



Counselor-In-Training Program Profile

Prerequisites: At least 15 years old and have completed the 10th grade by program start

Over the course of the program, Counselor-in-Training (CIT) participants are given the tools and resources necessary to become effective, helpful and positive leaders to children ages 5 to 15. Under the guidance of a CIT Director and cabin counselors, CITs are part of the cabin leadership team where they are provided leadership and development opportunities to apply learned skills and resources in providing campers a safe and positive camp experience.

This program is designed to create tomorrow's leader and will provide participants the perspective and the confidence necessary to make the successful transition from camper to counselor and from follower to leader. During cabin, unit, and all-camp events, CITs assist the program by providing supervision, leadership and energy to the benefit of the campers instead of the benefit of the self. This transition can be challenging for some, but those CITs who understand their role in the program will make a successful transition.

Also designed to provide CITs with the bigger picture of the camp operation, CITs assist all camp departments daily. These areas include day camp, the camp store, headquarters, hike center, health lodge, dining hall, maintenance, waterfront, and various program areas.

CITs are provided with specialized training in teaching, safety, leadership, and outdoor living. It is important that CITs are active in their own development and contribute to group discussions, study and are physically prepared for the long days in the camp setting. For CITs to fully benefit from the program, he/she must be willing to put a great deal of serious time and effort into understanding not only *what* they are learning, but *how* and *why* it is important for a leader to possess this knowledge and skills.

Under the guidance of the leadership development (CIT) director, CITs enjoy certain privileges including an extended curfew (11:00pm), time off, and supervised evenings away from camp out.

CITs are a tight social group. Working alongside one another through a month of new experiences and responsibilities, provides more learning opportunities than from an "official" program orientation. The group is coed and has 15 to 40 members. CITs are not considered staff but are given certain privileges that campers do not have. This positioning contributes to the spirit and camaraderie of the group. CITs are regarded as young adults in a learning process, not children, and staff relies on them to be capable and responsible in helping run the camp.

Tuition: The four week cost of the CIT program is \$1780 for YMCA members & \$1860 for non - members. **A \$300 deposit must accompany the application.** This deposit is **NOT** refundable after Feb.1st. A \$25 processing fee is withheld from all refunds. **The balance is due by May 15th.**

Bonus: CITs are awarded \$200 for the successful completion of the program as determined by performance evaluations.

Is it right for you? The CIT program is demanding. It requires hard work, patience, and professionalism. We look forward to hearing from you if:

1. You are sensitive to the needs of children and want to share your talents and energy in guiding their growth;
2. You are excited by the opportunities and undeterred by the challenges of working in a summer camp;
3. You support YMCA's emphasis on character development and building self-esteem and will project that support by your example

Application for Counselor-In-Training Program 2010



Please indicate which session you are applying for:

- 4 weeks from June 24 – July 23; \$1,780member/\$1,860 nonmember
- 4 weeks from July 22 – August 20; \$1,780member/\$1,860 nonmember
- 3 weeks from July 22 – August 13; \$1,315member/\$1,395nonmember

Enrollment is on a limited first come first served basis and competition for space is strong.

If we cannot offer your first choice, would you be interested in a different session? YES or NO

Personal

Name _____

Home Address _____

E-mail _____

Home Phone _____ Cell Phone: _____ Birth date ____ / ____ / ____ Age _____

High School _____ Current Grade _____

Father's Name _____ Business Phone _____

Mother's Name _____ Business Phone _____

Do you reside with ____ both parents, ____ one parent, which one? _____, or ____ Guardian

Have you attended Camp Chingachgook? _____ List summers attended _____

Summarize your experience at Chingachgook and/or other camps _____

What jobs, if any, have you held? _____

What skills and interests do you have (guitar, athletics, drama, etc.)? _____

Are you a YMCA member? Where? _____ Member number _____ Exp Date _____

Certifications: Write an "X" next to the certifications you hold and which will be valid through August 27. Write an "O" next to those you will have by summer. **Please attach a copy of all current certifications and send copies of additional certifications as you complete the courses.**

