

JULY 11-16

MT. LEBANON

FLIGHT THREESIXTY

SPEAKER



KACY
BENSON

WORSHIP



NICK
THURMOND

HERO



FLIGHT MANUAL



WELCOME TO FLIGHT360 2010

IT'S THAT TIME AGAIN – ARE YOU READY! You better be because as of today, we are at 22 days until camp. This year is going to be an amazing year! It's been prayed through, planned out, strategized and God has assembled a great host of people to help with Flight 360 this year.

So, thank you for making Flight 360 a priority and for signing on to be an adult leader at camp this year. We are back at the Mount. If God shows up like He did last year – it's going to be another banner year!

This year's theme is HERO! God is calling us to be everyday HEROES in the lives of the students we are called to serve, in the lives of our family members and the people we do life with on a day-to-day basis. So, this is a great time to do a self check – are you being that HERO to others. The only way to answer that is by looking at the life of Jesus and asking yourself, "Am I living life like He did? Am I doing what He's called me to do? When people look at me – do they see Him in my life?" Let's be honest...He's the only true HERO! He's the only thing that makes being a HERO possible. So, that's where we are heading. We will be looking at the "I am" statements that Jesus makes about Himself throughout the book of John. Our theme verse is John 15:13 where He says, "Greater love has no one than this, that he lay down his life for his friends." Who better to tell us this than the Man who did this Himself. He set the example of what this verse is all about. He set a pattern with His life that no one else has ever come close to living out. If we can look more like that everyday – we have a great shot at being a true HERO for others.

Get your school colors, pack your bags and let's do camp – July 11-16th. It's on! It's here! Bring your best attitude and your heart for seeing students come to know Christ and we'll have a blast. I hope you are prepared and that this meeting helps in that process. I commend you for spending this much time, effort and energy in the spiritual well-being of students. We will do our best to make for sure that your camp experience is amazing. Please do your part in loving on students – you have Sunday through Friday to do so.

Prepare your hearts for loving students, your minds for wisdom in how to respond to each situation and prepare your bodies for several long, grueling days of heat and fun! If you'll prepare that way, God will do the rest! Let's do this!

Yours for reaching students,

Kent Wells
FLIGHT360 Camp Director



FLIGHT360 2010 WHO'S COMING

WHO IS INVITED

STUDENTS

All students who have COMPLETED the 7th grade through those who have just completed High School in 2010 are invited. This year with breaking the groups down like this it is important to know exactly where your students will go. We will make for sure during our registration process that it is simple for you and for them to fill out the forms, etc.

We highly encourage each student to wear clothes that will represent their school's color and to get involved in the fun, excitement and team effort of coming together and representing their FLIGHT SCHOOL this year.

Here's how the FLIGHT SCHOOLS will be broken down:

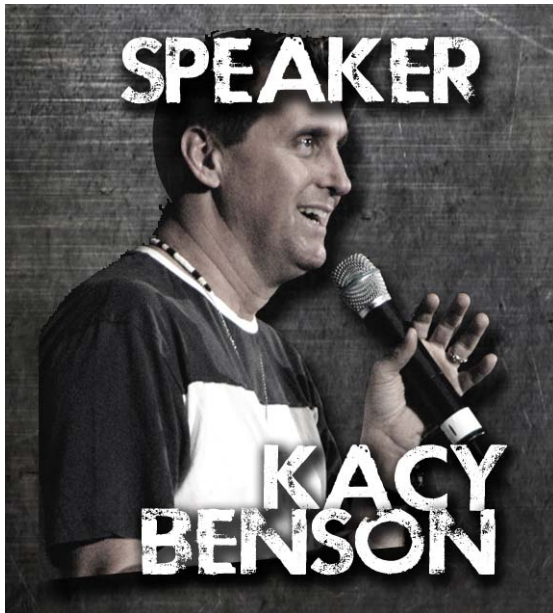
SCHOOL	GRADE	FLIGHT COORDINATOR
FUCHSIA SCHOOL	Completed 12th Grade	CURT VERNON
GREEN SCHOOL	Completed 11th Grade	JUSTIN MILTON
YELLOW SCHOOL	Completed 10th Grade	JORDAN JANES
ORANGE SCHOOL	Completed 9th Grade	MARK COOK
BLUE SCHOOL	Completed 8th Grade	TBD
RED SCHOOL	Completed 7th Grade	JACK TERRELL
PURPLE SCHOOL	Completed 6th Grade	JASON MORROW

ADULTS

For each (7) students, you are required to bring one (1) adult sponsor. Sponsors must be at least 20 years of age. Although we place no upper age limit, they must be able to physically handle the intense schedule of FLIGHT360. Each adult who will be attending FLIGHT360 must go through a training session about what their role will be. This is because the role of the adult sponsor at FLIGHT360 is an ACTIVE one. Adults will interact closely with students, guiding them spiritually by leading small groups as well as playing the role of chaperone. Please refer to the description of FLIGHT CREW LEADER in the FLIGHT360 ROLES section of this booklet for more details.

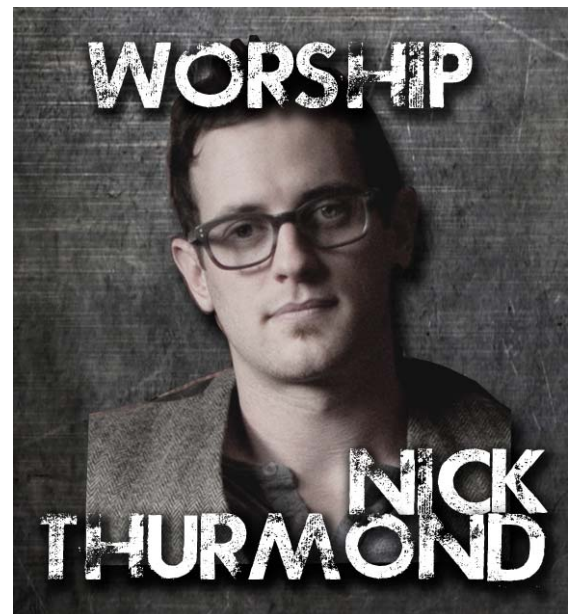


FLIGHT360 2010 PERSONALITIES



KACY BENSON is a dynamic, funny, energetic, and powerful speaker from Austin, TX. His resume includes traveling as a speaker, coaching basketball, and even teaching. His testimony is powerful, and his stories really show how God has worked in his life, as well as how God can work in the lives of the students he speaks to! We are pumped about having Kacy this year, and you are sure to love him!!!

