

# Compass Awards Program

The Compass Awards Program is an incentive and reward based program aimed at incorporating all aspects of the YMCA of the Triangle's Activity Guidelines. These guidelines challenge all youth programs to expose campers to activities that focus on life skills, education, arts and humanities, character development, and athletics and fitness. From theme days to youth fitness and character awards to honor camper, this program takes a holistic view of the child and centers on developing a healthy lifestyle focusing on physical, social, character, and mental abilities. The focus of this program is earning several different patches and placing them on a compass shaped key chain that is attached to their book bags. Different patches require different tasks to complete and earn. Most of the patches are counselor rewarded through a tracking system that is updated daily at the after school program. Yet some patches will require parents to track the progress of their child and report back to the after school director. Patches may only be earned once. When a camper fills all twenty spaces on their compass with patches, they will be awarded with a new compass and will advance to the next compass program. The following is a list of patches included in the compass awards program.



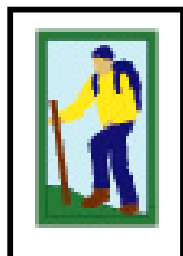
YMCA

We build strong kids,  
strong families, strong communities.

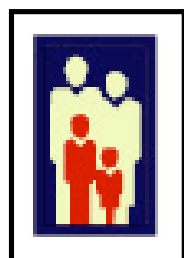
## Healthy Body



**Nutrition** – Campers who wish to earn this patch must bring a healthy snack (fruits and vegetables) 40 times to the after school program during our Youth Fitness months from January through April. This number reflects an honest effort to focus on nutrition by bringing a healthy snack about three times a week (for 16 weeks).



**Get Active** – Campers who wish to earn this patch must log at least 60 hours of active time during our Youth Fitness months beginning in January. This number reflects a realistic effort to focus on being active by doing a little more than half of the total amount of hours possible to earn each week (for 12 weeks).



**Family Wellness** – Campers who wish to earn this patch must participate in 10 family wellness activities during our Youth Fitness months beginning in January. Family Wellness activities may be found on the Youth Fitness cards passed out during these months. This number reflects on doing at least one family activity once each week (for 12 weeks).



**Activity M.V.P.** – Campers who wish to earn this patch must demonstrate their ability to effectively participate in activity time during the after school program. This camper will show that they are spirited, have good sportsmanship, be a helper to the counselor, and never give up during an activity. This patch will be awarded once a month for each huddle throughout the school year.



**YMCA Fitness Award** - Campers who wish to earn this patch must qualify in the following fitness events:

**K-2**

- Run a mile under 12 minutes
- Shuttle Run under 13 seconds
- Perform 20 sit-ups in a minute
- Perform 8 Rt. Angle push-ups
- Jump rope at least 30 times in one minute

**3-5**

- Run a mile under 9 minutes
- Shuttle run under 11 seconds
- Perform 40 sit-ups in a minute
- Perform 11 Rt. Angle push-ups
- Jump rope at least 50 times in one minute

Practices will be held during the months of September, October, November, March, April, and May. Test days will also be scheduled throughout these months at the discretion of the after school director.

## Healthy Spirit



**Community Service** – Campers who wish to earn this patch must log at least 15 hours of community service during the months of September, October, November, December, April, and May. This number reflects a dedication to serving the community by committing to an average of 3 hours a month.



**Family Night** – Campers who wish to earn this patch must attend at least 2 family nights throughout the year. This number reflects the importance of connecting with other families within the YMCA at least once a semester.



**Theme Days** – Campers who wish to earn this patch must participate in at least 6 theme days throughout the year. This number reflects a spirited effort to participate in the fun and dynamic theme days put on at after school during the 9 months of school (September thru May).

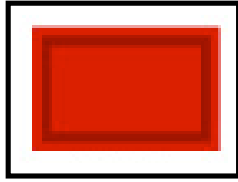


**Assembly Animal** – Campers who wish to earn this patch must demonstrate a spirited heart and sincere intent to make assemblies great by cheering and participating. This patch will be awarded monthly to a camper from each huddle.

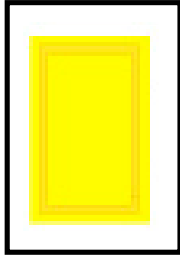


**Camper of the Month** – Campers who wish to earn this patch must exemplify the character traits of the YMCA while interacting with their peers and counselors. They should always be honest, respectful towards everyone, have a caring heart, and be responsible with the space and equipment that they are around. This award will be given out once a month per huddle.

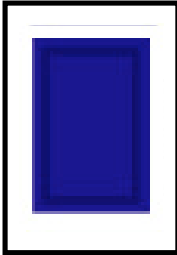
## Character Awards



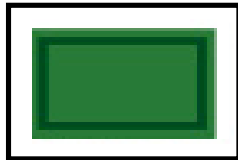
**Caring** – Campers who wish to earn this patch must be recognized with the caring award at the after school program at least 4 times out of the year. Caring awards will be given out every day during assembly.