- | | | |
|---|--|--|
| <input type="checkbox"/> Red Cross Lifeguard | <input type="checkbox"/> Wilderness First Aid | <input type="checkbox"/> Wilderness Advanced First Aid |
| <input type="checkbox"/> Red Cross Standard First Aid | <input type="checkbox"/> YMCA Lifeguard | <input type="checkbox"/> Red Cross CPR:BLS |
| <input type="checkbox"/> Red Cross CPR: Community | <input type="checkbox"/> YMCA Lifeguard Instructor | |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ |

Skills Assessment

As a Chingachgook leader, you will be required to help teach or assist in the instruction of certain skill classes. Please number in chronological order the activities with which you would prefer to work. Place a number "1" next to activities you would like to work and for which you are qualified, a "2" next to activities you would like help with, and a "3" next to those activities you are unqualified and uninterested.

<input type="checkbox"/> Archery	<input type="checkbox"/> Art	<input type="checkbox"/> Canoeing	<input type="checkbox"/> Competitive swimming
<input type="checkbox"/> Creative writing	<input type="checkbox"/> Dance	<input type="checkbox"/> Fishing	<input type="checkbox"/> High ropes
<input type="checkbox"/> Improv & theatre	<input type="checkbox"/> Junior sports	<input type="checkbox"/> Mountain biking	<input type="checkbox"/> Outdoor cooking
<input type="checkbox"/> Nature/OLS	<input type="checkbox"/> Photography	<input type="checkbox"/> Riflery	<input type="checkbox"/> Rock climbing
<input type="checkbox"/> Sailing	<input type="checkbox"/> Soccer	<input type="checkbox"/> Swimming	<input type="checkbox"/> Tennis
<input type="checkbox"/> Waterskiing	<input type="checkbox"/> Water world	<input type="checkbox"/> Woodworking	<input type="checkbox"/> Day camp

References

Do not list relatives. List teachers, former employers, group leaders, etc.

<u>Name</u>	<u>Relationship</u>	<u>Address</u>	<u>Phone</u>
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____

What do you hope to accomplish/achieve through this program? _____

Please attach a brief hand-written autobiography that will help us know you better as a person. Mention your achievements in school, aspirations, special talents, and how you've made a difference in another person's life.

I understand that:

- My status in the counselor-in-training program is subject to the privileges and restrictions of that group;
- My conduct must at all times (in and out of camp) be in keeping with the principles and rules of the camp;
- If the camp director and/or leadership training director at any time feel that my conduct, attitude, or work is unsatisfactory, they may ask me to leave the program (without a refund) and my parents will be called to come get me;

A registration deposit of \$300 must accompany this application and the balance of the tuition must be paid by May 15. The **registration deposit is nonrefundable upon acceptance after February 1** and will be returned to those not accepted for the program. A \$25 processing fee will be withheld from all refunds.

Applicant's Signature _____ Date _____

I have read and understand the application and provisions of the Counselor-in Training program and hereby give my approval.

Parent/Guardian Signature _____ Date _____

Please return to: *Aaron Cantor*
Camp Director
YMCA Camp Chingachgook
1872 Pilot Knob Road
Kattskill Bay, NY 12844

Phone: (518) 656-9462 x6630
Fax: (518) 656-9362

What Is Camp Chingachgook Like?

Most frequently asked questions CITs have when applying to the program.

What are the kids like? Where are they from?

We have kids from around the world, but most are from upstate New York. We get children from all walks of life, but we are not a special needs camp. Our kids must be pretty independent because they get a schedule of classes (just like at college) that they go off to around the camp for the day. Our age ranges from 7-15. We have 8 kids per cabin (plus two or three leaders: a counselor, an assistant counselor and a CIT), and there are about 290 campers per session.

