

CONA INFORMATION - 2009



Missouri Adult Chaperones

Our adult advisors are Tim Hebron (YIG Senate Coordinator), Jennifer Thompson (YIG Judicial Coordinator), Marie Traczyk (YMCA of St. Louis), and me. This is Tim and Marie's first year at CONA, Jennifer's third year, and my fifth year. Below is our contact information during CONA.

Name	Cell Phone Number
Ken Hussey	(573) 645-2504
Tim Hebron	(314) 267-8115
Jennifer Thompson	(314) 608-3177
Marie Traczyk	(314) 750-8788

Missouri Student Delegation

We have 10 students in our delegation this year. Six of you are new to CONA this year, and four of you have been before. Plus, Josh Travis, former Missouri YIG Governor, is a Presiding Officer this summer at CONA!

Name	Delegation
Mackenzie Becker	Kirkwood High School
Blake Bixler	Lee's Summit North High School
Sarah Crippin	Visitation Academy
Claire Hibbs	Columbia
Weston Hitchcock	Mexico YMCA
Kevin Hornbeck	Pembroke Hill School
Marilyn Robb	Pembroke Hill School
Annie Sescleifer	Visitation Academy
Kate Wagner	Visitation Academy
Elizabeth You	Pembroke Hill School

CONA Leadership

The following students will serve in leadership roles during CONA for our group. I will contact each of you individually about your role and responsibilities. Some positions are appointed by me, others are selected by the conference.

Name	Position
Weston Hitchcock	Conference Life Committee (CLC) Representative

Kate Wagner	Round Table Chairperson
Sarah Crippin	Delegation Leader
Annie Sescleifer	Committee Clerk
Elizabeth You	Proposal Sharing Group Leader
Claire Hibbs	Committee Chairperson
Mackenzie Becker	Media Delegate

YMCA Blue Ridge Assembly, Black Mountain, North Carolina

84 Blue Ridge Circle
 Black Mountain, North Carolina 28711
www.blueridgeassembly.org
 (828) 669-8422

Blue Ridge is seventeen miles east of Asheville, North Carolina. Please note that Black Mountain, North Carolina is on Eastern Daylight Time (EDT), thus one hour ahead of Missouri.

Travel Arrangements

Friday, June 26, 2009	
12:00 p.m. (CDT)	Depart from Jefferson City YMCA, 424 Stadium Blvd, Jefferson City, MO. Please meet in back of parking lot.
2:00 p.m. (CDT)	Pick up at West County YMCA, 16464 Burkhardt Place, Chesterfield, Missouri.
7:00 p.m. (CDT)	Arrive at YMCA in Louisville, 555 South 2nd Street, (502) 587-6700
Evening	Spend night at Louisville YMCA with Kentucky and Ohio delegations

Saturday, June 27, 2009	
9:00 a.m. (EDT)	Bus with Kentucky and Ohio students to Black Mountain, North Carolina
3:00 / 4:00 p.m. (EDT)	Arrive in Black Mountain, North Carolina, at YMCA Blue Ridge Assembly

Friday, July 3, 2009	
1:00 a.m. (EDT)	Depart from Black Mountain, North Carolina with Kentucky and Ohio delegations
7:00 a.m. (EDT)	Arrive in Louisville, Kentucky and change buses
12:00 p.m. (CDT)	Arrive at West County YMCA, drop off St. Louis group
2:30 p.m. (CDT)	Arrive at Jefferson City YMCA

Schedule, Proposals, Committees, etc.

- You can review your committee assignments online at www.ymcacona.org/2009. You can also review other information about the conference, such as what to bring, proposal topics, and more.
- Prior to CONA, you should take a moment to review some documents on our website at <http://www.moyig.org/cona/proposals.php>. The main one is the Presenting Your Proposal guide, which I hope will assist you as you get ready for CONA.

- The CONA schedule is online at www.ymcacona.org/2009. Please print off a copy for your parents. That way they know when you are free and they can contact you.

What to Bring

- Alarm Clock
- Attire for Celebration Dinner
- Attire for Committee, General Assembly, and Plenary Session
- Attire for recreation (There will be a hike one afternoon which you will need comfortable clothes for and good tennis shoes. Also, there is time that same afternoon to go swimming.)
- Comfortable dress shoes (No flip-flops. The walk from the dining hall to the main sleeping hall is an uphill paved path, so I recommend comfortable dress shoes.)
- Athletic shoes
- Accessories, socks, and underclothes
- Toiletry items
- Towels (Non-white. You can hang your towel to dry during the day after your shower.) The conference center provides towels, but they are not the greatest.
- Copies of your proposal and any research you may need to support your proposal
- Notepad, pen, paper – something to take notes with at the committee hearings (You will receive a binder with all the proposals and other CONA information upon arrival.)
- MP3 player – not required, but you may want something for the bus ride or during any breaks at CONA
- Camera
- Spending Money – I recommend about \$75. We will stop and eat during our trip to and from CONA. There is a gift shop at CONA and the opportunity to purchase pizza every night for our delegation meeting. Also, the gift shop has snacks and Eureka Treats, which is like a blizzard and quite popular.
- Pillow, sleeping bag, blanket - We will be staying at the Louisville YMCA on Friday night. You will need these for that night.
- Small umbrella – It probably will rain at some point and this will come in handy.

