



Student Life

LOS MEDANOS COLLEGE



LMC Spring Student Leadership Retreat January 7th & 8th

INFORMATION SHEET

SPONSORED BY: Student Life Office and LMC Learning Communities & Special Programs

All LMC Students are eligible to attend.
Spots are open on a first come, first served basis.
DEADLINE to submit registration sheet is THURSDAY, December 11th at 5PM.

Join a group of LMC student leaders for this 2 day retreat!
Space is limited and you must sign-up in advance.

WHAT IS IT?

The LMC Spring Student Leadership Retreat is an annual student leadership retreat on the LMC campus. The retreat will be held off-campus at the Westminster Retreat Center in Alamo, CA. Through workshops, speakers, and activities, students gain insight into their personal leadership styles, meet and connect with other LMC student leaders, and gain essential tools to be leaders in their clubs, organizations, and programs.

SPECIAL GUEST

This year's Spring Leadership Retreat will be guest facilitated by Glenn DeGuzman. Glenn was the Keynote speaker at the Fall '08 Welcome Day. We are excited to bring him back for this retreat.

Glenn is the Director of Student Leadership at UC Berkeley. Using multiple cultural lenses to inspire and motivate, his presentations are fun, entertaining, and dynamic! His presence brings to life his lens as a Filipino American growing up in the United States. Glenn has over a decade of working with diverse students on colleges and universities, is a former faculty in ethnic studies and higher education administration, a nationally certified and competitive youth soccer coach, a family man and father of two, and currently is a doctoral student and leadership development administrator.

QUICK FACTS

What: LMC Fall Student Leadership Retreat

When: Wednesday & Thursday, January 7 & 8, 2008; OVERNIGHT*

Where: Westminster Retreat Center in Alamo, CA (Off-Campus)

Cost: \$20 refundable deposit per student (Includes all meals, lodging, charter bus transportation, and retreat materials)

Your deposit will be returned to you after you attend the retreat.

Leave LMC: Wednesday, January 7th at 9:00 AM

Return to LMC: Thursday, January 8th at 5:00 PM

*Students are required to stay overnight for both full days.

REGISTRATION DIRECTIONS

Fill out the registration form and turn it in to Demetria Lawrence in the Student Life Office- Room 800A (x3266).

SPACE IS LIMITED – REGISTRATION IS *FIRST COME FIRST SERVED!*



Student Life
LOS MEDANOS COLLEGE



LMC Spring Student Leadership Retreat **January 7th & 8th**

ADDITIONAL INFORMATION

WHAT IS IT?

The LMC Spring Student Leadership Retreat is an annual student leadership retreat on the LMC campus. The retreat will be held off-campus at the Westminster Retreat Center in Alamo, CA. Through workshops, speakers, and activities, students gain insight into their personal leadership styles, meet and connect with other LMC student leaders, and gain essential tools to be leaders in their clubs, organizations, and programs.

There will be a number of leadership development sessions held during the retreat. There will be a lot of activities. It will be high energy, fun, and engaging. In addition there will be some free/social time to hang out with other student leaders.

WHEN IS IT?

The retreat will take place January 7-8. We will leave campus at 9am on Wednesday, January 7th by bus to go to the retreat center. We will return to LMC at 5pm on Thursday, January 8th. We will be staying overnight at the retreat center. All students are required to stay for the entire length of the retreat.

WHERE IS IT?

The retreat will be held at the Westminster center in Alamo, CA (<http://www.uccr.org/westmin.htm>). There are 2 main buildings that house both the large meeting rooms as well as the bedrooms. The center has hiking trails nearby, volleyball, horseshoes, ping-pong, croquet and a walking labyrinth.

WHAT DO I NEED TO BRING?

Lodging, beds, and all meals starting with lunch on Wednesday and ending with lunch on Thursday will be provided. Bring clothes for 2 days including a jacket and warmer clothes as there may be activities outside. Last, bring an excited and positive attitude!



LMC Spring Student Leadership Retreat January 7th & 8th

REGISTRATION SHEET

All LMC Students are eligible to attend.

Spots are open on a first come, first served basis.

