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FOR HEALTHY LIVING
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YMCA CHRISTIAN VALUES CONFERENCE

First Time Delegate's Guide

The YMCA Christian Values Conference has been one of the greatest experiences in my life and I cannot wait to be back on the mountain in July. I have prepared a guide for first time delegates to better understand what goes on while you are attending Blue Ridge.

The YMCA Christian Values Conference is held at the YMCA Blue Ridge Assembly in Black Mountain, North Carolina. If you have attended any meetings leading up to the trip you have probably heard many of these terms. Hopefully they were defined but here they are again, just in case:

- **Family:** The family that we talk about a lot is the group of people that you will be with most of the week. Family time is time spent discussing the topics of the day. These topics range from peer pressure to morals.
- **Facilitator:** A facilitator is the leader of the family. The facilitator will lead discussion and lead any activities played in family time. Facilitators are either YMCA staff members or volunteers.
- **Y's Guys:** These are former delegates that are now college students that are there to serve. They will help the A-team put on the large group activities.
- **Delegate:** a student attending the conference.
 - **Rookie:** a student whose first year it is at the conference.
 - **Vet:** a student who has been there for two years
 - **Super Vet:** a student who has been to the conference three or more years.
- **Eureka Treat:** Only the best treat you can get while you are on the mountain. This is an ice cream treat with candy added to it. It is very similar to a blizzard.
- **Eureka Hall:** This will be the center of most of the week on the mountain. Many of the delegates will be staying here. It has an amazing front porch with rocking chairs that look out at the Blue Ridge Mountains. Many Families will have their meetings here.
- **The Blue Ridge Spirit:** The most amazing thing that will happen to you, it will make you return back to the mountain for many years.

You might be thinking, "What in the world do we do when they aren't in family time?" In the morning we wake up smiling and ready to eat! When we are done with breakfast we have devotion and sing great songs. We have an hour or so of free time during the day to hang out with friends on the porch of Eureka Hall or eat a eureka treat. One day during the week there is a whole afternoon of free time, during this time there is a trip up the mountain. Many delegates decide to stay on the mountain to attend the Belly Flop contest, play in the conference basketball tournament, or catch up on their sleep. Blue Ridge is where you will meet longtime friends and make life long memories.