What Not to Bring

- Knives
- Firearms
- Matches, lighters, candles, incense, or anything that burns
- Tobacco products
- Skate boards, roller blades, etc.
- Expensive jewelry or electronics
- Large amounts of cash
- Animals

Do I need a computer?

You do not need one for CONA. There is a research office that can assist you throughout the week. However, many students do bring a laptop for the week. This is your decision. If you do bring a laptop, I would recommend having it with you at ALL times. Usually, there is wireless internet access in some buildings at CONA.

Dress Code

Travel and stay in Louisville: Casual

- While traveling and staying at the YMCA in Louisville, please feel free to dress casual.

Saturday to Monday: Business Casual (dress shorts are allowed)

- Committee hearing group dress code is business casual.

- Dress shorts, sport shirts, and blouses will be permitted until the end of the 2nd Committee.
- Bare midriffs, tank shirts, jeans, jean shorts, and t-shirts may be worn during free time only.
- Spaghetti-strap tank tops are not permitted. Delegates are allowed to wear state delegation t-shirts all day Sunday.
- Note: the conference photo will be taken after lunch on Monday-business attire is recommended.

Tuesday to Thursday: Capitol Dress

- During 3rd Committee and General Assembly/Plenary Session, young men and women are expected to wear nice business attire with appropriate dress shoes.
- Note: Young men are expected to wear dress slacks, dress shirts with a tie, and most young men choose to wear a coat.
- Young women are expected to wear dress slacks, shirts, blouses, and dresses. Most young women choose to wear business suits or dresses.
- Delegates will not be allowed to wear hats during 3rd committee and General Assembly/Plenary Session.

I recommend that you bring comfortable shoes. Blue Ridge Assembly has multiple hills that you will walk up and down each day for various meetings and meals. The weather at CONA is usually hot and humid, much like Missouri is this time of year. I recommend bringing comfortable dress clothes that will keep you cool.

CONA Accommodations

I am not sure what our rooming assignments are for CONA. Some buildings have air-conditioning, others do not. I think we will be in a building that does have air conditioning. You will most likely share a room with two or more students.

The weather forecast projects to be in the mid to upper 80's, with possible rain. It usually rains at least once during CONA, so be sure to bring a small umbrella if you have one.

We are staying Friday night at the Louisville YMCA. You will need to bring a pillow and sleeping bag/blanket to sleep on for that evening. Also, our bus ride from Kentucky to North Carolina will be full. In order to accommodate everyone, please pack only what is necessary for your trip to conserve luggage space. I ask that you limit yourself to one piece of regular luggage and one carry-on/backpack. Your sleeping bag and pillow will have to make the trip as well.

Spending Money and Meals

There are a few meals that you will need money for as we go to and from CONA. You will need money for lunch and dinner on Friday, June 26, lunch and dinner on Saturday, and breakfast/lunch on Friday, July 3. You can most likely cover these meals for about \$30 to \$40. The rest of your meals are included at CONA.

The meals at CONA are all provided starting with breakfast on Sunday. You will be provided three meals a day and they are served cafeteria style. I recommend bringing some snacks along if you are one that gets hungry throughout the day.

I recommend bringing some extra money in case you want a snack or an Eureka Treat, which are ice cream treats that are delicious!

Free Time during CONA

There is not much free time during CONA. This is a working conference, so once things get started, you will be spending most of your time in various committee hearings. However, Wednesday afternoon is free time for you. There are a few options for the afternoon.

- There will be an organized trip to the Biltmore Estate in Asheville. The cost will be around \$20. Here is some information on the Estate: <http://www.biltmore.com/>.

- There will also be a hike at Blue Ridge Assembly, which about 200 or more students and adults will do. This will be my fifth time doing the hike, and it is a lot of fun. It is not an easy stroll through the woods. The hike is challenging and about two to three miles total. If you wish to go on the hike, you must have tennis shoes with you.
- If neither of these options interests you, you can also relax at Blue Ridge, take a nap, play some games with other students on site, and just enjoy the day.

Pin and T-Shirt Exchange

A lot of students exchange state pins, t-shirts, and other YIG merchandise at CONA. I will bring some Missouri YMCA Youth In Government shirts and pins to share with you.

CONA Blog

Check out the CONA Blog at <http://www.ymcacona.org/blog/>. Lots of great information here about what to bring, what to expect, and more.