



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BOARD OF DIRECTORS APPLICATION

NORM WAITT SR. YMCA



The Y: We're for youth development, healthy living, and social responsibility.

**Norm Waitt Sr. YMCA
BOARD OF DIRECTORS APPLICATION**

Hello,

You have received this board application because you have been recommended by a friend of NORM WAITT SR. YMCA or you have been identified as someone in our community that we would like to explore for a potential new board member position.

We hope you will take this opportunity to learn more about the Y, the Y's mission, and the responsibilities of the board of directors. We believe as you further explore the Norm Waitt Sr. YMCA the more you would love to partner with our organization in its areas of focus of youth development, healthy living and social responsibility.

This application is just the beginning of the process in becoming a new board member. Interviews, facility tours, and board approval are also mandatory steps of the process. Ensuring that the Y is a good fit for you and you for us is crucial in quality board development and the overall success of our organization.

Should you determine that you have an interest in exploring a board position with the Norm Waitt Sr. YMCA please complete this application and notify Rhonda Robson, CEO.

Thank you for your interest in a potential Board of Directors position with the YMCA!



The Y: We're for youth development, healthy living, and social responsibility.

About the Y

The Y is the leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

Our Cause Defines Us

We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.



Strengthening Community

With a focus on youth development, healthy living and social responsibility, the Y works to nurture the potential of children and teens, improve the community's health and well-being, and give back and support our neighbors.

At the Y, no child, family or adult is turned away due to inability to pay. We recognize that for communities to succeed, everyone must be given the opportunity to be healthy, confident, connected and secure.

Norm Waitt Sr. YMCA provides scholarships, financial assistance and dues waivers to children and families in our community. The Y is a unique nonprofit that offers subsidies to those in need, ensuring that our programs and services are available to all.

How We Do It

There is no other nonprofit quite like the Y. That's because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but to deliver, lasting personal and social change.



- The Y is community centered. For nearly 160 years, we've been listening and responding to our communities.
- The Y brings people together. We connect people of all ages and backgrounds to bridge the gaps in community needs.
- The Y nurtures potential. We believe that everyone should have the opportunity to learn, grow and thrive.
- The Y has local presence and national reach. We mobilize local communities to effect lasting, meaningful change.

The Y

"The Y, the oldest and largest social institution in the United States, has touched the lives of virtually all Americans. It gave the country basketball and volleyball, its best known popular contributions. But it also pioneered camping, public libraries, night schools and teaching English as a second language. The Y has provided war relief since the Civil War, and served immigrants and refugees from countries around the world. It has fostered understanding and cooperation within Christianity and among the world's major faiths. It has summoned the strengths of association to make communities stronger. The Y has probably touched more lives in America than any other volunteer or social institution."

Andrea Hinding, Professor, University of Minnesota

What Does The YMCA Stand For?

In the beginning, back in 1844, young men drawn to London for jobs in factories lived in squalid and unsafe conditions. Street life offered only taverns and brothels. A 23-year-old clerk named George Williams thought to improve the lives of young workers by offering a place for prayer, bible study, mutual support and group residence. The now famous initials stood for:

Young Men's Christian Association

The Y idea, which began among evangelicals, was unusual because it crossed the rigid lines that separated all the different churches and social classes in England in those days. This openness was a trait that would lead eventually to including in Ys all men, women and children, regardless of race, religion, financial circumstances or nationality.

So, we're not just for the Young, not just for Men, and not just for Christians any more. But we're still an Association – a community within a community – working to meet social, physical and spiritual needs for the greater good of all.

Because we welcome everyone, because we share what we have by offering financial assistance to those who cannot otherwise afford our programs and memberships, because we promote the core values of Caring, Honesty, Respect and Responsibility, and because we strive to engage and improve the spirit, mind and body, we state as our Mission:

*To put Christian principles into practice through programs that build healthy spirit, mind, and body **for all**.*



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NORM WAITT SR. YMCA

The Norm Waitt Sr. YMCA was chartered in April 1986, spearheaded by a group of dedicated citizens who believed in the values promoted by the Y and wanted to make a positive difference in the community. As our mission to increase our service coverage to neighboring counties developed, we have continued to grow and collaborate with schools, government agencies and a variety of nonprofit organizations.