NICK THURMOND is one of the most talented worship leaders we have had at FLIGHT360. He was a worship leader for Life Church, which is one of the most watched worship services in the country. Now he travels and leads worship for people all over the US, and we are pumped to have him this year. His style is current, his band rocks, and most importantly, he has a heart for leading students in worship!





FLIGHT360 2010 AWARDS

TOP GUN

The Top Gun award is given to the school that has consistently demonstrated the best spirit, best servant hood, and best discipline for the week. The Top Gun school is always looking for ways to serve other schools. They are spirited on the rec field and are great sportsmen as well. They demonstrate flexibility and are positive in all they do. The Top Gun school reflects the spirit of FLIGHT360, and more importantly, the heart of Christ.

The Top Gun School will be selected by nomination of a collective team of the Flight Coordinators, Rec. Staff, and FLIGHT360 Staff. The nominees will be voted on, and the winner will receive the Top Gun award.

SPIRIT AWARDS

The Spirit Award is given daily to the school that demonstrates the most spirit on the rec field during recreation. The rec. team selects the school based on their decision and vote. The spirit award is in no way related to the number of games won, nor the size of the school. It is based solely on the attitude of the team during recreation. If a team is tardy to a game or if a Flight Crew group does not participate they will seriously diminish their chances of winning this award.

SPORTSMANSHIP AWARDS

The sportsmanship award is given daily to the school that shows themselves to be servants on the rec. field. Staying back to help clean, helping someone up during a game, or getting someone a cup of water might be examples of sportsmanship. Sportsmanship and Spirit awards cannot go to the same school on the same day. Tardiness to games seriously diminishes your chances of winning this award. Also, a student with a bad attitude will seriously damage chances for this award. This award is selected by the rec. team.

TOURNAMENT OF CHAMPIONS AWARDS

The TOURNAMENT OF CHAMPIONS takes place all week, and involves various sports like basketball, volleyball, soccer, and other competitive games. Each division of each sport will have a champion crowned on Friday.



FLIGHT360 2010 STAFF ROLES

Each staff member at FLIGHT360 has specific responsibilities and duties. It takes a team effort to make FLIGHT360 a success. Every role is very important and plays a vital role in the camp. Knowing your job is the first step to doing it well! Here are some basic guidelines for all staff members.

1. BE ENTHUSIASTIC – our kids will be as excited as you are. A wise man in a movie once said “Attitude reflects leadership.” This is very true. You can make or break the enthusiasm the students have.
2. BE FLEXIBLE – not everything goes according to plan, and not everything is always perfect. Be willing to “go with the flow.” If you will, then the students will.
3. BE PREPARED – know your job in each part of FLIGHT360, and execute it to the best of your ability.
4. WORK HARD – God deserves our best, and we GUARANTEE that He will reward you for your work.
5. HAVE FUN – get out and play with the students, let your hair down and show the kids how to have a good time.
6. PRAY – pray for our students, that no one would go home the same way they came.

STAFF RESPONSIBILITIES

FLIGHT DIRECTOR – Kent Wells

The director oversees each part of the camp and ensures that everything runs smoothly. The director is the final word in any discipline problem, and will carry out all major discipline actions. The director will oversee all flight coordinators. Any schedule deviations or special needs are at the discretion of the FLIGHT360 Director. Each morning at 7:15, the Flight Director will lead a meeting of all Flight Coordinators, the Rec. Director, Administrative Assistant, and Marketing Director to coordinate the events of the day and give administrative instruction.

ASSISTANT FLIGHT DIRECTORS – Matt Downing / Josh Merriott

The assistant director works directly with the director to ensure proper operation of the camp. The assistant director will help to coordinate media, recreation, and concessions, and offer assistance as necessary. Any discipline problems may be taken to the assistant director, who will confer with the director as needed. The assistant director will give support to administrate all camp operations.

FLIGHT360 ADMINISTRATIVE ASSISTANT – Heather Snell

The administrative assistant will support the director and assistant director. The administrative assistant will perform the following duties:

- Maintain all information on staff and students at FLIGHT360
- Keep all records and documents
- Support check-in and check-out for students and staff
- Keep the camp phone at all times
- Support the director and assistant director as needed

FLIGHT COORDINATORS

The Flight Coordinator is in charge of a single school. The flight coordinator will teach the lesson every day. It will be their job to make sure they have coordinated recreation for the **360 BATTLEGROUNDS**. Each flight coordinator will be in charge of Flight Crew Leaders that are assigned to their school. They will help to coordinate the Flight Crew Leader's efforts and help by answering any questions that they may have. The Flight Coordinator will be the first to deal with discipline in the family groups.

While the Flight Crew Leaders are in their groups, the Flight Coordinator will be responsible for checking attendance and ensuring that each student is accounted for. They will walk to the locations of their group and find out if someone is missing from the flight leaders. They will then report this to the Flight Director / Assistant Director.

The Flight Coordinator will meet each morning with the Flight Director. This meeting will be held in the cafeteria at 7:30am. This meeting will help to coordinate efforts and communicate needs of all Flight Schools, their leaders and students. The Flight Director is in charge of all of the Flight Coordinators.

FLIGHT360 CREW LEADERS

The Flight Crew Leader has one of the most important roles at FLIGHT360. This is because they interact directly with the students the most, and very likely can have the greatest influence on them. Each Flight Crew Leader is assigned a group of 10 – 12 students, with which they will meet with daily. During this time, they will guide discussion based on the lesson that was taught. Each Crew Leader should refer to the section "Small Group Dynamics" in order to most effectively lead their group.