What are the staff like? Where are they from?

We have about 110 staff for the summer. About 65% of them are former campers or staff, and so most are from Upstate New York. Counselors are college-age, assistant counselors are 17 or 18, and administrators are 21 or older.

The Chingachgook staff are adventurous, open, flexible, friendly, kind, courteous, thrifty and all the other characteristics you'd expect to find in people who choose to spend their summers in the woods with kids.

What about time off?

Everybody gets a day off between camper sessions during the month long program, plus you get time off in the afternoon and night (till the 11:00pm curfew). We strongly encourage our CITs to go home during their day off and to do other things so they are refreshed and energetic for jumping back into the program (it's exhausting, but fun). CITs will not be able to stay at camp between camper sessions.

What's the food like?

Our food is **Good** (would I have put this question in if it wasn't?). The breakfast menu includes cereals, pancakes, bagels, or French toast sticks. Lunches include subs, hot dogs/hamburgers, pizza, Mac and cheese or tacos. Dinner can be chicken parmigian, pasta, or turkey and stuffing. Vegetarian alternatives ARE provided for vegetarian staff and campers.

Where will I live?

If you become CIT, you will stay right in the cabin with the kids. Cabins will have 8-10 campers, plus a Counselor and Assistant Counselor. There are no bathrooms inside the cabins, they are located a short distance from the cabin.

How 'rustic' is the camp?

Most of our original buildings were built from 1920-1960, but in the last 10 years, almost all camper and staff cabins are new (no bathrooms in them, though). Our Lodge, dining hall and pavilion are new, but maintain the same Adirondack architecture from the old buildings.

What about Evening Activities and Special Events?

Chingachgook has had a long history of excellent Dances, Talent Shows, Campfires, Carnivals, Casino's, Luau's, and other great activities. Staff are encouraged to participate in the brainstorming, set-up and facilitating of the programs. **Your input is highly valued!**

What is a typical day like?

While I'm tempted to say that there's no typical day at Chingachgook, there is a basic daily schedule: Morning exercises are at 7:15 for all campers, counselors, assistant counselors and CITs, breakfast is at 8 am and then there's Cabin Activity Time. We have two Skill Classes in the morning and then lunch at noon, followed by rest hour. From 1:30-4:20 are the afternoon Skill Classes and then there's Free Swim from 4:30-5:15pm. Dinner is at 5:45pm and then the Evening Activity starts around 7:00 (this ends around 8:30-9). 7-12 year-old campers go to bed at 9:30 and Seniors go to bed at 10:00pm. Cabins then have 'Vespers,' which is a quiet discussion about the day or other topics the group wants to discuss. Staff who are not on Cabin Duty or Night watch are free until the 12:00 curfew. Curfew for CIT's is 11:00.

What about classes?

Kids and staff sign up for what skill classes they want before camp starts. Campers take 5 classes, and the staff teaches 3-4 per day. There are two classes in the morning and three in the afternoon. If there is a really cool class that you want to learn how to teach (like water-skiing or rock climbing or photography) we will teach you how to be a teacher for that class (after all, if you're not exploring new things and having a blast, your kids won't either).

What are we looking for in a CIT?

As in life, being flexible and having a sense of humor are vital to get through all the many experiences and stresses of working 6 days a week/15 hours a day at a summer camp. We would like to think that ALL CIT's are Fun, Fair, and Easy to Talk To (with campers or other staff members). Obviously, being open, outgoing and having a desire to learn new things and have new experiences helps. Our end goal is for you to tackle your challenges well with spirit and humor, do a great job, and at the end of the summer go "WOW! That was great!?" The people who return year after year after year are the ones who keep having rewarding and fulfilling summers here.

What about Hikes?

