

# Eagle Rock Day Camp

## CIT Program Outline - 2022

### I. CIT Phase 1 –

#### A. Eligibility

1. 14 years old by the CIT's first day of camp.\*
2. Prior Eagle Rock camp experience is preferred, but not mandatory

#### B. Application Procedures

1. Complete and submit CIT Application form.
2. Apply for a minimum of 4 weeks. CITs **must apply for entire sessions** (sessions 1 and 2 or sessions 3 and 4).

#### C. CIT-1 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.

### II. CIT Phase 2

#### A. 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.

#### B. Application Procedures

1. Complete and submit CIT Application form.
2. Apply for a minimum of 4 weeks. CITs **must apply for entire sessions** (sessions 1 and 2 or sessions 3 and 4).

#### C. CIT-2 Program Details

1. 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. 2. 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.
3. While supervised, lead one camper group for a day, and lead one activity area for a day.
4. Organizing special camp-wide events with our staff, assisting in special events, and being involved in morning/afternoon assemblies.
5. In-service training, camper management techniques, and real world training including interview and resume writing skills.

6. 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.

\* The age deadline will vary year to year as the first day of camp changes. If you have a birthday between June 13<sup>th</sup> and June 30<sup>th</sup> 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.

## **4 Things we think you should know:**

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

# Eagle Rock Day Camp

## CIT Program Outline

### **CIT-1 Goals:**

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

### **CIT-1 Responsibilities:**

While at ERDC, a CIT-1 will:

- Participate and assist campers in all activity areas.
- Report any behavior problems to the Group Counselor in the group.
- Act as a role model to all campers.
- Make their best effort to learn new skills or improve upon old skills while in their chosen activity area.
- Cooperate with all camp personnel to ensure safety for all campers.
- 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).
- Help campers share in the responsibility of care of the grounds by setting a good example.
- Be prompt, neat, and willing to do more than the minimum requirements.
- See that campers keep their belongings in order and out of the Lost and Found.
- Be sure that campers are properly hydrated and protected from the sun.
- Be alert of and report to the office any elements of danger (e.g. broken equipment, loose nails, poison ivy, etc.).
- Carry out any additional tasks set forth by the Group Counselor, Activity Counselor, or CIT Coordinator.

### **CIT-2 Goals:**

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

### **CIT-2 Responsibilities:**

While at ERDC, a CIT-2 will continue to follow all CIT-1 responsibilities, as well as:

- Under Group Counselor supervision, curb negative behaviors of campers.
- Assist Activity Counselors in programming and implementing activity lesson plans.
- Lead a group of campers for at least one day, acting as the counselor for the group.
- Lead campers at a program area for at least one day, acting as the Activity Counselor for the area.
- Carry out any additional tasks set forth by the Group Counselor, Activity Counselor, or CIT Coordinator.

# Eagle Rock Day Camp 2022 CIT Application



To be completed by applicant

Dates applying for:

**Mini Session:** June 20<sup>th</sup> - June 24<sup>th</sup>

**Sessions 1&2:** June 27<sup>th</sup>- July 22<sup>nd</sup>

**Sessions 3&4:** July 25<sup>th</sup>- August 19<sup>th</sup>

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Grade Completing in June 2022: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

(Please write legibly, as you will be notified of initial receipt of the application via email.)

Activity Areas Interested In\*: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

(Please refer to list on following page, list in order of preference.)

## Education:

Years (From-To)	School	City/State
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Years (From-To)	School	City/State
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## Camp Experience:

Eagle Rock Day Camp – years attended: \_\_\_\_\_

Other Camp Experience:

Dates	Camp	Director	City/State
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Dates	Camp	Director	City/State
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**References** – Please submit at least 2 character references that can attest to your work habits and character. Examples include teachers, coaches, employers, or mentors. Please do not include

friends, parents or family members. Character reference forms are attached. Please submit completed forms with your CIT application. **CIT-2's may complete only 1 character reference.**

*Applicants that have not been previous ERDC campers may be called for an interview.*

Please answer the following questions on separate sheet of paper, hand-written:

1. Why would you like to work at ERDC?
2. What contributions do you think you can make at camp?
3. What are your summer goals at ERDC?
4. How do you think camp benefits children?
5. Describe a perfect counselor.
6. What are personal examples of good leadership?

Are there any reasons you may have difficulty in performing any of the essential elements of the position for which you have applied?  YES  NO If yes, please explain:

I authorize investigation of all statements herein and release the camp and all others from liability in connection with same. I understand the position of CIT is that of a Counselor-In-Training and that, while I will still be a camper in a special program, my behavior and attitude will be held to the same standards as that of the regular staff.

Applicant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

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\*Activity Areas:

Archery	Jewelry Making	Hiking
Arts & Crafts	Laser Tag	Robotics
Boating	Low Ropes	Science Lab
Go Karts	Mountain Bikes	Soccer
Group Games	Nature	Sports
Gymnastics	Performing Arts	Swimming
High Ropes		

Parents: If your child is accepted into the CIT program, we will ask you to complete a camper application via our website.

**Return completed application (can be scanned and emailed), including character references, to:**

**Eagle Rock Day Camp 27 Mt Tom Rd. Washington, CT 06777**

**P: (860) 868-9200 E: director@eaglerockday.com F: (860) 201-1068**

# Eagle Rock Day Camp

## 2022 CIT Application

### Character Reference



Dear \_\_\_\_\_,

I am applying to be a Counselor-In-Training at Eagle Rock Day Camp. I am planning to spend part of my summer working with children in an outdoor camp setting. I would appreciate it if you could fill out this form and return it to me as soon as possible. Thank you.

\_\_\_\_\_

Counselor In Training Signature

\_\_\_\_\_

Counselor In Training – Print Name

### Personal Characteristics

Please check the box that best describes your opinion of the applicant in the following areas:

	Excellent	Very Good	Above Average	Average	Below Average	Unable to Judge
Enthusiasm						
Communication skills						
Leadership skills						
Responsibility						
Creativity						
Maturity						
Respect for others						
Ability to relate to youth						

What are the first words that come to your mind to describe this applicant?

To what extent has the applicant demonstrated leadership and self-initiative?

What are this individual's greatest needs for development?

What are this individual's strengths?

If you are/were a parent, would you feel comfortable with this applicant working with your child?

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Relationship to applicant: \_\_\_\_\_

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## 2022 CIT Application

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Relationship to applicant: \_\_\_\_\_