

# Camp Runoia Counselor-in-Training Responsibilities and Privileges

## **Responsibilities and Leadership Opportunities**

As leaders in camp, CITs play an integral role in creating the magic of our camp community. Although CITs contribute to camp in many ways not listed here, they do actively participate in the execution of certain programs and activities:

**Workshops:** CIT is a leadership training program and you will be learning about leadership, and practicing leadership in many ways - some learning time will be "hands on" and some will be spent in workshops with discussion on focused topics. The topics presented are important to camp leadership, and many of them will also be transferable to other types of leadership roles in your life out of camp.

**Assisting in Activities:** CITs will join activities and assist the counselor in charge. You'll be working on leadership and teaching skills and receive feedback from counselors or your CIT Director for continual improvement. The goal is to work on progressive skills so you can teach classes by the end of the summer. CITs will be able to identify 2 top activity areas of choice to focus on, subject to director approval, compliance with safety ratios and regulations, and camp needs.

**Assisting in Cabins:** An important part of being a counselor is working with the campers and a focused time for this in the cabins and during unstructured free time. You'll spend time with the girls and counselors in Harmony Land Camp and Junior End daily and develop an understanding of what being a counselor in a shack is about and how it contributes toward the overall experience for the campers as well as their youth development. CITs will be paired with a 'sister shack' to join for different activities and times during the day.

### **Evening Program and Campfires:**

- CITs will have alternating on duty schedules and be at EP to help it to be successful. This responsibility ranges from being an active and enthusiastic participant to helping with the organization and planning to preparation and clean up. Feedback for achievement and improvement will be provided on a regular basis.
- During the summer, the CITs will have the opportunity to organize and run EP's as a group. Start thinking of ideas and your favorite EPs!

**Meals:** CITs will assist with the organization and follow-through of outdoor meals building on organizational skills, leadership opportunities and direct management of campers during meal time. Being a mature and helpful contributor at tables during indoor meals is also part of the CIT responsibility.

**Session 'Fun Days':** CITs plan and execute our fabulous Fun Day programs each session - a great resume builder "planned, organized and executed a full day of camp program for 220 people." All CITs will have a chance for the experience as there is one 'Fun Day' per session.

**Prep Trip, Lifeguard Training (LGT) and Junior Maine Guide (JMG):** All CITs will have the opportunity to go on an overnight trip as a CIT group to have bonding time together, a chance to experience a trip from a leadership perspective and decide if they want to do JMG. Simultaneously, all CITs will prep for LGT with daily swimming responsibilities. JMG and Lifeguard courses may be available dependent on enrollment and interest.

## **PRIVILEGES**

In recognition of CITs becoming leaders in the camp community, the following is a list of privileges that come along with increased responsibility.

### **Mornings:**

- CITs are able to work out prior to the 7:30 am all-camp wake up. During this time, to meet your fitness goals, you may choose to join in when yoga is offered, swim (someone who is 18 years or older and a lifeguard must be present and out of the water guarding), or you may run on the road with an 18 year old or older staff member or work out in scheduled workouts. If you are a rider and riding supervision is offered, you may ride before 7:30 am.

### **Evenings:**

- Quiet time in camp is from after Milk and Crackers until 7:30 am (on Sundays until 8 am).
- After Milk and Crackers are cleaned up and put away, CITs are then invited to spend time in one of the following places: the CIT living area, the Lodge, the Dining Hall, the Waterfront or the Den.
- Swimming and boating in the evening before dark is allowed with supervision and appropriate lifeguard.
- Riding and other activities in camp are allowed during EP if it's your free time with appropriate adult supervision.
- After Sunday night campfires, CITs not on duty are invited to join staff around the campfire.
- Bedtime is at 10:30 PM. CITs must be in the CIT living area. Reading and listening to iPods is permitted.
- After campers have gone to bed, CITs may get out their snacks to enjoy in the Dining Hall. No food or candy is allowed in the CIT living area.

**Showers:** CITs may shower during free time.

**Cell Phones and Laptops:** Cell phones and laptops will be stored in the farmhouse. They will be distributed for use during time off out of camp or special occasions called technology time or "T" time. Expect to have your phone or access to your laptop approximately 30-45 minutes in the first 10 days of camp and then

about 30 minutes a week thereafter. MP3 without a screen is allowed only in your living space or before 7:30 am when all camp wake-up happens. Online course work for school can be accommodated with prior approval.

**College Visits and Training Opportunities and Trips to Other Camps:** There will be the opportunity to visit a Maine college or two and/or attend a training workshop at another camp, getting the chance to tour a camp and see a different camp set up.

**Volunteer Opportunities:** Resume building opportunities are available with Community Service from services like Food Pantry collection, Maine festivals, conservation volunteer opportunities and other options. These hours are recorded and can be supplied to your High School to meet Community Service obligations.

**Time Off:** CITs will have two days and three nights off throughout the summer. Days off will be one per session **as a group**, starting at 10 am (noon) and ending at 10:00 pm. Additionally, CITs will have one night off during First Session and two during Second Session, between 5:30 pm and 10:00 pm. Out-of-camp opportunities will be available as a group supervised by the Head of CITs or other adult camp leader.

**Family Visits:** Family or those authorized by family who wish to visit CITs can be accommodated with prior approval. Session changeover is a great time to visit with family.

**Change-over:** If not visiting with your family during the mid-season break, CITs can participate in the Runoia program. Parental approval is needed if you intend to leave for break with another family.

**Spending Money:** It is suggested that CITs come to camp with \$175 - \$250 of spending money for your time off. This money may be used for activities such as movies, dinner, and other small expenditures.

**Special Moments:** There are opportunities for CITs to enjoy other special moments throughout the summer.