DEADLINE to submit registration sheet is **THURSDAY, December 11th at 5PM.**

*Fill out this form completely and turn it in along with a refundable deposit of \$20 to student life coordinator,
Demetria Lawrence in the Student Life Office (x3266).*

Student Name: _____

Student ID #: _____

Student Address: _____

Student Phone: _____

Student E-mail: _____

Dietary Needs: Please indicate any dietary needs that you have.

☐ Vegetarian ☐ Vegan ☐ Other: _____

Please identify ALL of the programs and/or organizations that you are a part of:

☐ LMCAS ☐ Honors ☐ American Experience ☐ Student Ambassadors

☐ Umoja ☐ Puente ☐ Classroom w/o Borders

☐ Student Club(s): _____

My signature certifies that I am a currently registered student of Los Medanos College. I understand that the majority of the cost for this retreat is being paid for by the college. By signing this agreement, I agree that I will participate in this event. If I am unable to participate, I will let the Student Life Office know prior to January 3rd.

Student Signature

Date

LOS MEDANOS COLLEGE CODE OF CONDUCT AGREEMENT

Name: _____ Student ID: _____

Home Phone: _____ Cell Phone: _____

Address: _____

Event: Spring Student Leadership Retreat (Alamo, CA)

Date(s): January 7 & 8, 2009

I understand that I am attending this fieldtrip as a representative of my Los Medanos College and that my expenses are paid in part by the college. I understand that I am expected to conduct myself in a responsible manner and agree to the following:

- ✓ I am currently enrolled at Los Medanos College.
- ✓ No unauthorized personal vehicles are permitted to be driven without the approval of the staff.
- ✓ I am aware that the California State Education Code and the policies of the Contra Costa Community College District prohibit possession or use of alcoholic beverages or any controlled substance during the college function, regardless of attendee's age. (Prescriptions should be registered when turning in your application, for your own protection).
- ✓ I understand that no inappropriate behavior will be permitted, nor any behavior that would endanger the undersigned or others. I also understand that I am responsible for any damages I cause to any facility while attending this conference.
- ✓ I agree I will not invite any outside visitors to participate in program activities without having obtained prior approval from my advisor.
- ✓ I understand that this activity is an official college field trip and that I am required to attend all possible work sessions.
- ✓ I understand that any infraction may result in possible disciplinary action and may result in immediate dismissal from the activities and that I will then become responsible for making other arrangements for my return to the college.
- ✓ All participants must stay within the designated areas announced.
- ✓ Any exceptions must be approved by the advisor one (1) week prior to the event date.
- ✓ I understand that if any of the aforementioned conditions are broken, I will be removed from the program activities and placed under observation by a member of the college staff and disciplinary action according to Los Medanos College Student Discipline and Suspension guidelines will be enforced.

By signing this form, I understand that I must abide by this Code of Conduct Attendance Agreement Form and must turn it in with your registration form, before the time of departure for the trip.

Student Signature: _____ Date: _____



EXCURSION/FIELD TRIP NOTICE & MEDICAL AUTHORIZATION

As stated in California Code of Regulations, Subchapter 5, Section 5540, I understand that I hold district, its officers, agents and employees harmless from any and all liability of claims arising out of or in connection with my participation in this activity.

In the event of illness or injury, I hereby consent to whatever x-ray, examination, anesthetic, medical, surgical, or dental diagnosis or treatment and hospital care from a licensed physician and/or surgeon as deemed necessary for my safety and welfare. It is understood that the resulting expenses will be the responsibility of the participant.

Name of District: Contra Costa Community College District
Los Medanos College

Destination: SSSCC General Assembly (San Jose, CA)

Departure Date & Time: Wednesday, January 7, 2009 (9:00 AM)

Return Date & Time: Thursday, January 8, 2009 (5:00 PM)

Medical Insurance Carrier

Address

Policy Number

*If there are any special medical problems, please attach a description of the problem to this sheet.

In the event of illness or accident, please notify:

Name _____ Phone _____

Address _____
Relationship _____

Student Signature _____ Date _____

Student Name (Print) _____
Address _____ Phone _____