**Respect** – Campers who wish to earn this patch must be recognized with the respect award at the after school program at least 4 times out of the year. Respect awards will be given out every day during assembly.



**Honesty/Good Sportsmanship** – Campers who wish to earn this patch must be recognized with the honesty/good sportsmanship award at the after school program at least 4 times out of the year. These awards will be given out every day during assembly.



**Responsibility** – Campers who wish to earn this patch must be recognized with the responsibility award at the after school program at least 4 times out of the year. The responsibility awards will be given out every day during assembly.



**Mission** – Campers who wish to earn this patch must have all the other four character patches. Once obtained, campers must give a “Thought For the Day” in assembly and be able to recite the mission of the YMCA to the after school director.

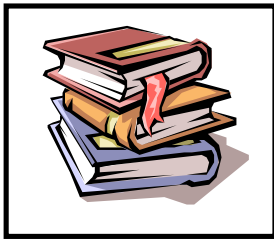
## Healthy Mind



**Homework** – Campers who wish to earn this patch must be recognized with ten homework awards by participating with homework activities during homework time, not disturbing others at homework, and returning all YMCA homework supplies. This award will be given out to one child daily at the end of homework/activity time.



**Scholastic Achievement** – Campers who wish to earn this patch must show a commitment to academic excellence by obtaining “3\*s” or “4’s” on their report cards. Campers in Kindergarten should strive to get four over two years while campers in grades 1<sup>st</sup>-2<sup>nd</sup> should strive to get five. Older campers in grades 3-5 should strive to get at least seven. The camper’s parent will present this award once the parent has notified the YMCA of their camper’s accomplishment.

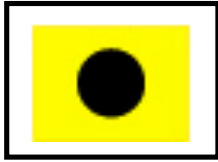


**Rapid Reader** – Campers who wish to earn this patch must show a love for reading by tracking the minutes of the books that they read. This patch will be awarded once a camper has read a total of 720 minutes. This number reflects a passion to read by reading at least 30 minutes a week of a non-homework based book for twelve weeks. Only books that campers have NOT read up to this point may count to their point total. Campers may only log minutes from September through February.



**Creative Arts** – Campers who wish to earn this patch must attend a creative arts choice at least twice a month from September through April. This patch will be awarded based on attendance as well as completion of three projects. Every two months will entertain a new creative arts topic. These topics can include: culinary arts, drama, arts and crafts, photography, etc. Counselors will track the attendance of children as well as the completion of these projects.

## Anniversary Patches



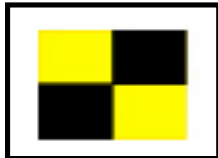
**One Year** – Campers who wish to earn this patch must have attended an after school program for one school year. This patch will be awarded during the first week of the following school year.



**Two Year** – Campers who wish to earn this patch must have attended an after school program for two school years. This patch will be awarded during the first week of the following school year.



**Three Year** – Campers who wish to earn this patch must have attended an after school program for three school years. This patch will be awarded during the first week of the following school year.



**Four Year** – Campers who wish to earn this patch must have attended an after school program for four school years. This patch will be awarded during the first week of the following school year.

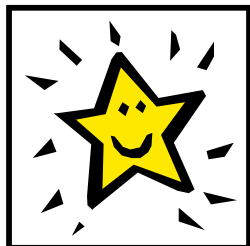


**Five Year** – Campers who wish to earn this patch must have attended an after school program for five school years. This patch will be awarded during the first week of the following school year.

## Additional Patches



**Clinics** - Campers who wish to earn this patch must show a desire to learn new things by attending the clinics offered at the program. A variety of clinics will be offered throughout the after school year. Campers should strive to attend at least five of the clinics offered and be able to recall to their parent and the after school director one thing they learned at each clinic.



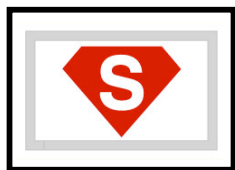
**Most Improved Camper** – Campers may be awarded this patch by the after school director for improvements in a variety of areas including: grades, behavior, activity participation, program participation, homework completion, making new friends, etc. This patch will be awarded once a month at the discretion of the after school staff.



**Friend to the Earth** – Campers who wish to earn this patch will show a dedication to keeping the earth clean by doing the following: picking up trash that is not their own and actively participating in recycling at home. Campers should be encouraged to safely pick up trash if they walk past it at school, around the house, and in other public areas (parking lots, malls, movie theaters, etc.). Campers should also be taught by parents what can be recycled and what cannot. Parents should monitor their camper’s recycling behavior for at least a month and report back to the after school director when they feel their camper is a “friend to the earth.” This patch may be earned throughout the after school year.



**Friend to the School** – Campers who wish to earn this patch must show a commitment to their school by participating in at least one PTA fundraiser, one PTA sponsored event, and one school function. Parents must track their camper’s progress at home and inform the after school director when these objectives have been met. This patch can be earned throughout the after school year.

