



'19 CIT Application

The Counselors In Training (CIT) program is a very competitive program that is designed to take campers who have demonstrated a strong desire to work with children and a love of camp and give them the training to become leaders. The program will build the necessary skills to be successful future leaders at Camp Northpoint and elsewhere. The participants in the program are held to high expectations and will be expected to lead activities for younger campers as well as peers. Responsibilities will be assigned to each of our training candidates and will be evaluated on their effectiveness. The program will also guide those to finding ways to be a leader and have FUN!

Here are a few helpful tips to making sure the application process is successful!

- Please write clearly and proof read your work. If I can't read it I can't understand it.
- Fill it out yourself. Nothing shows initiative and commitment more than taking on the responsibility yourself.
- Upon completion of this application please email/mail or deliver to Mike Mrkvicka at the Northwest YMCA.
 - Mike.Mrkvicka@rochesterymca.org Office Phone: (585) 723-5470
 - Northwest Family YMCA, Attn: Mike Mrkvicka, 730 Long Pond Rd, Rochester NY 14612
- Please attach proof of program registration with this application upon submission.

Because the program is to support leadership development and spaces are limited there is a deadline for applications of May 1st, 2019. Any applications received after the deadline will still be reviewed, however availability and/or likelihood of acceptance may be significantly reduced.

Program Overview

Please read this information carefully before you apply.

Program Summary:

The CIT Program is designed to teach leadership, community and counseling skills to participants through group living, learning and service at camp. The CIT Program is defined by the following criteria: service to camp, detailed leadership training, including contents of the staff handbook dealing with behavior management, developmental characteristics of children and other counselor-specific topics, participation in creating/supporting/leading camp activities, supporting counselor groups, and shadowing/assisting the counselors. A successful participant will have shown themselves to be enthusiastic, dedicated, hard-working and devoted to CNP's goal of fostering a safe and supportive environment for youth campers.

The CITs at Camp:

The CITs are a group of its own and the leaders will use the dynamics of shared experience and responsibility to bond to the participants. Participants will be visible at camp as well – helping with special event setup, leading group activities, hosting events, helping with snack serving/delivery, assisting counselors directly, and participating in one highly-visible service project per session are some of the ways the CITs will make themselves known to the CNP Community.

Participants entering 9th grade have the option to continue their CNP experience as a Teen Trekker or to enter the CIT program.

Participants can be eligible for hire as counselors once they are 16 years of age. However, participation in the CIT program does not guarantee employment in subsequent summers.

The CNP CIT experience requires:

- Being energetic, highly visible, and participating in the camp community
- Willing to perform tasks that will help enhance the overall CNP experience & community
- The ability/willingness to learn skills that will help with working in a camp setting
- Willingness to explore & develop skills required to work with children
 - Including but not limited to keeping them engaged, encouraged, positive, and excited for camp on a day to day basis
- Willingness receive evaluations of their participation
 - In addition, a willingness to talk about areas of improvement and be open to evaluating their performance for improving their skills.
- Participation in a graduation/acknowledgment ceremony
- A desire to work closely with children.

CNP CIT (4 Week) Session Schedule

Week One –What it takes to be a Counselor?

- Participate in day to activities and skill building sessions that will help you to understand some of the challenges of being a counselor.
- Journaling: Daily note taking and discussions of challenges, success', tips and tricks, scenario analysis, etc. Long story short – you are going to talk about what went well, what was challenging, and how you faced those situations. In addition to talking about it you will take notes from group discussion, individual reflection, and one on one coaching from the Unit Leader.
- Group debriefs of daily activities and interactions.
- Instruction on all the relevant skills recommended and required.

Week Two – Staff Training: The focus of this week is training, service, and activity planning.

- Group-building and activities to create fellowship amongst all CIT participants
- Training & Education
 - Review of staff procedures and policies
 - How to lead activities for groups of campers
 - What activities are applicable to different age groups
 - Child Development and understanding how you fit in
- YMCA of Greater Rochester Mission Statement
 - CNP Goals & Expectations
- Observation & Reflection of Camp Groups
- First Interaction with Groups – working directly with campers

Weeks Three – Working Directly with Campers

- Experience what it is like to be a counselor through direct interaction with campers
 - CIT participants will be placed with Counselors/Groups at the Unit Leaders discretion.

- Observe and participate in common counselor responsibilities
- Receive performance feedback from Counselor Mentor and Unit Leaders

Week Four – Putting it into practice: The focus of this week is a service project within the camp community, and planning/leading activities and events.

- Putting into practice the skills learned during the session
- Implementing a community service project for CNP decided on by the current sessions group
- Organizing and running group activities & supporting the special event theme day
- Planning and hosting an all-camp event
- Working as a group in the community
- Helping to lead daily Flagpole

Thank you for your interest in the Counselor in Training program. It is the goal of the program to create individuals that can flourish as staff members at YMCA CNP and prepare for their future as a young professional.

Becoming a CIT is an experience very different in its expectations than that of a camper. All accepted participants are expected to:

- Be an active participant daily
- Communicate clearly and efficiently with camp leadership & the CIT Unit Leader
- Follow all camper and camp staff rules and guidelines
- Participate fully and communicate missed days to the CIT Unit Leader in a timely fashion to ensure curriculum material is understood if time from the program is missed.
- Present themselves as a role model always and exemplify the core values of the YMCA.
- Be willing to participate fully in all the camp programs and activities and be a positive influence on the camp community.
- Work cooperatively with the camp staff to provide the best possible environment for you, your fellow CITs and campers.

Before filling out the application please note the following:

- Submission of an application does not indicate acceptance into the CIT program.
- This is an application form and should not be confused with a program registration.
- Proof of registration is required along with the submission of this application.
- Should you not be accepted into the program following application submission and the CIT interview process a full refund will be provided.
- Acceptance into the CIT programs does not guarantee employment in following summers.
- CITs are campers and the program is a program for campers.

Thank you for your interest in CNP's CIT program. Please note that applicants must have finished the 8th grade. Spots in the program are limited and participants will be considered on a first come first served basis. An application to the program does not guarantee acceptance into the program. A formal interview will also be required. It is our hope to provide CNP and all 2019 participants with the strongest possible CIT participants.

This Application must be completed in full, should you have any questions or concerns please contact Jason Brannigan

Camper Name: _____

Camper Phone Number: (____) ____-_____

Camper Email Address: _____

Camper Mailing Address: _____

Chosen Gender: Male Female Prefer to not answer (please circle one)

Grade you will be entering in the Fall of 2019: _____

Unisex T Shirt Size: _____ I plan to attend: ___ Session 1 July 1-26 ___ Session 2 July 29 – August 30

For the questions below please record your answer neatly in the text below each question.

Why are you joining the CIT program?

What do you hope to learn while participating this coming summer?

In your opinion, what do you feel is the most important thing you can gain from the LIT/CIT program?

Please list and describe in a few words any extra-curricular school activities that you have voluntarily chosen to participate in:

What do you think 3 challenges are that youth in general face in the world today?

What is it about the opportunity to help others appeals to you?

Please list 3-5 characteristics that you are proud to say describe you:

What are 3 area's that you would like to improve upon this summer that you feel will help you as part of the LIT/CIT program?

In the box below please describe the 3 challenges you mentioned above, and how you think YMCA Camp Northpoint can help.

Thank you for taking the time to complete this application. Upon submission please give us 2-3 weeks to review and reach out to you. If you would like to follow up regarding your application status, please reach out to:

Mike Mrkvicka
Sports and Teen Director
Northwest Family YMCA/Camp Northpoint
(585) 723-5470
Mike.Mrkvicka@rochesterymca.org