

## **LCORT 2017 - Delegate FAQ**

### ***What is LCORT?***

- LCORT is Leadership Conference of Regional Teens
- It was developed in 1990 as the annual youth conference of the South Central Section of the California 4-H Youth Development Program.
- For 2017 it is open to the 12 counties of the former South Central Section and the 10 additional counties in the new Central Area.
- Youth Delegates are 4-H members age 12-14 as of 12/31/2016 from all 22 counties. They attend a series of workshops developed and presented by Leadership Team Members (4-Hers age 14-18 as of 12/31/2016) from the 12 South Central counties.
- The weekend also includes general assemblies, motivational speakers, recreational activities and a Saturday night dance.

### ***When and where is LCORT?***

- Friday, January 27 to Sunday, January 29, 2017
- Wonder Valley Ranch Resort and Conference Center, Sanger, CA, which is in Fresno County. Their website is [www.wondervalley.com](http://www.wondervalley.com)

### ***Will I be able to hang out with my friends?***

- Yes! You can request to be assigned to the same dorm room as a friend. We will do our best to accommodate this especially if your friend also requests you as a roommate.
- You can spend time with friends during breaks, meals, and recreation.

### ***How do I find my chaperone?***

- At the end of the Friday night assembly, chaperones will hold up signs showing dorm room numbers. Find the person holding your dorm room number.
- Your dorm room number is listed on the packet you received at check-in.
- If you can't remember your room number, or are otherwise uncertain about whom to go with, ask an LCORT staff member for help.

### ***How will I know which workshops to go to?***

- During check-in you'll receive a packet of conference materials that includes your name tag, schedule, and a map of Wonder Valley.
- The name tag shows the logo for the workshop Rotation Group to which you've been assigned. You'll move with that group clockwise from one workshop location to the next throughout the conference center. If you get separated from your group, the LCORT staff will help you reconnect.

### ***How are people assigned to Rotation Groups?***

- Youth Delegates and chaperones are assigned randomly to Rotation Groups, using a system that balances the number of delegates from each grade level within each group.

***Can I request to be in a Rotation Group with my friends?***

- LCORT is designed to improve your leadership skills, and this includes gaining confidence in stepping outside your comfort zone. Meeting new people is an important part of this process. The Rotation Group assignments are random so you can meet new people and make new friends.

***What is Saturday night recreation? Am I required to go to the dance?***

- There are several options for Recreation on Saturday evening. There is a dance with a DJ. You may dress up for the dance (nice school clothes) or even bring a costume in keeping with the 2017 LCORT theme. All clothing must meet the 4-H Dress Guidelines.
- A movie will be shown in another room and there is also a quiet room where you can play board games, read, do homework, or just hang out. You can also move from one activity to another throughout the evening.
- Recreation periods offer a chance for you to get to know other delegates and adults in casual settings. Building a network of friends from different counties will help you get to know people you can consult as you take on leadership roles within and outside your county.
- Delegates will not be in their rooms during Recreation. A chaperone and another delegate would need to be in the dorm room with you. This might take the chaperone away from his or her other duties to the conference, and would deprive the other delegate of recreational opportunities.

***What's the big deal about the Dress Code?***

- LCORT is the youth equivalent of an adult business conference. Dressing appropriately is a way of indicating that you're ready to take on the business of expanding your leadership skills.
- The California 4-H Dress Guidelines will be followed by all participants at LCORT. If clothing doesn't meet the Guidelines, participants will be asked to change. Make sure that the clothing you bring to LCORT meets the Dress Guidelines.
- During LCORT, youth delegates and Leadership Team members sit on the floor for general assemblies. An uncomfortable situation for people sitting or standing behind you is created when there is a gap between your pants and shirt resulting in visible undergarments, bare skin, or visible cleavage. You need to bring and wear shirts that are long enough to adequately cover you when sitting on the floor, as a matter of courtesy to others and to meet the Dress Guidelines.

***What do I need to bring with me?***

- A willingness to meet new people and learn new skills.
- Appropriate clothing for Friday through Sunday.
- Be sure to bring a jacket or sweater, since it gets very cold at night.
- Some delegates like to dress up a bit on Saturday night, but this is optional.
- A sleeping bag or sheets and a blanket
- A pillow

- A towel for showering
- Toiletries, such as shampoo, body wash, deodorant, lotion, etc. in a case or bag. The bathroom may be down the hall.
- Prescription medications
  - All medications to be administered, including prescription and over-the-counter drugs for all youth and adults, must be listed on the Medical Treatment form.
  - All medications must be brought to LCORT in their original labeled containers, inside a ziplok-type bag labeled with the patient's name.
  - All medications must be given to the Health Coordinator at check-in.
  - Medications will be administered by the Health Coordinator during LCORT at pre-arranged times and locations, announced at orientation.
  - For over-the-counter medications listed on the Medical Treatment form but not brought to LCORT (such as Tylenol, Ibuprofen, etc.), the Health Coordinator will evaluate potential need for medication, and will make decisions based on health history information and authorization for treatment on file.
  - Medications will be returned to participants at check-out.
  - Persons with epi-pens or asthma inhalers may keep these with a documented written arrangement with the Health Coordinator. Contact the LCORT Adult Chair to facilitate this at [lcort2017@gmail.com](mailto:lcort2017@gmail.com)

***How can my parents get in touch with the LCORT staff during the conference?***

- They can call or text
  - LCORT Adult Chair, Sue Moore, at 209-743-2020
  - LCORT Men's Dean, James Searcy, at 559-361-7945
  - LCORT Women's Dean, Sharon Smales, at 209-743-3840