Today we presently have a facility in South Sioux City, NE and programming in both North Sioux City and Sioux City. We proudly serve the Siouxland and Tri-state area.

NORM WAITT SR. YMCA
601 Riverview Drive
South Sioux City, NE 68776
www.nwsymca.org

Serving Hundreds each day

Hundreds of youth and adults into the Norm Waitt Sr. YMCA facilities on a daily basis seeking support and services in order to improve their quality of life. We are proud to be a great community resource that helps families creatively spend time together; individuals maintain healthier lifestyles; and give children and teens positive experience and memories that will last a lifetime.

Youth Development Programs

- School Days Out
- Summer Day Camp
- Youth Dance
- Camp Imaginarium!
- Healthy Kids Day
- Family Fun Nights
 - Great Pumpkin Float
 - A Very Merry Y-mas
- Youth Sports
 - Indoor/Outdoor Soccer
 - Flag Football
 - Basketball
 - T-Ball
 - Itty Bitt Sports
- Summer Sports Camps
- Youth Agility Camp
- Swimming Lessons
- Safety Around Water
- Wellness Classes
 - Healthy Weight & your Child
- Multi-Cultural
- Achievers
- Parent's Night Out
- Child Watch and Youth Center



Healthy Living Programs

- Personal Training
- Fitness Assessment
- Fitness Orientations
- Group Exercise
 - Yoga
 - Boot Camp
 - Indoor Cycling
 - Strength Train Together
 - TRX
 - Balance and Flex
 - Enhance Fitness
 - Silver Sneakers
 - Pilates & More...
- Cardio Machines
 - Treadmills
 - Elliptical
 - Nu Step and more...
- Free Weights
- Circuit Training
- Sauna – Steam Room – Hot Tub
- Active Older Adults
- Water Aerobics
- Lap Swimming
- Meal Classes
- LiveStrong
- Diabetes Prevention & Exercise



Social Responsibility Programs

- Birthday Rentals
- Volunteer Opportunities
- Active Older Adults
- Silver Sneakers
- Community Gathering Locations
- Lifeguard Certification
- CPR/AED/First Aid
- Certifications
- Community Garden
- Seniors Potluck
- Scholarships – Financial Assistance
- Nutrition & Meal Prep Classes
- Pre Diabetic Screenings

Board of Directors Member Responsibilities

Time Commitment

Board meetings are held once a month for usually 1+ hours, typically over lunch during the work week. In addition each board member is expected to serve on a committee that would generally meet monthly for an hour. Board members are also asked to attend special events throughout the year.

Typical Board Member Responsibilities

Ensure effective planning. Boards must actively participate in an overall strategic planning process and assist in implementing and monitoring the plan's goals.

Ensure adequate financial resources. One of the board's foremost responsibilities is to secure adequate on-going financial resources for the organization to fulfill its mission.

Protect assets and provide proper financial oversight. The board must assist in developing the annual budget and ensuring that proper financial controls are in place.

Enhance the organization's public standing. The board should clearly articulate the organization's mission, accomplishments, and goals to the public and garner support from the community.

Build a competent board. All boards have a responsibility to articulate prerequisites for candidates, orient new members, and periodically and comprehensively evaluate their own performance.

Hire, support and evaluate the Chief Executive Officer. The board should ensure that the chief executive has the moral and professional support he or she needs to further the goals of the organization.

Ensure legal and ethical integrity. The board is ultimately responsible for adherence to legal standards and ethical norms.



In partnering with the Y as a board of directors member, you can feel confident your contribution will make a meaningful, lasting impact on our community and in the individual lives of many.

Board Legal Duties

Duty of Care requires leaders to use reasonable care and good judgment in making their decisions on behalf of the interest of the organization.

Duty of Loyalty requires leaders to be faithful to the organization, avoiding conflicts of interest.

Duty of Obedience requires leaders to comply with governing documents (i.e. Bylaws, article of inc., policies, etc.)

The Y enjoys a rich and storied history, dating back over a century and a half, with a tradition of bettering every community it serves. The Y is the premier nonprofit board in which to serve in our area. The Y is the place to serve.

A successful board of directors is achieved by attracting successful and quality business and community leaders? Do you see yourself in this positive image? If so, we might have the right seat for you!

WHY SERVE?

