



Dear Future CITs,

This year, Center Day Camp (CDC) is excited to introduce a new aspect to our program. Based on feedback from previous year, we are restructuring the Counselor in Training (CIT) program to make it as fun and informative as possible. Our CIT program is intended for 14 and 15 year olds entering the 10th grade in the fall who are interested in becoming junior counselors and/or exploring personal growth and leadership experiences.

The CIT program is a one year, progressive experiential education course designed to help young people develop their awareness and basic skills of camp leadership. Though primarily created to produce well-rounded, creative, caring and competent staff members with a broad range of human relation, outdoor education, and camp programming skills — the program is also designed to benefit young people regardless of their desired future in camp counseling. The issues raised and the experiences encountered in the program will relate to a young person's life both in the world at-large, as well as within the microcosm of our camp community. The CIT program's many components are led by our CIT Coordinator, with support from the Camp Director and other key camp staff.

The CITs will meet daily as a group for peer support and guidance from their leader, the CIT Coordinator. All CIT's will receive additional in-service training, evaluation and counseling throughout the summer from both the CIT Coordinator and others in CDC leadership. Each CIT will be placed with a group of children, as well as a General Counselor and possibly a Junior Counselor. The CIT will have the opportunity to lead a group of children, teach activity lessons, observe counselors in action, brainstorm ideas with our staff for special events, and team-build with fellow CIT's.

The learning process will be ongoing and the CIT's will be supported by staff in order to best prepare them for success in their new roles. CITs will be rotated among camper groups and specialty areas to provide the opportunity of working with children of varied ages, and working in a variety of activities.

At the end of the first week, the CIT will sit down individually with the CIT Coordinator and the Camp Director to debrief on their experience, discuss strengths and weaknesses, and prepare for the upcoming week. This evaluative process allows the CIT to ease into their new position and reflect on their week before being asked to take

direct leadership within their assigned group. Upon completion of the program, CIT's are eligible to apply for employment as junior counselors the following summer.

The enclosed packet includes the Program Outline, as well as our CIT Goals and Responsibilities. Please read it carefully with your family. If after reviewing the materials you feel ready for a fun challenge, complete the two enclosed applications and mail it back to CDC.

The CIT application must be completed by the potential CIT, and the parents must fill out the Camper Application. We hope this information will answer most of your questions regarding leadership training for young people at Center Day Camp. If you have questions, call our office at 207-772-1959 or email, cdc@mainejewish.org. This summer is going to be awesome and we hope to hear from you soon.

Warmly,
Marnie, Eli, and Amy



Center Day Camp CIT PROGRAM OUTLINE

Eligibility

- 15 years old by June 14th, 2010 and entering 10th grade in fall of 2010
- No prior camp experience necessary, though preferred.
- Participation to CIT program requires a minimum of 4 weeks. Weeks do not need to be consecutive.

Application Procedures

- Complete the regular Camper Application form and CIT application (enclosed)
- Tuition is \$400 for the entire camp summer (does not include 9th week) or \$200 for four weeks (\$75.00 deposit due with application)

Program Details

- Placement in camper groups and activity specialty areas on a rotating basis.
- Leadership training – including personal reflection through group discussions and individual writing assignments, observing program area staff members and general counselors, and leading and presenting to groups
- Organizing special camp-wide events with our staff, (i.e. decorating for birthday parties, planning for color games, participation in morning and afternoon assemblies)
- Attend pre-camp CIT meeting (date and time TBA)
- Attend daily peer CIT group
- Evaluations with CIT Coordinator and Camp Director
- While supervised, lead one camper group for a day, and lead one activity area for a day

Center Day Camp CIT GOALS & RESPONSIBILITIES

CIT- Goals

- Develop leadership skills
- Develop counseling and teaching skills within the CDC environment
- Increase sense of responsibility and service to others
- Assist Unit Leaders with camper supervision
- Assist Program Area specialty counselors in carrying out lesson plans in an activity
- Improve interpersonal skills with peers, campers, and staff
- Successfully program and implement a lesson plan for an activity area (to be assessed by CIT Coordinator)