The Flight Crew Leader has several tasks:

- leading a small group
- checking attendance at recreation, Flight Schools, worship, and small group time
- leading a prayer group in the dorms at night
- counseling with students as necessary

The Crew Leader's primary task is to connect with the students in their small group. Providing a safe and comfortable environment for students to share is extremely important. FLIGHT360's success lies largely with the Crew Leader. More about each task the Crew Leader has will be outlined in this manual.

FLIGHT CREW COORDINATOR – Heather Snell

Flight Crew Leaders got questions??? The Flight Crew Coordinator has answers. It is the job of the Flight Crew Coordinator to take care of any issues the Flight Crew leaders may have. This includes

any group changes that need to be made. You can find the Flight Crew Coordinator at our daily meeting, or they can be contacted anytime by the FLIGHT360 office staff.

COUNSELING / PRAYER COORDINATOR

The Counseling and Prayer Coordinator is in charge of all prayer & decision time counseling ministry for the week. This will involve a designated place for prayer during the week. They are also in charge of decision time counseling for worship. In the event that a full time counselor is available, the counseling / prayer coordinator will help to schedule appointments with the counselor.

FLIGHT360 REC. DIRECTORS –Greg Garcia / Joe Oviedo

The rec. director is in charge of making sure that recreation runs smoothly. They will coordinate games for the students to play during the **360 BATTLEGROUND**s and **the TOURNAMENT OF CHAMPIONS**, making sure that all equipment necessary to play is available. They will also coordinate the rec. team to ensure that each game has sufficient supervision/refereeing. The rec. director will also set up the wild and crazy games and coordinate equipment and staffing as needed. The rec. director and rec. staff will be in charge of all scoring and awards. The rec. director will report to the Flight Director.

Prior to **FLIGHT360**, the director will set up the necessary meetings to plan each event for each day. They will also schedule the competitions. The director will need to work with the Flight Director and Assistant Director to ensure that all necessary supplies are purchased and provided. They will need to go to the site of the camp early to ensure delivery of all the supplies and to begin set up, as well as stay as long as necessary to clean up and organize all remaining supplies.

FLIGHT360 REC. STAFF

The rec. staff will work with the rec directors to staff all games, including the **360 BATTLEGROUND**s and **the TOURNAMENT OF CHAMPIONS**, and to ensure all equipment is where it is needed. The rec staff will exhibit a high level of energy and enthusiasm in all that they do during **FLIGHT360**. Each rec. staff member will be assigned to a school as the representative. The representative will go to that school each day for a short period of time to explain the recreation games for the day and ensure that it is coordinated. Although partial in scoring and refereeing, they will be that school's liaison to the rec teams. The rec. staff will assist in choosing the winner of the spirit award and the sportsmanship award each day.

Prior to **FLIGHT360**, the rec staff will need to meet with the rec director to communicate and plan for rec. They will also need to arrive at camp early to assist in setting up, and stay after to assist in cleaning, and packing all remaining supplies.

FLIGHT360 MARKETING COORDINATOR – Brooke Wells / Rhiannon Merriott

The marketing coordinator will be in charge of all the things sold at camp by **FLIGHT360**. They will coordinate the supplies being purchased before camp, and manage their sales at camp. At each appropriate event they will make available for sale snacks, drinks, and any 360 accessories. Concessions will be closed during worship, Flight School times, and Flight Crew times. They will enlist the use of volunteers as necessary. They will also be in charge of securing funds.

FLIGHT360 CABIN LEADER

In each side of the cabin, one Adult Leader will be given the task of Cabin Leader. At Cabin Bed Check, the Cabin Leader will do a head count and they will report the status of their side of the cabin to their Security Team for the week. Your Security Team will come to you – there is no need to go and find them. If anyone is missing – it is your job to inform the Security Team so they can begin the search for the student. Please do not leave your cabin unattended to search for any missing students. Your Security Team will inform the Student Minister, begin the search process and bring any missing students back to you.

FLIGHT360 SECURITY CAPTAIN – Don Green / Shara Green

The security captain is charged with ensuring safety of the students during the week. They will ensure that each student is in their cabin each night before "Lights Out". If they are not, they will inform the Student Minister and begin searching for that student. All Security Team members have permission to enforce Camp Rules, take students where they are supposed to be and will work with the Flight Director on disciplinary problems and procedures.



FLIGHT360 2010 ADULT GUIDELINES

- 1. YOUR BEHAVIOR WILL BE AN EXAMPLE FOR STUDENTS:** No PDA (public display of affection) with spouses or boyfriends/girlfriends while at FLIGHT360. This is not a time to begin any relationships with other Crew Leaders or FLIGHT360 Staff during your time at FLIGHT360, and definitely not with students. Please refrain from any intentional physical contact - including back rubs - with any other person (including students) which might appear questionable.
- 2. MEN SHOULD COUNSEL BOYS, WOMEN SHOULD COUNSEL GIRLS: NO EXCEPTIONS!** If a student of the opposite sex requests counseling from you, find an appropriate (man or woman) counselor for him/her quickly but without making the student feel rejected.
- 3. DRESS APPROPRIATELY:** EVERYONE at FLIGHT360 is expected to dress with modesty. Present yourselves as Godly men and women by your example in appearance and actions. Your clothing choices should reflect modesty and discretion.
- 4. CHOOSE AN APPROPRIATE PLACE FOR FLIGHT CREW (TALK BACK) TIMES:** Flight Crew discussion times should be conducted in open areas. Your family group should be able to find ample space for your discussion times under the shade of a tree or elsewhere at Mt Lebanon. There are plenty of places at the camp to meet without being in a cabin if weather permits.
- 5. DO NOT ATTEMPT TO RESOLVE PROBLEMS WITH CAMP PERSONNEL YOURSELF:** If you encounter a problem with one of the camp staff or other personnel (cafeteria help, etc.), respond politely. Apologize, if necessary, even if you do not feel as though you are at fault. Do not confront him/her yourself, but do attempt to learn the name of the person who presents you with his/her concern. Then, as soon as possible, mention the problem to any Flight Coordinator or Flight Director as soon as possible.
- 6. BE COURTEOUS TOWARD ALL CAMP PERSONNEL AT ALL TIMES:** Remember, we are guests at Mt. Lebanon. The camp has extended to us an invitation to be on campgrounds under the guidelines of the contract agreement established between Mt. Lebanon and FLIGHT360. It is our privilege to use the camp; at no time should we exhibit an attitude which might infer that we believe Mt. Lebanon should feel privileged to have been chosen by FLIGHT360. Our gratitude for the opportunity to use their facilities should be evident through the respect we show for the camp personnel and property.
- 7. LEAVE THINGS THE WAY YOU FOUND THEM:** Under no circumstances should any furniture or equipment be removed or moved from cabin to cabin without permission. Likewise, if you move something (after gaining permission), be sure to put it back as soon as you are finished using it. If you open windows, be sure to close them; if you turn anything on, turn it off. Especially be careful about locking doors behind you which you unlocked when entering. Be careful about decorations you may place in your school meeting rooms. If your decorations require painted posters or other items, be sure to

