportunity to confront your struggles, fears and limitations head-on and go for it!

Benefits and Concepts of the LEAP Youth Training

1. Giving and receiving honest feedback.
2. Exploring how we think people perceive us and how people REALLY DO perceive us.
3. Seeing what it takes to listen to people, receiving feedback and having it contribute to our lives.
4. Exploring the value of feedback and its purposes.
5. Experiencing the healing of confessing to one another and praying for one another.
6. Experiencing and examining how one makes promises and how one keeps one’s word and the prices and rewards for breaking and keeping promises in relationships.
7. Working with communicating honestly in a way that can make a difference with people.
8. Experiencing and exploring how repentance is directly related to promise and how we are connected by our promises. We experience the connection keeping promises has with self-esteem.
9. Experiencing and examining the difference between forgiving someone and excusing them and between apologizing and asking for forgiveness.
10. Experiencing and examining the difference between being in control and giving control to God.
11. There are exercises on personal discipline and how one relates to the world around us and the results they are producing.
12. We dissect who neighbor is and how one relates to one’s neighbor.
13. Examining the power of judgments and how they affect what one hears or doesn’t hear and examining the difference between what is being heard and what is being said.
14. There is an exercise on how one decides who one will give love to and who one will not give love to and the criteria one uses to decide this in life. We inquire into the depth of caring and how often one’s concern for oneself blocks really knowing other people except for what they can do for us.
15. Exploring the difference between preferential love and unilateral love; between selfish love and other-centered love.
16. There are a couple of exercises on forgiveness and the impact of not forgiving in relationships. In these exercises we explore the disciplines of repentance and the power of forgiving. We examine bitterness and unfulfilled revenge and how that works and doesn’t work in life. We examine and experience in detail the prices and rewards of forgiving and not forgiving.
17. Exploring the prices others pay to be in relationship with you and the prices you are willing to pay to be in relationship with others.
18. Exploring the conditions that are put on others and the conditions we put on ourselves. The impact of guilt, shame, blame, greed and resentment.
19. Exploring the power of commitment, promise, unilateral love and authentic communication has in shaping one’s life.
20. Exploring the power of standing responsible in situations where one has been victimized—the difference between being victimized and being a victim. How one has control in how they stand in relationship to that victimization. We examine and experience the practices and disciplines of repentance, forgiveness and reconciliation in relationship to being victimized.
21. Experiencing the Word of God to such depths where it sheds light on the thoughts and intents of the heart.

Things to Bring

* Casual clothing (shorts, jeans, sweats—whatever is comfortable) for 4 days and 3 nights. Bring a jacket or sweatshirt as the training room will be air-conditioned and evenings may be cool.
* Long pants or sweats, t-shirts and tennis shoes or hiking shoes for the ropes course.
* A rain poncho or other rain gear for the ropes course (just in case)
* Pillow, bedding, towels, sleeping bag
* Toiletries, shampoo, soap, toothpaste, toothbrush, etc.
* Flashlight
* Sunscreen and lip balm
* Insect repellent
* Labels on all your belongings
* Any extra snacks you desire
* Water Bottle
* Watch and an alarm

MOST REQUIRED FORMS CAN BE FOUND AT

www.gapcommunity.com/leapforms