

YMCA Camp Foss Counselor In Training (CIT) Program FAQ's

What is the goal of the CIT program? The goal of the CIT program is designed to teach valuable life skills, build self-esteem, and increase your daughter's ability to focus and work as a team member, while getting ready to make the hard decision of do they or don't they want to become a counselor at Camp Foss.

How long does the program take? The program runs for three or four weeks and is broken up into four different stages. The first is week is the basics, learning how to do the required duties, how to work with youth, and bond with fellow CIT's. The second stage involves shadowing; CIT's will spend full days with a specific staff member observing how they conduct the day's activities. In the third stage it's time to start co-leading activities, CIT's will start taking an active role in the cabin and at activity areas where they are assigned. The final week CIT's are assigned a full time cabin where they will get to know the campers best and how to deal with common cabin problems.

What trainings are offered throughout the program? The CIT program provides a variety of trainings all designed to help the CIT become a successful camp counselor. This includes workshops on homesickness, child abuse prevention, bullying, emergency procedures and drills, communication, teambuilding, first aid and more.

How is the CIT experience different than being a camper? Although CIT's still participate in a variety of camp activities they are no longer playing for themselves, but playing to make sure all campers are engaged in a safe and fun activity.

What is the best age to be a CIT? To participate in the CIT program participants must be 16 years old by June 15, 2019. We encourage all campers to participate in the Leader In Training Program first, as it is a great stepping stone program, but it is not required for application.

Phone: 603.232.8642 | Fax: 603.623.5934 | www.campfoss.org



CAMPING SERVICES COUNSELOR - IN - TRAINING (CIT) 2019 APPLICATION

Date: _____

Name: _____ Date of Birth: _____ Age: _____
Must be 16 by 6/15/19

Address: _____ City: _____ State: _____ Zip: _____ Country: _____

Camper Email: _____

(Cell Phone) _____ (Home Phone) _____ Number of Years at Foss/Mi-Te-Na: _____

The best way to reach me is: E-mail Mail Phone

There are a lot of things to do this summer, why pick the CIT program? Whose idea was it? _____

What skills and qualities will you bring to the CIT program? _____

What qualities do good counselors possess? _____

Tell us about an experience at camp that was particularly memorable to you and why? _____

What would you like to say that you got out of being a CIT when you have completed the program? _____

What experiences have you had working with children? _____

Please list 2 references (not family members) that can appropriately judge your character:

Name: _____ Relationship: _____ Phone: _____

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If chosen for the CIT program, which month would you prefer?

CAMP FOSS:

- June 22 @ 10:00 am - July 20 @ 12:00 pm
- July 14 @ 10:00 am - August 10 @ 12:00 pm

CAMP MI-TE-NA:

- June 21 @ 10:00 am - July 20 @ 10:00 am
- July 19 @ 10:00 am - August 17 @ 10:00 am

Thank you for taking the time to complete this application. We anticipate a large number of CIT applications this year. Please return your completed application as soon as possible. **The application must be received by December 15, 2018.** Please also be advised that there will be a **group interview conducted at the YMCA of Downtown Manchester on January 19, 2019** for all applicants in the area. Applicants that live in access of two hours will be provided the opportunity for a phone interview. More information will be given out about the group interview at a later date.

Please send completed applications to:

The Granite YMCA
Camping Services Branch
30 Mechanic St.
Manchester, NH 03101

OR

E-mail completed application to:

lfrazier@graniteymca.org

THE GRANITE YMCA

Camp Foss | Camp Mi-Te-Na

30 Mechanic Street, Manchester, NH 03101

P 603.232.8642 F 603.623.5934 Email lfrazier@graniteymca.org



CAMP FOSS COUNSELOR IN TRAINING PROGRAM

Dear Applicant,

Thank you for your interest in the COUNSELOR IN TRAINING PROGRAM. You must be 16 by 6/15/19 to participate in this program.

You have probably been a camper, enjoying days on Cooper's Field, the waterfront, maybe even braving the high rope challenge course, being creative in arts and crafts and drama or one of the other program areas camp offers. Camp has no doubt provided you with fond memories and an experience that is unique to you. We all know that camp provides the chance to try new activities, a chance to discover yourself and a chance to be yourself.

Now it is your opportunity to apply for the Camp Foss counselor-in-training program; a leadership program that provides you with a unique camping experience. You will become involved in camp in a different and yet exciting way. Camp will still remain fun; one thing we all share whether it is camper or staff. However, it will also involve long hours and hard work. The CIT program has proven to be a learning adventure and an exciting experience. You will learn how to make personal decisions and how to manage your time. The activities and experiences will help you to recognize your own qualities and help you to develop your own leadership style.

You will receive support from our staff, all of whom are valuable resources to you and the program. Together they will provide you with the skills and knowledge required to become a good leader. Many of our current staff progressed through the CIT program to become leaders-in-training to junior counselors to senior counselors; some even to senior staff. The role from camper to staff can be difficult. As a staff member your responsibilities shift from taking care of yourself to taking care of others. You will have new privileges as a CIT. Along with those privileges come additional responsibilities. It is now time for you to decide if you are ready for this next step. Are you ready to be a role model?

You will be living as a group, sharing goals, experiences and fun. You will be a part of a group of CITs and together you will grow and form a unique bond with each other. Many past CITs have formed very special friendships. The program is a fun experience from being involved in each of the program areas in a leadership role to creating a new evening program. You will be communicating and interacting with different age groups and you will play a key role in raising the spirit at camp Foss. Being a CIT, like being a counselor, is very rewarding when you know that you have used what you have learned to help a shy camper, or helped a camper learn a new skill.

What we do ask of you as a CIT is that you try your very best. The more you put into the program, the more you will get out of it. We want you to push yourself so you may take away the most from this experience and utilize the skills you have learned to continue your growth and development as a leader.

We are very excited about next summer's program. Good luck with your application and get ready for a great summer. If you or your parents have any questions about the CIT program feel free to call Lauren Frazier in the Camping Services office at 603-232-8642.

Camp Foss Senior Staff

P.S. Please also be advised that there will be a group interview conducted at The Granite YMCA in Manchester on Saturday, January 19, 2019 for all applicants within a two hour radius. All other applicants will be provided the opportunity for a phone interview. More information will be given out about the group interview at a later date. Applications are due December 15th, 2018. You will be notified within three weeks (after the interview) if you have been selected. Deposits of \$250.00 will be needed at that time with balances due May 31, 2019.