paint these items outdoors in an area where paint will not end up on sidewalks, buildings, etc. Also be sure to check with the camp first about what their guidelines are concerning attaching decorations to walls or ceilings.

- 8. OBSERVE RULES AND REGULATIONS OF THE CAMP:** The camp rules relating to the dining halls and other buildings apply to FLIGHT360 participants as well as the staff. If a student's behavior becomes too rowdy in the dining hall, cabin, or in any of the other buildings at camp, Flight Coordinators, Crew Leaders, and any other adult leadership should take the initiative to stop such behavior.
- 9. DO YOUR PART TO ASSIST THE CUSTODIAL HELP:** Please make sure the custodial staff is not given additional unnecessary work as a result of our using the camp and their buildings. Maintain enough discipline in the cabins to insure that FLIGHT360 students do not cause damage to furniture, fixtures, or the building itself. Any damage (accidental or otherwise) should be reported immediately. At cabin check time before students leave the camp on Friday, trash should be placed in trash bags.
- 10. GET TO KNOW THE STUDENTS:** Please get to know the students in your Flight Crew Group as soon as possible. Crew Leaders have primary responsibility to check attendance each time their assigned group of students are meeting. Check during sessions, at rec times, Flight Crew times notifying the school's Flight Coordinator immediately if any students are missing.
- 11. STAY POSITIVE:** We want you to have a GREAT camp experience. So, look on the bright side. Sometimes camp brings things your way that you don't normally do – like watching students do a crazy relay outside in the sun, or screaming for your school color at the top of your lungs. A word of advice – LET GO AND HAVE A GOOD TIME – your students will follow suit! Remember, your attitude doesn't affect just you, it affects everyone around you – including the students.



FLIGHT360 2010 STUDENT GUIDELINES

- 1. STUDENTS ARE NOT ALLOWED OFF MT. LEBANON ENCAMPMENT:** No student in any school is permitted to leave Mt. Lebanon while attending FLIGHT360. Students must remain at Mt. Lebanon from the moment of registration on Sunday afternoon until check-out on Friday after lunch. You cannot go off Mt. Lebanon encampment with your pastor, youth minister, youth worker or staff leaders for ANY reason.
- 2. STUDENTS MUST ATTEND ALL SCHEDULED ACTIVITIES AND SESSIONS:** All students will be required to attend all school sessions, family group times, recreation, meals, and worship services, beginning with check-in on Sunday through the final session on Friday. If your assigned school or Flight Crew is involved in a scheduled activity, whether in the designated teaching area, auditorium, or on the athletic field, you must be with them. There are no exceptions to this unless you are injured or sick and are at the nurse's office, medical clinic, or hospital.
- 3. STUDENTS ARE NOT ALLOWED TO RIDE IN OR ON ANY VEHICLE:** For everyone's safety, all persons will walk while attending FLIGHT360. Do NOT bring skateboards or roller blades. All other vehicles must be parked in the FLIGHT360 parking lots from the time of check-in on Sunday until check-out on Friday. Some golf carts will be reserved for use only by selected FLIGHT360 administrative staff in order to serve students' needs better and to facilitate quick arrival in emergency situations.
- 4. STUDENTS WHO ARE ILL OR INJURED MUST BE EITHER IN THE FLIGHT360 OFFICE, NURSE'S OFFICE, MEDICAL CENTER OR HOSPITAL:** In the event of illness or injury, students will not be permitted to remain in their cabin. Students who are ill or injured will be required to rest in the FLIGHT360 office area or seek medical assistance in the nurse's office until they are able to return to the regularly scheduled activity or session of their school.
- 5. STUDENTS MUST INDICATE WHAT MEDICATIONS THEY WILL USE AT FLIGHT360; STUDENTS ARE NOT ALLOWED TO SHARE ANY MEDICATION WITH ANY OTHER STUDENT:** All medications each student uses or brings with them to FLIGHT360 are to be listed on the Registration/Medical Release Form and/or the Medication Information/Administration Release Form and checked by the FLIGHT360 nurse at check-in time on Sunday. Students must not share any medication, including aspirin or other pain relievers, or any other over-the-counter or prescriptive medication, with any other student.
- 6. STUDENTS MUST BE IN THE CABIN BY 11:15 PM. LIGHTS OUT AT 11:45 PM:** All students are required to be inside their assigned cabins by 11:15 PM (except on Sunday night), not one minute later. Cabins will be checked at this time by the Security Team, and there are no acceptable excuses for not being in your cabin by 11:15 PM. Your curfew is for your safety and for your mental and physical well-being, and because the daily schedule is very demanding.
- 7. UNDER NO CIRCUMSTANCES ARE GIRLS TO BE IN BOYS' CABINS OR BOYS IN GIRLS' CABINS: NO EXCEPTIONS!**
- 8. DRUGS, ALCOHOL, ANY FORM OF TOBACCO, FIREARMS, KNIVES OR ANY OTHER KIND OF WEAPON, OR FIREWORKS ARE NOT ALLOWED:** These items can be destructive to you and those around you. **ALSO, DO NOT BRING:** I-pods, radios (including clock radios), CD players, televisions, Nintendos, PlayStations or any other type of electronic games or equipment, pagers, cellular phones, or computers. **ALSO NOT ALLOWED:** Any type of prank

stuff which can be damaging to any property of Mt. Lebanon or become a distraction for anyone else at camp is not allowed at camp.

