



Taylor Family YMCA
50 N. McLean Blvd.
Elgin, IL 60123
847-888-7410

Dear Prospective Counselor-In-Training and Parents,

Thank you for your interest in the Counselor-In-Training (CIT) program. I hope that you are truly excited about this opportunity and are ready for a summer of fun, friendship and growth. This program is not for everyone as it will be a camp experience that you likely have never had before. This packet is designed to help you determine whether this program is right for you.

The CIT program is the result of years of trial and error at YMCA camps around the country. We believe that we are well on our way to making this program a success and an asset for both the YMCA and you as a prospective CIT.

I should make it clear from the beginning that if you are interested in the CIT program only because it is the next progression in camp and it provides more “freedom” throughout the summer, you may be disappointed. Yes, the CIT program is considered the next jump up from traditional camp, and yes CIT’s have more independence than traditional campers, but the goal of the CIT program is to challenge the camper to grow as a leader and as a person. It is my goal that by the end of the summer, CIT’s will have made some lifelong friends and developed skills that will last well past the end of summer.

Some of the highlights of the CIT program this year include:

- CITs will have their own time as a group each non-field trip day with activities led by their Camp Coordinator. CITs are expected to participate in all activities during this time.
- CITs will participate in discussions/learning sessions in regards to leadership and life long learning.
- CIT’s will have one to two days of field trips and off site activities based on group interests and goals of the week.
- CITs will participate in themed all camp activities that involve all campers in their age group.
- Participants should always provide a positive attitude and be role models for children and the YMCA.
- Participants should express their concerns, problems, and triumphs in an effective and positive manner.

Attached you will find the requirements to apply for the Counselor-In-Training program, as well as an application and FAQs. Thank you for taking the time to consider the Counselor-In-Training program. If you have any questions as you go through this process, please contact me. In the meantime, I look forward to setting up an interview with you in the near future.

Sincerely,

Christine MacMillan



Taylor Family YMCA
50 N. McLean Blvd.
Elgin, IL 60123
847-888-7410

There are always questions about what children in the program will participate in or be doing throughout their time at the YMCA. Below lists some of the expectations, requirements and responsibilities to help clarify what the program entails.

Requirements:

- **Must be entering 9th grade by the start of camp.**
- Must complete an application with a letter of recommendation from a coach, teacher, minister, etc., prior to setting up an interview time.
- Must attend a minimum of four weeks of camp throughout the summer.

Expectations:

- Learn to always try your best.
- Take responsibility for your actions and learn from your mistakes.
- Be honest.
- Show you care.
- Respect everyone and everything.
- Be a role model not only for campers, but for the YMCA.
- Participate in activities.
- Have the ability to learn and get along with others.

Day to day program information:

- Our CIT Coordinator, YOSHI, will supervise the CIT program she will evaluate, reflect, guide, schedule, and handle the day-to-day functions of the program.
- In the morning, campers will learn from and debrief with YOSHI on what happened the prior day. They will also be taught hands-on lessons to learn how to build skills to be a successful counselor. Mornings will also consist of brainstorming ideas and preparing activities
- CITs will be trained to know how to lead activities, and be required to lead activities with campers.
- In the afternoon, the CITs will shadow a counselor with a group of campers. During the afternoons, CITs will have to be totally on and involved with the campers and lead an activity.
- There will be fun and engaging activities for the CITs to participate in and build group unity among the CITs.
- The mornings will be a time for CITs to work on health, personal, counselor, and fun goals.
- CITs may go places such as the bathroom, camp office, walk to group meetings, etc, without the supervision of a counselor; however, the CIT must utilize good communication skills so everyone knows where he/she is. Disciplinary actions will occur for CITs who are not where they have said they will be.



Taylor Family YMCA
50 N. McLean Blvd.
Elgin, IL 60123
847-888-7410

Counselor-In-Training Q & A's

➤ Why must my child complete an application for the program?

This is an initial stage to gain experience, show responsibility, and reflect on why he/she may want to be in the program. This is a great practice for a young person which helps increase their commitment and motivation to the program. It also helps them decide if this is a good program for them. I encourage parents to review and discuss the application with their child.

➤ Are all children who apply for the program accepted?

Not always, the program is based on who is most qualified to be a CIT. Some children may not have reached the point in their life that the program demands, or do not have any clear cut goals that match the program, so they may not be selected for the program. If the program is not the correct match for your child, we suggest you check out other camp programs we offer.

➤ Does my child get to pick what group they are placed with?

We will take in consideration your child's preference, strengths, and family members attending camp. Ultimately, the camp director will make a decision as to which group your child is placed.

➤ Can my child sign themselves in and out?

No, the sign-in process gives us, the YMCA, responsibility for your child. We need an adult over the age of 18 to sign your child in and out on a daily basis to account for their well being. The sign-in process is a system of checks and balances, so we at camp know who we are responsible for each day.



Taylor Family YMCA
50 N. McLean Blvd.
Elgin, IL 60123
847-888-7410

CIT 2019 Contract

- I will only use my cell phone/and other electronic devices when my CIT Coordinator allows.

- I will not discipline and touch campers inappropriately- this includes, but is not limited to, hugs, back rubs, piggy back rides, and letting them sit on my lap.

- I will not have inappropriate conversations with campers—this includes, but is not limited to, discussing sex, drugs, and alcohol with any aged campers.

- I will follow the rules of the CIT program and be open to constructive feedback from my Coordinator and other counselors.

- I will play games, help my counselor lead our group, and be a positive role model at all times while at camp.

I, _____, understand that failure to follow any of these rules will result in my immediate dismissal from the CIT program.

Signature: _____ Date: _____

I, _____, have read these rules and understand that if my child fails to follow any of these rules will result in his/her immediate dismissal from the CIT program.

Signature: _____ Date: _____



Taylor Family YMCA
50 N. McLean Blvd.
Elgin, IL 60123
847-888-7410

COUNSELOR-IN-TRAINING
Application
(To be completed by the teen, not the parent)

Name: _____ Age: _____

Address: _____ Birthday: _____

City: _____ State: _____ Zip: _____

Phone: _____ School: _____

Circle: Male Female CIT E-mail: _____

Parent/Guardian Name(s): _____

Number of years at Taylor or Gilberts YMCA Camp: _____

Other camp experience: _____

Why do you want to be a CIT?

What do you enjoy most about the YMCA Day Camp?

What does it mean to you to be a good role model?



Taylor Family YMCA
50 N. McLean Blvd.
Elgin, IL 60123
847-888-7410

What do you hope to learn as a CIT?

Why do you feel it is important to be a leader?

Please list a health goal and personal goal this summer:

What do you think are your talents?

What would you like to learn from this program?

If this is your second year as a CIT, and if so what would you do differently this year? (2nd Year CIT's Only)

List one person who will be providing your letter of recommendation.

(If this is your second year or more no need to have a letter of recommendation)

Reference: _____

Relationship: _____ **Phone:** _____

Return this application along with a reference from a coach, teacher, pastor, etc. to: Chris MacMillan