There are three 3-day hikes during the summer, which all campers, counselors, assistant counselors and CIT's go on during the second week of each 2-week session. This can be a behind-camp hike putting tents on our property, to all-out High Peaks or Canoeing trips that cover miles and miles of Adirondack wilderness. It's your pick. All other staff stay in camp and use this time to get caught up on projects and have time off.

What sort of training will you give me and what should I already have

We hope that you have had some experience already in working with kids, and we love it when people apply who've worked at another summer camp (but neither of these is required). Counselors are REQUIRED to have the Wilderness Advanced First Aid certification and Life guarding. Assistant Counselors and CITs are strongly encouraged to also have this training.

We will teach you counseling techniques, proper hiking skills, specific skills for teaching the classes you will be teaching, information about the camp's history and culture, policies and procedures and other vital things that you need to be on the staff.

If you have specific talent and/or experience in a certain area (like photography or sailing or mountain biking), and you would like to use these during the upcoming summer, please let us know. We want you doing what you do best.

Dress Code

Each CIT is given a CIT shirt, which is to be clean and worn on each opening and closing day. You need to look professional and be a good role model for children coming to YMCA camp. Body piercing jewelry is only allowed in the ears. Anyone found to have inappropriate tattoo's will be terminated. The only clothes which we do not feel are appropriate for summer camp are two piece bathing suits and anything which is torn, tattered or has alcohol, drug or sex slogans.

Being New

Like anywhere, being new means you have to actively search out social situations. While people at Chingachgook do try to include everyone, it takes a little time and effort to get out there with them. Everyone was once a new member of this community and everyone tries to make it as comfortable and fun as soon as possible.



Confidential Reference for Counselor-in-Training Applicant

Applicants Name _____

Your candid appraisal of the applicant is needed to help us fairly evaluate the appropriateness of him/her for a counselor-in-training position at YMCA Camp Chingachgook this summer. Camp Chingachgook serves children ages 7 to 15, and we are dedicated to finding the highest caliber leaders to ensure campers' safety, well-being, and high morale while away from home. CITs must be capable of performing specific jobs as well as modeling positive behavior to the entire camp community. Your reference is an important part of the selection process.

Please return this form to us at your earliest convenience, as job applications are not reviewed until all references have been received. All references are treated with the strictest confidentiality.

How long and in what capacity have you known the applicant? _____

Is the applicant someone you would want to hire/rehire? ___ If not, why not? _____

Would you feel confident in leaving your child under the care/influence of the applicant? _____

What do you see as the applicant's greatest assets to children in a camp program? _____

What reservations do you have about the applicant's maturity or ability to successfully work with children and other staff in a demanding camp environment? _____

How would you like to see the applicant continue to grow? _____

Please complete the following evaluation according to the scale listed below as it pertains to the applicant. In the space next to the personal characteristics, please fill in the number corresponding to the appropriate definition as described below. Use the additional space for comments. **References that list all superior ratings will generally be disregarded unless thorough justification is provided.**

- | | |
|---|--|
| 5. Superior: consistently outstanding, competent | 2. Below average: not entirely satisfactory |
| 4. Above average: consistently good, competent | 1. Unsatisfactory: poor, not dependable |
| 3. Average: satisfactory | NA Cannot say: no opportunity to observe |

Maturity _____ Courtesy _____

Enthusiasm _____ Appearance _____

Responsibility/Reliability _____ Punctuality _____

Cooperativeness w/ supervisor _____ Cooperativeness w/ peers _____

Communication skills _____ Physical stamina _____

Leadership ability _____ Receptiveness to criticism _____

Willingness to go beyond what is expected / required _____

May we phone you to discuss this recommendation? _____ Your phone number _____
Your e-mail address _____

Signature _____ Date _____

Name (please print) _____ Position _____

Address _____

City _____ State _____ Zip _____

Please return this form to:
Aaron Cantor, Camp Director
YMCA Camp Chingachgook ♦ 1872 Pilot Knob Road ♦ Kattskill Bay, NY 12844 ♦ Fax: (518) 656-9362