



## Raritan Valley YMCA

### COUNSELOR-IN-TRAINING (CIT) PROGRAM

The Raritan Valley YMCA offers a Counselor-In-Training (CIT) program for campers ages 14 and 15 years, entering 9<sup>th</sup> or 10<sup>th</sup> grade. The CIT program is for campers who have aged out of traditional day camp programs and is a great way to continue the camp experience while developing leadership skills and building self-confidence. The CIT program is designed to help participants learn the skills necessary to be an effective camp counselor working with children. CIT's help camp build a strong team that helps children make new friends, assists with projects, leads special events, implements daily programs, provides guidance to campers with counselor support, and assists with camp activities.

The CIT program has been designed to pay special attention to developing the leadership skills of participants, learning about the developmental stages of children, and exploring the benefits of volunteer and philanthropic experiences. CIT's spend a large portion of their day interacting with age-appropriate groups (campers ages 4-10 years old). CIT's will also have a great time being part of the YMCA summer camp leadership team and will participate in all special events, trips and swim as part of their experience.

CIT's registered **before May 15<sup>th</sup>** are offered the opportunity to join camp staff at our first pre-camp training held on Saturday, June 3<sup>rd</sup> , 2023 from 9am-3pm.

Please send this CIT Application and Camp Registration Forms back as soon as possible. Please note that the CIT program is highly competitive and unfortunately not all applicants can be accepted. Preference will be given to applicants who were campers or have comparable camp experience elsewhere. If you have any questions please feel free to call at (732)-257-4114 or email to [PSrivastava@RaritanValleyYMCA.org](mailto:PSrivastava@RaritanValleyYMCA.org).

I look forward to hearing from you soon.

Sincerely,

Preeti Srivastava

Senior Program Director, Youth Development

## **The Benefits of the CIT Program**

Learn vital life skills that will enrich your life

Spend your summer in a rewarding camp environment.

Gain experience leading children in the camp environment.

Make lifelong friendships, have fun and create unforgettable memories

## **The Right Fit**

Share our belief in YMCA core character values.

Share our love of camp, children and the outdoors.

Share our philosophy of putting the needs of others before your own.

Share our commitment to excellence in safety, courtesy, and all that we do.

Share our commitment in being positive role models for the children in our care.

Exhibit a positive mature attitude, be fun and enthusiastic, and love being around children.

## **The Commitment**

CIT's may attend our first pre-camp staff trainings (if registered by May 15<sup>th</sup>).

CIT's must exhibit YMCA character values of: Honesty, Caring, Respect, & Responsibility

## **The Application Process**

Ask parent/guardian to complete the CIT Recommendation form

Complete the attached CIT Program Application & Camp Registration Form

Return all forms to: Raritan Valley YMCA, 144 Tices Lane, East Brunswick, NJ 08816 or email them to [psrivastava@raritanvalleymca.org](mailto:psrivastava@raritanvalleymca.org)

## **The Acceptance Process**

Once we have received all forms, we will contact you to schedule an interview.

Once accepted, all payments are required in compliance with deposit/fee schedules.





## Raritan Valley YMCA

# COUNSELOR-IN-TRAINING (CIT) APPLICATION

### Statement of Agreement

We understand the CIT program is highly competitive and some participants may not be chosen to participate in the program. Preference will be given to applicants who are previous YMCA campers or have comparable camp experience elsewhere. Applicants who do not participate in the CIT program are encouraged to reapply for the following summer.

If selected to participate in the CIT program, we understand that we must commit to at least one of the 4-week sessions, and single weeks may be added. We are aware that this is a service and leadership program and that the discounted rate reflects the work that I will be expected to complete. I am also aware that participating in the CIT program does not guarantee future employment.

We understand that the participants in the CIT program must adhere to all Raritan Valley YMCA camp rules and policies and cooperate with the camp director and CIT leaders in all matters. We understand that CIT's are registered as campers in the care of the YMCA staff. If CIT's need walk-home waivers (instead of being signed in/out by a parent/guardian each day), one can be provided.

We are aware that failure to live up to the high standards of the CIT program may result in my dismissal from camp, with no refunds. We recognize that attitudes, words, and actions are critical to the success of camp and that CIT's will be seen as a role model to younger campers. CIT's promise to do their best in reflecting the four core values of the YMCA: Caring, Honesty, Respect and Responsibility.

CIT Applicant Name: \_\_\_\_\_

CIT Applicant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

**This form should be completed by the CIT with a parents' guidance, if needed.**

CIT Applicant Name: \_\_\_\_\_

**Leadership Experience**

Please describe any leadership positions you have held in school or other organizations:

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**Camp Experience**

Please list your camp experiences. If you have not attended camp, please leave blank.

Camp: \_\_\_\_\_ Type of Program: \_\_\_\_\_

Camp: \_\_\_\_\_ Type of Program: \_\_\_\_\_

**Tell Us About Yourself**

Why do you want to participate in the CIT program:

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What qualities do you think characterizes a good leader?

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How would you want to make campers feel in your group if selected to be a CIT?

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**SELF-REFLECTION FORM** to be completed by the CIT Applicant

CIT Applicant Name: \_\_\_\_\_

**Please rate yourself (10 being highest) on the following and respond to the questions, which are significant to how you would perform in the CIT Program.**

Positive Attitude	1	2	3	4	5	6	7	8	9	10
Enthusiasm	1	2	3	4	5	6	7	8	9	10
Taking Initiative	1	2	3	4	5	6	7	8	9	10
Working with Others	1	2	3	4	5	6	7	8	9	10
Love of Children	1	2	3	4	5	6	7	8	9	10
Friendship Skills	1	2	3	4	5	6	7	8	9	10
Happiness	1	2	3	4	5	6	7	8	9	10

**HONESTY**

**How would you describe your respect for others?**

**CARING**

**How would your friends describe how you treat them?**

**RESPONSIBLE**

**Why do you think you are responsible enough to become a CIT?**

**RESPECTFUL**

**How would you describe respect?**

CIT Applicant Signature \_\_\_\_\_ Date \_\_\_\_\_

**Parent/Guardian Recommendation Form** to be completed by the Parent/Guardian

CIT Applicant Name: \_\_\_\_\_

**Please rate your child (10 being highest) on the following and respond to the questions, which are significant to how you would perform in the CIT Program.**

Positive Attitude	1	2	3	4	5	6	7	8	9	10
Enthusiasm	1	2	3	4	5	6	7	8	9	10
Taking Initiative	1	2	3	4	5	6	7	8	9	10
Teamwork	1	2	3	4	5	6	7	8	9	10
Relating to Children	1	2	3	4	5	6	7	8	9	10
Social Skills	1	2	3	4	5	6	7	8	9	10
Happiness	1	2	3	4	5	6	7	8	9	10

**HONESTY**

**How would you describe your child's respect for authority?**

**CARING**

**How would you describe your child's treatment of siblings and friends?**

**RESPONSIBLE**

**How would you describe your child's ability to manage chores/household responsibilities?**

**RESPECTFUL**

**How would you describe your child's ability to manage time and keep on schedule with others' needs?**

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_