



Eagle Rock Day Camp

CIT Program Outline - 2023

CIT Phase 1 –

Eligibility

1. Must be 14 years old by the CIT's first day of camp.*
2. Prior Eagle Rock camp experience is preferred, but not mandatory
3. Application Procedures
4. Complete and submit CIT Application form.
 - a. Apply for a minimum of 4 weeks. CITs **must apply for entire sessions** (sessions 1 and 2 or sessions 3 and 4).

Program Details

1. Placement in camper groups and activity specialty areas on a rotating basis: two weeks assisting general counselors in camper groups, and two weeks learning skills in one or more activity specialty areas of their choice.
2. Leadership training – including personal reflection through group discussions and individual writing assignments, observing program area staff members and general counselors, and leading and presenting to groups.
3. Organizing special camp-wide events with our staff, assisting in special events, and being involved in morning/afternoon assemblies.
4. In-service training, camper management techniques, and real world training including interview and resume writing skills.
5. Team building with other CITs and recreational activities
6. The tuition for CIT 1 - \$950 for 4 weeks, \$237.50 for the Mini Session. A deposit of \$100 per week is due upon acceptance, please do not send with your application.

Goals

1. Develop leadership skills.
2. Develop counseling and teaching skills within the ERDC environment.
3. Increase sense of responsibility and service to others.
4. Assist Group Counselors with camper supervision.
5. Assist Activity Counselors in carrying out lesson plans in an activity.
6. Improve interpersonal skills with peers, campers, and staff.



Responsibilities

1. Participate and assist campers in all activity areas.
2. Report any behavior problems to the Group Counselor in the group.
3. Act as a role model to all campers.
4. Make their best effort to learn new skills or improve upon old skills while in their chosen activity area.
5. Cooperate with all camp personnel to ensure safety for all campers.
6. Complete tasks and/or assignments given to them by the CIT Coordinator, whether individually or in a team setting (e.g. keeping a daily camp journal, participating in team building activities, etc).
7. Help campers share in the responsibility of care of the grounds by setting a good example.
8. Be prompt, neat, and willing to do more than the minimum requirements.
9. See that campers keep their belongings in order and out of the Lost and Found.
10. Be sure that campers are properly hydrated and protected from the sun.
11. Be alert of and report to the office any elements of danger (e.g. broken equipment, loose nails, poison ivy, etc.).
12. Carry out any additional tasks set forth by the Group Counselor, Activity Counselor, or CIT Coordinator.

II. CIT Phase 2

Eligibility

1. 15 years old by the CIT's first day of camp.* (CITs cannot switch from a CIT 1 to a CIT 2 mid-summer)
2. Completed ERDC CIT-1 program.
3. Application Procedures
4. Complete and submit CIT Application form.
5. Apply for a minimum of 4 weeks. CITs **must apply for entire sessions** (sessions 1 and 2 or sessions 3 and 4).
 1. CIT-2 Program Details
 2. Placement in camper groups and activity specialty areas on a rotating basis each session: assisting general counselors in camper groups, and learning skills in one or more activity specialty areas of their choice.
 3. Leadership training - including regular observation and evaluation by group Senior Counselor, Activity Counselor, and CIT Coordinator/Director; personal reflection through group discussions and individual writing assignments.
 4. While supervised, lead one camper group for a day, and lead one activity area for a day.



5. Organizing special camp-wide events with our staff, assisting in special events, and being involved in morning/afternoon assemblies.
6. In-service training, camper management techniques, and real world training including interview and resume writing skills.
7. The tuition for a CIT 2- \$300 per four week session, \$75 for the mini session. A deposit of \$50 per week is due upon acceptance; please do not send with your application.

Goals

1. Successfully program and implement a lesson plan for an activity area.
2. Lead a group of campers in their daily activities.
3. Improve camper management skills.
4. Increase preparedness for summer camp counselor position.
5. Continue to improve interpersonal skills with peers, campers, and staff.
6. Continue to increase leadership, counseling, and teaching skills.

Responsibilities

1. While at ERDC, a CIT-2 will continue to follow all CIT-1 responsibilities, as well as:
 2. Under Group Counselor supervision, curb negative behaviors of campers.
 3. Assist Activity Counselors in programming and implementing activity lesson plans.
 4. Lead a group of campers for at least one day, acting as the counselor for the group.
 5. Lead campers at a program area for at least one day, acting as the Activity Counselor for the area.
 6. Carry out any additional tasks set forth by the Group Counselor, Activity Counselor, or CIT Coordinator.
7. While at ERDC, a CIT-2 will continue to follow all CIT-1 responsibilities, as well as:
 - a. Under Group Counselor supervision, curb negative behaviors of campers.
 - b. Assist Activity Counselors in programming and implementing activity lesson plans.
 - c. Lead a group of campers for at least one day, acting as the counselor for the group.
 - d. Lead campers at a program area for at least one day, acting as the Activity Counselor for the area.
 - e. Carry out any additional tasks set forth by the Group Counselor, Activity Counselor, or CIT Coordinator.



4 Things we think you should know:

1. CIT behavior standards are dramatically higher than they are for campers
 - a. There will be no tolerance for misbehavior amongst CIT's
2. A CIT must *always* be willing to participate with enthusiasm
3. Enthusiasm is part of leadership and is a requirement
4. A CIT must *always* come to camp prepared
 - a. Required items: CIT t-shirt, swim suit, backpack, watch, smile
5. CIT's are expected to come to camp ready to learn every day
 - a. We'll provide the opportunity and the guidance, you bring the right attitude

* The age deadline will vary year to year as the first day of camp changes. If you have a birthday between June 13th and June 30th you may not be eligible to apply as a CIT-2 or Junior Counselor in future years, or may be required to start later in the summer, depending on the first day of camp. Contact a director for more details or questions.