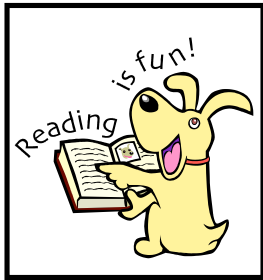


**Super Patch** – Campers who wish to earn this patch must show an affinity towards the character traits of the YMCA by earning a second character trait patch of the same color. For example, if the camper has already received the caring patch (awarded the caring card four times), then they will be awarded this patch when they receive an additional four caring cards.

## K-1<sup>st</sup> grade ONLY additional patches



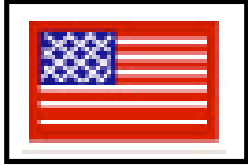
**Bear Necessities** – The camper who wishes to earn this patch must be able to recite from memory their home address, home phone number, and one parent’s cell phone number. They should know not to talk to strangers, what number to dial in an emergency, and who at school they can talk to if they have something important to tell (teacher, counselor, principal, etc.) They must also be able to tie their shoes, write their name, and give a firm handshake.



**Reading Buddy** – The camper who wishes to earn this patch must attend scheduled reading times during the program. At this time, they will be paired up with a 5<sup>th</sup> grader or a counselor (and possibly another camper from their huddle) to read with them. Reading times will be scheduled twice a month throughout the after school program. Campers must read with a buddy at least 10 times throughout the program for the majority of the allotted reading time. **NOTE** – Reading hours may be recorded for the “Rapid Reader” patch during the months of September through February.



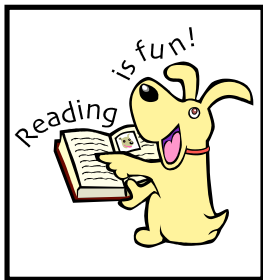
## 5<sup>th</sup> grade ONLY Additional Patches



**Junior Counselor** – 5<sup>th</sup> graders who wish to earn this patch must show a love for other campers at the YMCA after school program by assisting counselors with the following tasks: camper check-in, setting-up and assisting with the leading of games, teaching a cheer to the huddle, and assisting with assembly. These campers will be instructed by their 5<sup>th</sup> grade counselor or after school leadership staff on how to accomplish each of these tasks. Campers will be able to check off items during the months of February, March, and April. Campers need only to successfully fulfill these duties twice during these months.



**Friend to the YMCA** – 5<sup>th</sup> graders who wish to earn this patch must show a commitment to the YMCA and its mission by leading four devotional times at the after school program. Campers can lead a devotion by reading a story, sharing a lesson they had to learn the hard way, talking about a character trait that is important to them and why it's important, etc. Campers will be taught how to lead a devotion by their counselor or after school leadership staff. They may lead devotions with their own huddle or with another huddle. Campers will focus on leading devotions from November through May.



**Reading Buddy** – 5<sup>th</sup> graders who wish to earn this patch must attend scheduled reading times during the program. At this time, they will be paired up with one or two Kindergartners or 1<sup>st</sup> graders to read with them. Reading times will be scheduled twice a month throughout the after school program. Campers must read with their buddy at least 10 times throughout the program for the majority of the allotted reading time. **NOTE** – Reading hours may be recorded for the “Rapid Reader” patch during the months of September through February.





# Compass awards 2006 – 2007 Calendar

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## August

Pass out all compass information

## September

- Community Service
- Rapid Reader
- YMCA Fitness
- Reading Buddy

## October

- Community Service
- Check Grades for Scholastic Achievement
- Rapid Reader
- YMCA Fitness
- Reading Buddy

## November

- Community Service
- Rapid Reader
- YMCA Fitness
- Reading Buddy
- Friend to the YMCA

## December

- Community Service
- Rapid Reader
- Reading Buddy
- Friend to the YMCA

## January

- Nutrition
- Get Active
- Family Wellness
- Rapid Reader
- Check grades for Scholastic Achievement
- Reading Buddy
- Friend to the YMCA

## February

- Nutrition
- Get Active
- Family Wellness
- Rapid Reader
- Reading Buddy
- Junior Counselor
- Friend to the YMCA

## All Months

- Activity MVP
- Theme Days
- Assembly Animal
- Camper of the Month
- Homework
- Creative Arts
- Character Awards
- Clinics
- Most Improved Camper
- Friend to the School
- Friend to the Earth
- Super Patch
- Bear Necessities

## March

- Nutrition
- Get Active
- Family Wellness
- Check Grades for Scholastic Achievement
- YMCA Fitness
- Junior counselor
- Friend to the YMCA

## April

- Nutrition
- Get Active
- Family Wellness
- Community Service
- YMCA Fitness
- Junior Counselor
- Friend to the YMCA

## May

- Community Service
- YMCA Fitness
- Friend to the YMCA