



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA Camp Abnaki

### May to September

1252 Abnaki Road  
North Hero, VT 05474  
802-372-9622  
Fax: 802-372-5931

### October to April

266 College Street  
Burlington, VT 05401  
802-652-8180

[campabnaki.org](http://campabnaki.org)  
[gbymca.org](http://gbymca.org)



Fall 2014

Dear (Candidate),

The purpose of this letter is to help you and your parents better understand the program and our expectations of CITs.

CIT applications are **due no later than Friday, February 13, 2015**. CIT interviews will be conducted by the end of February at the Greater Burlington YMCA, or via Skype or phone. Some other times may be available if you are unable to interview that week. If you are selected to the program, you will be notified by March 6, 2015.

Summer 2015 will feature two 5-week CIT sessions. CIT Session I will be June 21-July 25. CIT Session II will be July 12-August 15. There will be two weeks of overlap for the CIT sessions. Each session will incorporate 1 one week camp session and 2 two week camp sessions. Cost for the program in 2015 is \$1575. Financial assistance is available.

Once complete, all applications should be sent to our winter address in Burlington. Two of your three references should be from people not associated with Camp Abnaki. We will require a signature from all CITs giving permission for a criminal background check. Please be aware that space is limited and not everyone that applies will be chosen to be a CIT. Once accepted, all of the registration materials will be mailed to the CIT. Applicants may not sign up for the CIT program through the normal camper registration form.

One of the primary goals of the program is to begin the process of preparing teens to become Camp Abnaki counselors. CITs will be participating in experiences designed to build their leadership ability, increase their skill competency, build their self-esteem, educate them about the needs of children, and train them to serve as a staff member in the future. The Counselor in Training program is managed by the CIT Director and supported by the whole camp staff.

The CITs will work toward the goals set forth above in a variety of ways. Early in the program they will participate in group dynamics and team building exercises. CITs help to plan evening and weekend programs for the entire camp. They will also work with staff and campers during check in and check out days.



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CITs will also participate in many of the same workshops that were offered during our staff training. Some of those topics include: child abuse prevention, child maltreatment, behavior management, child development, YMCA mission, emergency and safety procedures, and more. We are hoping to continue to provide CITs trainings in CPR, First Aid, and have the option to become Red Cross certified Life Guards.

With training and responsibility it is important to remember that CITs are in training and will not be considered staff members during the program.

There will be planned recreational activities throughout the session for CITs. The CIT Director will supervise this activity as well as all trips off camp property. As the session progresses CITs will have more responsibility to help run daily program activities. CITs will not have the sole responsibility to supervise a group of campers during their stay. CITs begin their session living together in a cabin, but are eventually integrated into camper cabins as part of their training.

Throughout the program, the CITs will be evaluated by their peers and the staff. They will be given feedback to help them become aware of their strengths and areas for improvement. **A CIT's session ends after five weeks of camp. There is not an opportunity in the same year to stay on as a counselor.**

*Participation in the CIT program may provide an advantage if applying for employment in the future but in no way will it guarantee future employment.*

This is an exciting time to learn the behind the scenes side of what makes camp tick. The administrative team at camp is very dedicated to ensuring that the CIT experience is a rewarding one. If you have any questions please do not hesitate to contact us by phone or e-mail. Thank you for your interest in our program. We look forward to hearing from you.

Sincerely,

Jon Kuypers  
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