- 9. STUDENTS MUST DRESS APPROPRIATELY:** Casual clothing is acceptable during all activities at FLIGHT360. Shorts (for boys and girls), skirts or skorts (for girls) at modest lengths are acceptable. Low-cut dresses/necklines, spaghetti straps, and sheer clothing are also not allowed (SEE Discipline Procedures – Dress Guidelines). No Wife Beaters! Students wearing clothing determined to be too short or too revealing will be asked to change. Your dress should reflect a Godly attitude, and not divert the attention of those around you from His purpose for them.
- 10. STUDENTS MUST WEAR NAME TAGS AT ALL TIMES:** Each FLIGHT360 participant will be issued a name tag upon arrival at FLIGHT360. It is to be worn especially at meals, sessions, and other activities during the day. A replacement fee of \$5 may be charged for replacing a lost nametag. Your nametag is your ID badge throughout the week and it also allows us to learn your name more quickly.
- 11. REFRAIN FROM PUBLIC DISPLAYS OF AFFECTION (PDA) WITH GIRLFRIENDS OR BOYFRIENDS:** This is a week to work on your relationship with God, so put the relationship with your girlfriend or boyfriends on hold for a week.
- 12. ORDERING FOOD TO BE DELIVERED TO MT. LEBANON IS FORBIDDEN:** In fairness to everyone, we'll all eat at the cafeteria. (You may bring snacks with you to keep in your cabin, but you still need to eat meals provided for you. We suggest that if you bring snacks, they be in tightly sealed containers, such as zipper-lock or plastic storage containers).
- 13. STUDENTS MUST OBEY MT. LEBANON RULES AND REGULATIONS:** We are guests at Mt. Lebanon, and must abide by their rules and regulations concerning cabins, dining halls, and all other facilities. Be respectful of Mt. Lebanon staff.



FLIGHT360 2010 GUIDELINES FOR ADVISING

Counseling a student can be such a joy, but it can also be difficult at times. Sometimes you may not fully understand a student's situation, or maybe you fear you will not have the answers they are looking for. Neither of these should be reasons to fear. Here are a few concepts which will help you:

MEN COUNSEL MEN, WOMEN COUNSEL WOMEN

This is a FLIGHT360 Rule. You never know what kind of situation or conversation may arise. It is better to be safe than be put in an awkward position. The students will relate better and feel more safe in the communication process.

NEVER BE ALONE

Protect yourself and the student by having an open door or being in an open area. You should never be alone with a student in a secluded area. Being alone may make the student feel uncomfortable and would disrupt the counseling. Try to find a spot free from distractions, but never too far from others. Even if you are familiar with the student, it is better to play it safe and not seclude yourself.

EYE TO EYE

When talking or listening to a student, look them in the eye. This shows that you are interested in what they are saying. Don't look beyond them or look around, as they may think that you are losing interest. Pay attention to them, and let your body language show that you are interested in what they have to say.

BE A GOOD LISTENER

Listening is just as important (if not more important) than the advice given. The student needs to feel like the counselor genuinely cares for them. If they feel like you care, then they will be more vulnerable and open with you. Sometimes a student just needs to share what is on their mind, and through that come to the right conclusion on their own. That is why it is so important to listen to every word that the student says. It will be tempting to begin formulating your advice while the student is talking and miss what the student is saying. However, if you wait until the student is done sharing what is on their heart, the student will see that you are genuinely interested in what they are saying. Therefore, listening is the first and most important element in counseling.

LISTEN FOR THE HEART OF THE ISSUE

Often, a student will come to you with a problem that is just a symptom of a deeper issue. While we shouldn't try to be a psychotherapist (unless, of course, you are a psychotherapist), we should look to what may be causing the trouble they are dealing with. It may be anger, bitterness, a bad dating relationship, or any number of issues that hides behind a person who is always in trouble at school or is starved for attention. We want to find the source of the problem, not just fix a symptom.

NO PRESSURE

A student with whom you are counseling should not be pressured into telling you anything or making a decision of any kind. Pressure in these types of settings will cause a student to make a decision

that they don't mean, or even worse, turn them away from where God wants them. Offering the facts to a student is the best approach. Let them know that Jesus is the only Way to life, and that there are consequences to their actions, but leave it open ended, allowing them to make the decision. People under pressure often say things they do not mean, so refrain from forcing a student to make a decision.

BE REAL

There may be no better way to give a student advice than by telling how you have personally struggled with an issue that they have struggled with. When you become vulnerable with them, they will listen. Don't be afraid to tell them about something that you struggled with that may help them in their struggles. The students are not looking for a perfect super-hero, but rather a sincere person who can help direct them. Don't try to be something you are not, or pretend you have all the answers. If you don't know the answer to something, tell them you will try to find it.

GIVE BIBLICAL ANSWERS

Students get advice from many different areas: their friends, parents, teachers, and many others. The fact is that opinions are like armpits – everyone has them and some of them stink. What ensures that your advice is right? It comes from God's Word. We believe that God's Word holds the answer to all that our students can face. If we direct them to God's Word for each issue, then we are showing them to go to the Bible when they are faced with a dilemma. Take time to show them where God stands on the issue, and let the students begin to hide His Word in their hearts.

KNOW WHEN TO SAY WHEN

Some issues that students have may blow your mind. When an issue or a subject is maybe more than you wish to handle, then feel free to "pass it on." The Flight Coordinators, Flight Director and Assistant Flight Director are always available to assist with counseling. We also have a FLIGHT360 Counselor who is available to handle tougher issues. Don't feel forced to go beyond where you feel comfortable; feel free to seek help.

