

# CIT PROGRAM TEEN LEADERSHIP

## ALL SPORT HEALTH AND FITNESS

Our Counselor in Training program is for teenagers ages 14 & 15 who are interested in working with children and gaining leadership skills. C.I.T.s help bridge the gap between campers and counselors, learning to become positive role models. C.I.T.s gain leadership experience and learn how to work with a variety of age groups.

In addition to working with younger campers, C.I.T.s enjoy camp activities, theme days, projects, and more! The program is led by the C.I.T. coordinator who mentors our C.I.T.s through any challenges and celebrate their growth. All C.I.T.s are required to attend pre-camp trainings. Evaluations are conducted throughout the camp sessions and used for second-year return invitations and future paid counselor positions.

### Hours

**Monday-Friday,  
9:00 AM-4:15 PM**

\*Times may vary based on camp placement  
\*Mandatory pre-camp training dates to be announced.

### Pricing

**\$150 for Members  
\$175 for Non Members**



# CIT LEADERSHIP LEVELS

## First Year CIT

C.I.T.s will be given the opportunity to develop skills and peer relationships in an engaging environment. While they are not responsible for the safety and supervision of campers, first-year C.I.T.s will work in camp groups, engage in camp games, songs, and activities, and participate in leadership trainings with fellow C.I.T.s. Minimum 4-week commitment.

## Second Year CIT

C.I.T.s who have already successfully completed one summer of our C.I.T. program participate in our Second Year and Beyond program. This program features a training refresher with evaluations at the end of each session. In addition to assisting with everyday camp responsibilities and groups, second year and beyond C.I.T.s enjoy hands-on experience working with camp activity specialists to plan and implement activities. This additional experience enables the more seasoned C.I.T.s to practice their skills as a future camp counselor.

## Application Process

First and second-year candidates must complete and submit an All-Sport application, available at our Front Desk. First-year candidates will be interviewed by the Camp Director. Apply early as space is limited by session. Acceptance into the program will be based on a completed application and demonstrated interest in the program and the interview (mandatory for first-year applicants).

For more information, please email,  
Ian Wing, Camp Director at [ian@allsporthealthandfitness.com](mailto:ian@allsporthealthandfitness.com)