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YMCA Camp Kresge Counselor – In – Training CIT Program

Ages 15 & 16, Limited Availability (12 CITs per session)

Counselor-In-Training (CIT) application process:

All applicants must complete the 2012 CIT Application in order to be considered for the CIT program. The application must be mailed or faxed to the Outdoor Center Director no later than May 15, 2013. Once the Outdoor Center Director has reviewed the application the applicant will be contacted and will be informed about their acceptance or denial into the program. Additionally an interview or references may be requested in the event of a high number of applicants.

If you are accepted into the CIT program you will need to have your parent or guardian register you through the camper registration process and put down the necessary deposit to hold your spot.

Space is limited to 12 CIT's each session so please make sure to apply early.

The Program

This intensive program is geared toward the campers who would like to continue their camp experience and become a camp counselor. Skills in leadership, communication and general camp counseling are the focus of this program. CITs need to be prepared to work hard and have fun.

Week One: Training

CIT's will receive training similar to the Counselor Staff Training that all current employees go through. Topics include age characteristics, leading games, building friendships, first aid/CPR/AED, risk management, supervision, engaging shy children, Homesickness, bedwetting and bullying. During this week the group will participate in extensive team building exercises that are designed to enhance leadership, teamwork and communication skills.

Week Two: Trip

The CIT's will plan their own menu for their trip and each person will have the responsibility of leading the group at different time throughout the trip. The focus here is on leadership skills. The trip will be a backpacking trip along the Appalachian Trail. This trip is designed to continue to hone the skills that were learned during week one as well as to create a cohesive unit.

Week Three: Shadowing

CIT's will be paired with a set of counselors and will live in a cabin with campers and shadow their counselors. Throughout the week the CIT Director will have meetings to check in with the CIT's to see if they have questions and to help reinforce knowledge gained from the previous two weeks.

Additional Weeks:

At YMCA Camp Kresge we have an option for those CIT's who are registered in Session A to shadow for two additional weeks. These weeks are optional and are only available to those CIT's who are registered for Session A