HAVE AN IMMEDIATE AND
LASTING IMPACT

GAIN EXPERTISE ON COMPLEX
ISSUES

BUILD VALUABLE NETWORKS
AND RELATIONSHIPS

GROW AS A LEADER THE ONLY
WAY YOU CAN – THROUGH
EXPERIENCE

COMMUNITY RECOGNITION

CHANNEL CREATIVE ENERGY

THE NEED IS
GREAT, IF NOT
YOU, WHO?



Board of Directors Member Application and Questionnaire

Please complete entire form and submit to:

Rhonda R. Robson, CEO, 601 Riverview Drive, South Sioux City, NE 68776

Personal			
First	MI	Last	Familiar
Address			
Home Phone	Work Phone	Cell Phone	E-mail
Employer			Title
Employer Address			
Type of business or organization			
Have you ever been convicted, plead guilty or plead no contest to a crime? (If yes, please explain).			

Education	
Institution	Degree and Major
Institution	Degree and Major

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Please list your past and present memberships on boards, committees and organizations: (business, civic, community, fraternal, political, professional, recreational, religious and social).		
Organization	Role/Title	Date of Service
Organization	Role/Title	Date of Service
Organization	Role/Title	Date of Service
Organization	Role/Title	Date of Service
Organization	Role/Title	Date of Service
Organization	Role/Title	Date of Service
Please list notable achievements in your service to above organizations:		
Please describe your other volunteer experience:		
Please list your fundraising experience:		

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Board members play a key role in essential fund development of a nonprofit organization. The Y must raise a minimum of \$150,000 annually to meet the needs of the community. What amount do you comfortably feel you can contribute through fundraising or personal giving? Please explain:

As a board member would you be able to provide the Y no-cost or discounted access to any valuable services through your profession or relationships?

What is your experience with the Y?

Who recommended you for a Y board position? Who else do you know on the Y board?

Why are you interested in serving as a Y board member?

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Please mark the skills and/or interest you bring to our board:					
	Reading Financials		Business Management		Accounting
	Human Resources		Fundraising		Grant Writing
	Administration		Outreach/Advocacy		Nonprofit Experience
	Community Service		Leadership Development		Law/Legal Issues
	Policy Development		Real Estate		Banking
	Program Evaluation		Information Technology		Web Design
	Public Relations		Strategic Planning		Event Planning
	Campaign Planning		Education/Instruction		Medical/Healthcare
	Membership Growth		Marketing/Social Media		Child Development
Other unique talents or skill sets you bring as a board member?					

Time commitment: Board meetings are held once a month for usually an hour and could be longer hours, typically over lunch during the work week. Each board member is also expected to serve on a committee that would generally meet monthly for an hour. In addition, board members are asked to attend special events throughout the year. Can you reasonably commit this amount of time? Please list conflicts:

Please list three references:		
Name	Relationship	Phone Number
Name	Relationship	Phone Number
Name	Relationship	Phone Number

Board Members Expectations

To help the Y be successful and to be a valued board member, I will keep the following as my expectations:

I am responsible for the stability and development of the Norm Waitt Sr. YMCA. As a member of the Board of Directors, I pledge to help carry out the mission of the Association.

I am responsible to review, approve, and monitor the annual budget.

I am responsible to take an active role in fundraising for the organization. Along with my other board members accept the responsibility of meeting the annual campaign goal as established in the budget.

I am responsible to understand the legal aspects of the organization and to ensure proper insurance coverage and policies established and to monitor implementation of these policies.

I agree to give annually what is for me a substantial financial donation.

I understand that board service will involve a commitment of my personal time, talent and energy.

I will be active on one or more committees.

I understand that my attendance at board and committee meetings is crucial to the progress of the branch and will commit to be present 80% of the time.

I understand that the day to day operation of the branch is the responsibility of the staff.

I agree to keep confidential any sensitive information shared at board or committee meetings, or in conversations with staff or other board members.

As a member of the branch board, I pledge to carry out this agreement to the best of my ability and to trust and encourage my fellow board members to do likewise.

Y Staff Support to the Board

Y staff will provide me with appropriate financial information that allows me to make sound fiscal decisions which ensures the association's financial health.

Y staff will provide statistical and analytical reports on the membership, programs and services of the Y to aid board members in making informed policy decisions.

These responsibilities I accept in good faith as a member of the Norm Waitt Sr. YMCA Board of Directors.

Board Member Signature

Date