During FLIGHT360, you may become aware of issues that directly affect the well being or safety of the student. If you become aware of one of these, inform your Flight Coordinator immediately, who will inform the Flight Director of the issue. These issues will be handled by our FLIGHT360 Counselor and Director / Asst. Director. Please understand that many of these things may involve legal responsibility to inform the proper people. PLEASE DO NOT ATTEMPT TO RECTIFY THE SITUATION YOURSELF. Although you may be fully capable of doing so, going through the proper channels is still the best way for the safety and well being of the student. Such issues that should be passed on immediately are:

- Eating disorders
- Self Mutilation
- Suicide
- Rape / Molestation / Abuse (physical or emotional)
- Drug and/or Alcohol abuse
- Abortion
- Sexual Addictions
- Threats / Assault / Murder
- Any others that affects the well-being and safety of the student

Overall, you don't have to be a genius to counsel students; just have a heart for them and a heart for the Lord. Remember that the impact that you can have on them can last a lifetime.



FLIGHT360 2010 FLIGHT CREW DYNAMICS

The small group time (Flight Crew Time) is the most important part of FLIGHT360. This is where the rubber meets the road for our students because this is where they discuss what they have learned and apply it to their lives. We have seen the small group setting make a huge difference in the lives of students, and look forward to seeing how God will use them this year at FLIGHT360.

Basically, a small group is where the students will meet with a Flight Crew Leader to discuss what they have been taught. Before the week begins, you will choose a designated spot for your group to meet. After each Flight School Session, your group will proceed to that spot. You will have about 30 minutes with them. There are many elements that go into making a successful small group. It is very important to set up an environment for the students in which they feel safe and willing to talk about things that may be personal to them. Here are some guidelines for having a successful small group.

FIND A GOOD SPOT

Finding a good spot to lead your team is very important. You will need a place preferably in the shade and free of ants (very important). Stay away from steps or un-level ground. As much as possible, please stay away from roads, air conditioning units, or any other noisemaking or distracting objects. Once you find the perfect spot, designate it as your groups' and meet there every time.

SIT IN A CIRCLE

Have you ever sat at the end of a table and felt like you were not part of the conversation going on at the other end? Sitting in a circle helps to eliminate this feeling. Each person should sit Indian-style (not lay) on the ground so that everyone can see everyone else. This evens everything out so that no one will feel excluded because of the seating arrangement.

BREAK THE ICE

At your first group meeting, plan a game of some sort. A "get to know you" game where you have to state your name and something about yourself is very effective. Even if students are familiar with each other, they may not be comfortable talking about spiritual things with them. If you help the students relax and feel comfortable with you and the group at first, it will pay off all week long.

WHAT'S SAID IN THE GROUP STAYS IN THE GROUP

It is very important that a group trust that what is said is confidential. Although you as a leader must disclose certain information (refer to counseling guidelines), the rest of the group should not. If there is not a feeling of safety, then students will not open up. Try to set up this environment for your students and explain why it is important.

ASK POINTED QUESTIONS

Lead the discussion by asking questions that relate to the lesson and the student's life. Talkback guides will be provided which will help you with those questions. As students respond, continue to ask questions which lead them to applying it. Make them think and ask them how they can use what they have learned at home, at school, at work, and with their friends.

STAY ON TARGET

In the course of discussing the lesson, a student may bring up another topic. Sometimes this topic has nothing to do with the lesson that was taught. We strongly encourage you to gently guide the

conversation back to the topic. Tell the student that you can talk with them later about it. This helps to keep order and helps the student to apply the lesson while it is still fresh on their minds. Often, these topics can become long discussions that are more distracting than helpful, and sometimes exclude students that are interested in applying what was taught.

DON'T RE-TEACH THE LESSON

Our Flight Coordinators have been entrusted with the teaching of the lesson. It is our Flight Crew leaders that have the awesome responsibility of helping the students drive it home. Notice that it is the students that have to make it personal, we just have to get them there. You may need to review key points as you discuss, but help the students talk through how it specifically applies to their life.

BITE YOUR TONGUE

Sometimes, it is easy to do most of the talking. It is easy to get on a soapbox and let loose. When you start to talk too much, students will not be able to discuss freely. Remember, your job is to guide their discussion, not to reteach and dominate the time. Ask pointed questions and allow them to answer. Try to be brief in your responses to questions or comments. Give them as much time as possible to share their thoughts.

BALANCE IS BEST

Sometimes you will have one or two people that are the talkers in the group. You will notice quickly, as they will try to answer every question and monopolize the conversation. These people may mean well, but it really ruins the group experience for the others. You can help to cut down on this problem by asking a specific student to answer a question. If at all possible, try not to call out that person, but just show that you are interested in others answers and responses. If the problem continues, then you may gently tell the person after a group time to allow others to talk. If they persist, notify your Flight Coordinator.

BRING OUT THE QUIET

A quiet person may end up being the jewel of the group. The problem is that you may have to draw them out. You may have to ask a question and ask them specifically for an answer. Try to ask questions that will draw them out. Reassure them and praise them for wise answers. As they begin to open up, you may have found an unsung hero.

DON'T FEAR SILENCE

When you ask a question, there will not always be an immediate response. Silence, however awkward it may feel, is not a bad thing. Sometimes students may just need a moment to think. They may be waiting for someone else to respond because they are unsure. If you don't jump in and start talking, then the students will eventually step up to the plate and begin giving their thoughts. Make the students do the talking.

GIVE BIBLICAL ANSWERS

When you give an answer to a student, make sure to always point them to the Word of God. This is the source for all answers. It has been said that opinions are like armpits: everyone has them and most of them stink. All of your students may have an opinion on a subject, the important thing is to guide them to the source of truth – God's Word.

DRIVE THE POINT HOME

Try to conclude your time with the students by summing up what they have said. Let them see clearly the conclusions that *they* have drawn. This will help them remember something that they can apply to their lives.



FLIGHT360 2010 GUIDELINE ENFORCEMENT

Although we don't expect any major discipline problems at FLIGHT360, we want to be able to deal with any swiftly and decisively. Discipline is never fun, but it is necessary. If a student disobeys the rules, there must be consequences to their action. The rules are here for the safety of the students and to promote a positive experience at FLIGHT360. If a student breaks the rules, they may disrupt the experience for other students or even endanger themselves and others.

