

## **YMCA Camp Mi-Te-Na Counselor In Training (CIT) Program FAQ's**

**What is the goal of the CIT program?** The goal of the CIT program is designed to teach valuable life skills, build self-esteem, and increase your son's ability to focus and work as a team member, while getting ready to make the hard decision of do they or don't they want to become a counselor at Camp Mi-Te-Na.

**How long does the program take?** The program takes four weeks and is broken up into four different stages. The first is week is the basics, learning how to do the required duties, how to work with youth, and bond with fellow CIT's. The second stage involves shadowing; CIT's will spend full days with a specific staff member observing how they conduct the day's activities. In the third stage its time to start co-leading activities, CIT's will start taking an active role in the cabin and at activity areas where they are assigned. The final week CIT's are assigned a full time cabin where they will get to know the campers best and how to deal with common cabin problems.

**What trainings are offered throughout the program?** The CIT program provides a variety of trainings all designed to help the CIT become a successful camp counselor. This includes workshops on homesickness, child abuse prevention, bullying, emergency procedures and drills, communication, teambuilding, first aid and more.

**How is the CIT experience different from being a camper?** While CIT's still participate in a variety of camp activities they are no longer playing for themselves, but playing to make sure all campers are engaged in a safe and fun activity.

**What is the best age to be a CIT?** To participate in the CIT program participants must be 16 years old by June 15, 2019. We encourage all campers to participate in the Leader In Training Program first as it is a great stepping stone program.



# CAMPING SERVICES COUNSELOR - IN - TRAINING (CIT) 2019 APPLICATION

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

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_  
Must be 16 by 6/15/19

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Country: \_\_\_\_\_

Camper Email: \_\_\_\_\_

(Cell Phone) \_\_\_\_\_ (Home Phone) \_\_\_\_\_ Number of Years at Foss/Mi-Te-Na: \_\_\_\_\_

The best way to reach me is:  E-mail  Mail  Phone

There are a lot of things to do this summer, why pick the CIT program? Whose idea was it? \_\_\_\_\_

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What skills and qualities will you bring to the CIT program? \_\_\_\_\_

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What qualities do good counselors possess? \_\_\_\_\_

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Tell us about an experience at camp that was particularly memorable to you and why? \_\_\_\_\_

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What would you like to say that you got out of being a CIT when you have completed the program? \_\_\_\_\_

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What experiences have you had working with children? \_\_\_\_\_

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Please list 2 references (not family members) that can appropriately judge your character:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

If chosen for the CIT program, which month would you prefer?

**CAMP FOSS:**

- June 22 @ 10:00 am - July 20 @ 12:00 pm
- July 14 @ 10:00 am - August 10 @ 12:00 pm

**CAMP MI-TE-NA:**

- June 21 @ 10:00 am - July 20 @ 10:00 am
- July 19 @ 10:00 am - August 17 @ 10:00 am

Thank you for taking the time to complete this application. We anticipate a large number of CIT applications this year. Please return your completed application as soon as possible. **The application must be received by December 15, 2018.** Please also be advised that there will be a **group interview conducted at the YMCA of Downtown Manchester on January 19, 2019** for all applicants in the area. Applicants that live in access of two hours will be provided the opportunity for a phone interview. More information will be given out about the group interview at a later date.

**Please send completed applications to:**

The Granite YMCA  
Camping Services Branch  
30 Mechanic St.  
Manchester, NH 03101

**OR**

**E-mail completed application to:**

[lfrazier@graniteymca.org](mailto:lfrazier@graniteymca.org)

**THE GRANITE YMCA**

Camp Foss | Camp Mi-Te-Na

30 Mechanic Street, Manchester, NH 03101

P 603.232.8642 F 603.623.5934 Email [lfrazier@graniteymca.org](mailto:lfrazier@graniteymca.org)



## CAMP MI-TE-NA COUNSELOR IN TRAINING PROGRAM

Dear Applicant,

Thank you for your interest in the COUNSELOR IN TRAINING PROGRAM. You must be 16 by 6/15/19 to participate in this program.

The Counselor-In-Training program (or CIT program) provides the young adult the opportunity to be in a leadership role. The purpose of this program is to teach the individual basic leadership skills. Of course, this can cover a wide variety of topics, from learning to manage your own personal time to understanding the decision making process when dealing with problem situations.

Camp has certainly been a rich and fulfilling experience for many of us. We remember enjoying a part of our summer playing ball on the sports field, going for a swim on a hot July day, or thinking about those friends we made at camp. Every person's memory of summer camp is unique. Why? Because it is different from anyone else's experience. The people you met, or the activities you found to be most enjoyable become very unique to you. However everyone shares a common bond that "camp is fun"! As a camper, this becomes the incentive to come back year after year. This becomes especially true for many of our staff members. Many of them work their way up through the camp system, from CIT, to Junior Staff, to Senior Counselor. However, camp has taken on an entirely different meaning. The counselors are responsible for not only themselves, but for other people as well. Instead of just participating in activities, they are leading them. They have become teachers and role models for the campers. A great sense of satisfaction is achieved when you show someone how to swim, play basketball, or how to meet new friends. Your experience as a camper becomes a valuable resource in helping first time campers adjust to camp living. Counselors in the past have hopefully made an impression on you.

Now it's your turn to be a role model. It may take time to develop your own method and style. The CIT program is leadership training-skills that you need to help you communicate with both campers and fellow staff. The subjects that we have outlined in the course involve very basic exercises from personal management to group living skills. You will begin to understand the decision making process, how to read a problem situation and come up with the best possible solution.

Camp Mi-Te-Na and the staff will provide the material and resources to help you become a good leader. The rest is up to you. The more effort you put into the program, the more you will get out of it. We do not expect you to be experts in the field of counseling as counseling is not an exact science. What we do ask is that you try to do your best. The skills that you will gain through this experience will be with you for the rest of your life.

Camp Mi-Te-Na Senior Staff

**P.S. - Please also be advised that there will be a group interview conducted at The Granite YMCA in Manchester on Saturday, January 19, 2019 for all applicants within a two hour radius. All other applicants will provided the opportunity for a phone interview. More information will be given out about the group interview at a later date. Applications are due December 15<sup>th</sup>, 2018. You will be notified within three weeks (after the interview) if you have been selected. Deposits of \$250.00 will be needed at that time with balances due May 31, 2019.**