- Lead a group of junior campers in their daily activities
- Continue to increase leadership, counseling, and teaching skills
- Improve camper management skills (evaluated by CIT Coordinator)
- Increase preparedness for summer camp counselor position

CIT Responsibilities

While at CDC, a CIT will:

- Participate and assist campers in all activity areas
- Report any behavior problems to the senior counselor in the group
- Act as a role model to all campers
- Make their best effort to learn new skills or improve upon old skills while in their chosen activity area
- Cooperate with all camp personnel to ensure safety for all campers
- Complete tasks and/or assignments given to them by the CIT Coordinator, whether individually or in a team setting (i.e. keeping a daily camp journal, participating in team building activities, etc.)
- Help campers share in the responsibility of care of the grounds by setting a good example
- Be prompt, neat, and willing to do more than the minimum requirements
- See that campers keep their belongings in order and out of the Lost and Found
- Be sure that campers are properly hydrated and protected from the sun
- Be alert of and report to the office any elements of danger such as broken equipment, loose nails, poison ivy, etc.
- Carry out any additional tasks set forth by the Unit Leaders, Program Specialty Counselor, or CIT Coordinator

COUNSELOR-IN-TRAINING APPLICATION

TO BE COMPLETED BY CAMPER AND RETURNED TO:

Center Day Camp

c/o Jewish Community Alliance of Southern Maine
57 Ashmont Street
Portland, Maine 04103

Dates applying for (circle, min. of 4 weeks required): Week 1 (June 21-25) Week 2 (June 28-July2)
Week 3 (July 5-9) Week 4 (July 12-16); Week 5 (July 19-23); Week 6 (July 26-30); Week 7 (August 2-6)
Week 8 (August 9-13); Week 9 (16-20)

Name _____

Date of Birth _____ Grade (fall of 2010): _____

Address _____

City _____

State _____ Zip _____

Home Phone _____ Cell Phone _____

Email: _____
(please write legibly, as you will be notified of initial receipt of the application via email)

Activity Areas Interested In*:

1) _____ 2) _____ 3) _____

*Please refer to list on last page, list in order of preference

Education

Years (From-to) School City State

Years (From-to) School City State

Camp Experience

Dates Camp Director City/State

Dates Camp Director City/State

Dates Camp Director City/State

References - please list at least 2 people that can attest to your work habits and character. Examples include teachers, coaches, employers, or mentors. Please do not include parents of family members.

1) _____
Name Relationship Phone Number

2) _____
Name Relationship Phone Number

Please answer the following questions on separate sheet of paper, hand-written or email is fine:

1. What contributions do you think you can make at camp?
2. What contributions do you think a well-run camp can make to children?
3. What are your summer goals at CDC?
4. Why would you like to work at CDC?
5. Describe a perfect counselor.
6. What are personal examples of good leadership?

Are there any reasons you may have difficulty in performing any of the essential elements of the position for which you have applied? YES _____ NO _____ If yes, please explain

I authorize investigation of all statements herein and release the camp and all others from liability in connection with same. I understand the position of CIT is that of a Counselor-In-Training and that, while I will still be a camper in a special program, my behavior and attitude will be held to the same standards as that of the regular staff.

Applicant's Signature _____ Date _____

Parent's Signature _____ Date _____

A completed camper application must accompany this C.I.T. application

Activity Areas:

Archery

Arts & Crafts

Baseball/Softball (may also include volleyball and/or kickball)

Basketball/Floor Hockey

Boating (canoeing, kayaking, sailing)- please circle all that apply

Ceramics

Dance / Hip Hop, Ballet, Jazz (please circle)

Fishing

Group Games

Gymnastics

Israeli Culture

Lacrosse

Mountain Bikes

Nature

Performing Arts

Photography/Newspaper

Sailing

Soccer (may include other field games like Ultimate Frisbee, Flag Football, etc)

Tennis

Windsurfing