Most discipline issues are to be handled by the Flight Director / Assistant Flight Director. It is the duty of any adult who becomes aware of a deviance from the rules to inform the Director / Assistant Director immediately so that actions can be taken. The discipline action to be taken is to be the responsibility of the Flight Director.

There are some things during FLIGHT360 that adults should be watching for:

DRESS GUIDELINES

Adults and students must "dress appropriately" is a wide-open statement. Students should use their common sense and discretion about clothes worn at FLIGHT360. It is easy to become overbearing or to put too much emphasis on enforcing dress code. However, certain clothing items are detrimental to the environment of FLIGHT360. Here are the simple guidelines:

LADIES

- No short shorts / skirts – fingertip length is most appropriate, but less than mid thigh is not appropriate.
- No revealing necklines – a shirt that shows any part of the bust is inappropriate.
- No Spaghetti Straps / Strapless – a shirt must have at least two-fingertip width straps on the shoulder.
- No backless / open backed shirts – shirts must completely cover the back
- No Bikinis – bathing suits must completely cover the midriff. No holes / gaps / mesh that reveal any part of the midriff / side are acceptable. Covers must be worn to and from the pool.

GENTS

- No showing the undies – jeans / shorts that let the boxers show are not acceptable. Underwear should stay under the clothes (Hence the name "UNDERwear")
- Ribbed A-Shirts (a.k.a. "Wife-Beaters") to be worn only at the pool
- No Speedos – enough said
- Shirts are to be worn to and from the pool

ENFORCING DRESS GUIDELINES

A same-sex adult should approach the student. The adult should be gentle, but not apologetic in explaining to the student that their dress is inappropriate. Explain why it is not acceptable, and ask them politely to change. If they resist, continue to be firm, warning them that it is much better to

change now than be in trouble later. If the student continues to resist, then the Flight Director / Asst. Director should be informed.

PUBLIC DISPLAY OF AFFECTION (PDA)

Holding hands, kissing, or other forms of PDA are not allowed during FLIGHT360. If you witness it, break it up. Depending upon the degree of "affection" being displayed, it may be necessary to inform the Flight Coordinator of the problem. The Flight Coordinator will inform the Director as necessary.

ALL OTHER DISCIPLINE

All other matters of discipline will be handled by the Director / Assistant Director. If there is any question about a student's behavior, inform your Flight Coordinator. The Flight Coordinator will then take the proper action to see that the situation is taken care of.



FLIGHT360 2010 ATTENDANCE CHECKS

Students are required to attend all FLIGHT360 Scheduled events. The only time a student may not be at a scheduled event is if it is a free time event or if they are at the nurse's station. If the student is ill or injured, they must be at the nurse's station. Do not allow a student to go back to the cabin during a required event. They should have everything they need at the time the event starts.

The reason for our strict attendance policy is that students will miss out on the experience of FLIGHT360 if they do not participate in all events. Also, we should always know where our students are for their safety. Although it is not our job to "baby-sit" students, we do want to make sure they are where they are supposed to be when they should be there. If all do their part, and are excited to be at each FLIGHT360 event, we believe that attendance will not be difficult to enforce.

Each Crew Leader should keep up with the attendance of their group at each major event their school is apart of. This includes Flight School sessions and Flight Crew times (small groups). The procedures for each of these are listed below. When someone is not where they should be, the disturbance should be kept to a minimum. Discipline for absence or tardiness to an event is to be done by the Flight Director/Assistant Flight Director.

IN QUIET TIMES

At the beginning of the quiet times, we will need to be sure that all of our little sleepy heads are up and about. If they are not at quiet time, we must inform a FLIGHT360 Security Team member and have them track them down. **You are responsible for your church small group each morning at quiet time.** You will be given this list, just check to make sure that they are all there.

IN FLIGHT SCHOOL SESSIONS

At the beginning of each flight school session, look to see that each person in your Flight Crew Group is present. If they are not, then note who is missing. Try to inform the Flight Coordinator for your school, but do not do so if it interrupts what is already started. Members of the Flight Crew will be roaming during flight school sessions. If possible inform them of who the missing student(s) is. If necessary, go to the camp office. Do not try to find the student, as we will take care of finding them and taking necessary disciplinary action. They will be returned to your group as possible.

IN FLIGHT CREW SMALL GROUPS

Once your students have made it to the group, take attendance. If there is someone missing, inform your Flight Coordinator. Students, for their own safety, cannot be out and about during Flight Crew time (or any other of the required times). The Flight Coordinator will inform the FLIGHT360 Security Team or the Flight Crew Coordinator.



FLIGHT360 2010 CABIN PROCEDURES

Security Team will check their "assigned cabins" during these times. If a leader has any needs (Cabin maintenance issues) or missing or problem student(s) they should look for their Security Team member assigned to their cabin. Cabin Procedures include:

- 1.) **QUIET TIMES:** Each morning during this time, Security will be inspecting cabins for cleanliness based on a checklist that will be provided. Any cabins that do not pass inspection will be reported to Don or Shara Green. Adults and students who are in those cabins which fail inspection, will be asked to stack chairs in the worship center, or service activity in the dining hall (pick up trash, take trays, etc.). Winners will get wrist bands for a free drink and snack at the Snack Shack that night.
- 2.) **WORSHIP & FLIGHT SCHOOLS:** During each day during Flight School and each night of worship, Security will patrol the area and look for stragglers. After worship has started, they will check each cabin to see if anyone is skipping out. Anyone skipping out, will need to be taken to the Worship Center immediately. Repeat offenders will be turned over to their Student Minister.
- 3.) **CABIN BED CHECK:** Each night at the appropriate "In Cabin" time, each Security Team assigned to a cabin will be coming by to check with the Cabin Leader. The procedure for Cabin Check is this:
 - At the appropriate "In Cabin" time – the Cabin Leader must do a head count for their side of the cabin.
 - Once the headcount is completed the Cabin Leader must sign off that everyone is present.
 - Students not present at Bed Check must be reported to the Student Minister as soon as possible. After the report has been made, security will begin the search for the missing student.
 - Pending the reason for their absence, the appropriate actions will be taken.
- 4.) **CABIN CHECK OUT ON FRIDAY:** The same Security Team who has been assigned all week long will also serve to check you out of the cabin on Friday. They will be stationed outside of the cabins on carts on Friday. As soon as you are finished, send someone to get them. They will be checking for any damage to the cabins (ex. anything broken, damaged, writing on the walls, etc.) Once your Security Team has checked and signed off on your cabin and the Cabin Leader has signed off on any damages, you will be free to leave. Any damages to the cabin will be charged to your church. Flight 360 will not be responsible for any damages to the cabins that incurred by your group.



