



HIDDEN VALLEY 4-H CAMP Counselor in Training Program Description



What is it?

The CIT at Hidden Valley 4-H Camp is a multi-year program with the goal of creating excellent counselors to serve new generations of campers. Upon completion of the program, campers will be evaluated on their eligibility to return to camp the following year.

When is it?

The CIT is an intense experience that prepares teens to become counselors at Hidden Valley 4-H Camp. The CIT program requires that campers sign up for a 2 week camp program, including the weekend session in-between. Campers are responsible for paying the registration fee for two weeks of camp, and get to stay the weekend session for FREE. In 2012, one CIT program will be offered. The CIT session (weeks 4 and 5) runs from July 29 – August 10. CIT's pay one fee of \$600 which includes two weeks and the weekend in between.

Who is eligible?

A CIT must be at least 16 years old by July 1, 2012. CITs should have sincere interest in wanting to learn skills that will make them excellent counselors in the future. Campers who are only interested in socializing with their friends at camp are not encouraged to apply. Spaces are limited in the Counselor in Training program, and only a few campers will be selected for each session based on questions and interview. Not all campers who apply will be accepted. We are looking for youth who display a good attitude toward others, exemplify the four H's (Head, Heart, Hands, and Health), and demonstrate self-respect.

Description

The three main goals of the CIT program are to train potential staff, provide personal growth, and promote leadership development. This two week-long program (including weekend) concentrates on leadership training, team building, skill development, service to camp, and personal growth. The program will provide a time of transition for each participant as they develop from campers into counselors.

CITs will learn that the role of a positive mentor and teacher is essential to their successful future as a Camp Counselor. Gaining this experience will involve learning, modeling and practicing how to lead songs, games and discussions. CITs will actively participate in each of the camp program areas where they will learn hands-on what it takes to teach and encourage campers in campfire cooking, canoeing, cooking, drama, free swim, health & fitness, nature, newspaper, outdoor adventures, sports, swim lessons, water games and yoga.

Cornell Cooperative Extension offers equal program and employment opportunities.

Participants will then take what they have learned and plan and facilitate their own activities for small groups and the entire camp. They will also have ample opportunities to ask questions, reflect on their experiences, and share their successes.

Teambuilding is the core of this program. Throughout the CIT experience, campers will engage in a number of exercises and challenges to prepare them for working as a team, dealing with difficult situations, and making successful choices.

How do I apply?

To sign up for this CIT program, please fill out the Hidden Valley 4-H Camp application form and choose which weeks you would like to participate. In addition to the application form, a CIT application must be filled out. Both the registration form and CIT application can be found at our website www.hiddenvalley4hcamp.org or call our office at 607-535-7161. If you need more information, don't hesitate to phone or email us. We look forward to working with you this summer!