### 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.

## 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

<sup>\*</sup> 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.

### **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 f	or:					
Mini Session	ı: 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&	<b>4:</b> July 25 <sup>th</sup> - August 19	th				
Name:						
Date of Birth: Grade Completing in June 2022:						
Address: City:						
State: Zip: Home Phone:						
Email:(Please write legibly	y, as you will be notified o	Cell Phone:of initial receipt of the application via email.)	)			
Activity Areas In (Please refer to list Education:	terested In*: 1 on following page, list in	order of preference.)	_ 3			
Years (From-To)	School	City/State				
Years (From-To)	School	City/State				
Camp Experien	ice:					
Eagle Rock Day (	Camp – years attended	d:				
Other Camp Expe	erience:					
Dates	Camp	Director	City/State			
 Dates	Camp	Director	City/State			

**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, <u>hand-written</u>:

- 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 t	here any reasons you may have difficulty in performi	ing any of the essential elements of the
posit	ion for which you have applied? 🦳 YES 🦳 NO If ye	es, please explain:
in co that,	norize investigation of all statements herein and relean nnection with same. I understand the position of CIT while I will still be a camper in a special program, my e standards as that of the regular staff.	is that of a Counselor-In-Training and
Appli	cant's Signature	Date
Pare	nt's Signature	Date
		·

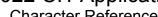
#### \*Activity Areas:

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

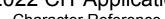
# 2022 CIT Application Character Reference





Dear	,					
I am applying to be a Co of my summer working we fill out this form and retu	with children	in an outdoo	r camp settir	ng. I would a		
Counselor In Trai	ning Signatu	ire		Counselor Ir	n Training – F	Print Name
Personal Characteristi						
Please check the box th	at best desc	ribes your op	inion of the	applicant in t	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  To what extent has the a  What are this individual	applicant den	nonstrated le	adership an			
What are this individual?						
If you are/were a parent	, would you f	feel comforta	ble with this	applicant wo	orking with yo	our child?
Signature:			Da	te:		
Print Name:						
Address:						
Phone:			_ E-mail:			
Relationship to applican	t:					

# 2022 CIT Application Character Reference





Dear		Onaracion	recicione			V CA
I am applying to be a Co of my summer working fill out this form and retu	with children	in an outdoo	r camp settii	ng. I would a		
Counselor In Tra	ining Signati	ire		Counselor Ir	n Training – F	Print Name
Personal Characterist	• •	110			i iraning i	micrianic
Please check the box th		rihes vour on	inion of the	annlicant in	the following	areas.
Trease sheek the box tr	Excellent	Very Good	Above Average	Average	Below Average	Unable to Judge
Enthusiasm			7 11 01 u.g.		7 11 0 1 a.gc	Juage
Communication skills						
Leadership skills						
Responsibility						
Creativity						
Maturity						
Respect for others						
Ability to relate to youth						
To what extent has the a	's greatest ne	eeds for deve	·	d self-initiati	ve?	
What are this individual	's strengths?					
If you are/were a parent	t, would you	feel comforta	ble with this	applicant wo	orking with yo	our child?
Signature:			Da	te:		
Print Name:						
Address:						
Phone:						
Relationship to applican	nt:					