FLIGHT360 2010 EMERGENCY PROCEDURES

At FLIGHT360, we try to be prepared for anything. If there is an emergency, it is very important that we know the plan so well that we can execute with confidence. **DO NOT WAIT UNTIL AN EMERGENCY TO READ THIS.** Please note the following emergency procedures.

MEDICAL EMERGENCY

In the event that the student has a medical emergency, it is important that we act quickly and calmly. The first step in the process should be to send for the camp nurse. The camp nurse will be qualified to assess the situation and take proper action. Follow all of the nurse's instructions carefully.

If the nurse cannot be found, then find a FLIGHT360 Staff member. If there is any question about whether or not the student's life is in danger, immediately call an ambulance. We do not wish to take chances with the life of a student.

It is very important that you do not try to treat the student yourself. Do not give any kind of medicine to a student. Only the nurse should do this. Keep the student still and calm until the nurse or a FLIGHT360 Staff member arrives and gives instruction.

In order to prevent medical issues during the week, make sure your students are drinking lots of water and eating at meal times. This will help combat dehydration and the general well being of the student at FLIGHT360.

FIRE

If a fire is reported in any building or cabin, we will evacuate. This includes any alarm, even if it is believed to be false. We must assume that the threat is real unless informed by Flight 360 Staff or Mt. Lebanon staff. Upon arrival at FLIGHT360, familiarize yourself with all cabin and building escape routes as a safety measure.

In an evacuation of a cabin, you are responsible for your students. Get them all up and out of the cabin. Then tell them to meet you outside at a certain meeting point. Once outside, count them and be prepared to report that your group is present and accounted for. Stay with your students at all times. Someone will check the attendance of your group. You may not re-enter the cabin or building until it is declared safe to re-enter.

In the event of a different building evacuation, you are responsible for your Flight Crew group. If you are with them during the evacuation, you should all leave together. Once clear of the building, find your group and pull them apart from the other groups. Call roll and make sure everyone is present and accounted for. This is your primary duty. Be prepared to report anyone who is missing. You should stay with your group, and wait for someone to check with you. Your group should stay together until the building is declared safe.

INCLEMENT WEATHER

In the case of dangerous weather, we will instruct you as to what action should be taken. If a tornado is reported, the plan will be to gather on the lowest floor in the center of the building. If it is in a cabin, you are responsible for accounting for each of your students. If it is in another building, you are responsible for your Flight Crew group. In the event that your team is not together in the building (i.e. lunch, dinner), then find those in your group that you know were in the building. Do not come out until you have been notified that it is safe by Mt. Lebanon or FLIGHT360 personnel.



FLIGHT360 2010 CHECK IN PROCEDURE

- **Checkpoint 1: Front Gate—follow Security in!**
Stop at the front gate, and a security team member will lead you to your home for the week.
- **Checkpoint 2: Patton Chapel—Student Minister or Church Contact person only!**
Turn in all MEDS, last minute forms, & final payment!
- **Checkpoint 3: CABINS—Buses will be escorted (by your Security Team Member) to the cabin(s) designated for your church!**
While the Student Minister is doing their thing in Patton Chapel, the buses/vans will take the students to their cabins. Students should go ahead and unload & unpack their stuff
- **Checkpoint 4: REC PAVILLION—ALL STUDENTS AND ADULTS!!!**
After unpacking, all students and adults need to make their way to the Rec Pavillion to get their camp packets! In their packets will be: T-shirt, Lanyard, Student Book, Rec Sign Up sheet & any other info they need! Lanyard will have school color, church & Schedule for the week!
- **Checkpoint 5: WORSHIP CENTER or CONFERENCE HALL for ORIENTATION!**
Students will go to the Worship Center Adults will go to the Conference Hall! Both will get necessary info for the week! From there, pick up with the schedule – FLIGHT360 WILL OFFICIALLY BE ON!!!



FLIGHT360 2010 SCHEDULE

Sunday

- 2:00 Registration (get there when you can)
- 4:00 Orientation
- 5:00 PRB Dinner/OYGF Flight School
- 6:15 OYGF Dinner/PRB Flight School
- 7:45 Worship
- 9:45 Snack Shack
- 10:15 Church Group Time
- 11:45 In Cabins

Monday— Thursday

- 7:30 Breakfast
- 8:30 Quiet Times in Church rooms
- 9:15 O,Y,G,F Flight Schools P,R,B 360 Battlegrounds
- 11:00 P,R,B Flight Schools O,Y,G,F 360 Battlegrounds
- 12:30 O,Y,G,F - Lunch
- 12:45 P,R,B - Lunch
- 1:30 Tournaments / Swimming/Alpine Tower/ Free Time
(Alpine Tower/Zip Line opens 15-30 min later to give time for them)
- 5:30 Dinner—first come first serve
- 7:00 Smackdown
- 7:15 Worship
- 9:15 Snack Shack
- 10:00 Church Group Time (Rock Star on Wednesday Night)
- 11:15 In Cabins & lights out @ 11:45...
- 12:00 Lights out!

Friday

- 8:00 Breakfast
- 9:00 Quiet Time
- 9:45 Closing Ceremony
- 11:15 PRB Lunch/OYGF Flight School
- 12:30 OYGF Lunch/PRB Lunch
- 1:45 Cabin Clean-up/Check-out