

Camp Ho Mita Koda
Counselor-in-Training Program Summary
Summer 2010

What is the Counselor in Training program?

CIT is a special program for former campers (age 16 and 17 years) that may want to be a counselor at Camp Ho Mita Koda in the future. CITs will participate in Staff Week and receive training in many areas including camp policies and procedures and working with children. In addition, CITs will participate, as a group, in the following activities:

- CIT Education Sessions: CIT education sessions will offer CITs an opportunity to meet as a small group to learn more about diabetes. These sessions, scheduled throughout the summer season will be facilitated by health professionals (i.e Dietitian, Nurse, Physician) with a background in diabetes.
- CIT Project: Under the direction of the CIT Program Coordinator, the CITs will develop and present a proposal for a project to be completed at Camp. The CITs will work within in established budget and complete the project by the end of the camp season.
- Activity Rotation: During activity sessions, CITs will assist counselors and program specialists with facilitating activities. CITs will rotate through the different activities on a regular basis so that they will be able to experience all of the activities offered at camp and experience a variety of forms of leadership.
- Developing a sense of place: In addition to learning about camp leadership, CITs will also spend time learning about camp history, camp traditions, camp culture, and developing a greater understanding for Camp Ho Mita Koda.
- Evening Activity: CITs will be responsible for organizing one evening activity each camp session. They will plan the event and coordinate with Camp Director, Head Counselor, CIT Program Coordinator , Waterfront Manager, dispensary staff, and general camp staff.
- Daily Debriefing: CITs will participate in a daily debriefing to discuss their experiences of the day.
- Proposals: CITs will be asked to each write at least one proposal for a project or new activity at Camp.

Who is in charge of the CIT program?

The Camp Director and CIT Program Coordinator will oversee the CIT program. Adult camp staff members, including camp counselors, will assist with CIT mentoring and supervision.

What skills will I develop as a CIT?

All participants are expected to master the following skills:

1. Leadership skills- leading and following.
2. Working as an effective member of a group.
3. Diabetes skills- knowledge of personal health requirements, recognizing and treating high and low blood glucose levels, and carbohydrate counting.
4. Working knowledge of all areas of camp program.

What activities are CIT's required to participate in?

CITs are required to participate in all CIT specific activities and programs and in all camp activities, including morning wake up, all meals, all activities, and bedtime. CITs are also required to participate in staff training and orientation week, assigned overnight camp sessions, Mini Camp and Open House.

How are CITs evaluated?

Each CIT will be evaluated by the Camp Director and CIT Program Coordinator and will receive informal feedback from staff with whom they are working. A formal, final evaluation will be done before the end of the last session.

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Rules:

CITs must follow the same rules as paid camp staff. A copy of these rules is sent with a CIT contract when a position has been offered. CIT's are considered volunteer staff and may be terminated by the camp director. Parents will be notified and they will be sent home.

What is the cost of the CIT program?

CITs are volunteers learning to be counselors. There is no fee for the training. CIT's do not receive a paycheck.

After I have been accepted into the CIT program, what should I expect?

Once you have been accepted into the program you will receive some materials to review and some paperwork to complete. There will be additional paperwork for your parent/guardian to complete.