



## Camp Abnaki

Summer:

1252 Abnaki Road  
North Hero, VT 05474  
(802) 372-8275  
[www.campabnaki.org](http://www.campabnaki.org)

Winter:

Greater Burlington YMCA  
266 College Street  
Burlington, VT 05401  
(802) 862-9622  
Fax: (802) 862-9984  
[www.gbymca.org](http://www.gbymca.org)



YMCA  
We build strong kids,  
strong families, strong communities.



Winter may be in the air, but it's never too early to start planning for next summer! According to our records, you may be eligible for our CIT program. The purpose of this letter is to help both the applicant and the parent understand more about the program and our expectations of CITs.

In order to be considered, **applicants must have completed their sophomore year in high school.** Prospective CITs should return the enclosed application and three references to me as soon as possible. Once the application and references have been received we will contact the applicant for an interview.

CIT applications are due no later than **February 15, 2010.** CIT interviews will be conducted during the week of February 21-27 at the Greater Burlington YMCA, or over the telephone. 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 10.

Summer 2010 will feature two 5-week CIT sessions. CIT Session I will be June 28-July 31, and will include the Operation Purple Camp week. CIT Session II will be July 18-August 21. There will be two weeks of overlap for the CIT sessions.

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 through the normal camper registration form.

One of our main goals is to help teens who are interested in becoming Camp Abnaki counselors in the future to prepare for the responsibilities of being a staff member. 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 administrative team.

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, preventive discipline, child maltreatment, behavior management, child development, YMCA mission, emergency procedures, and more.

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

A recreational day during their stay will be planned. 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. The groups of CITs begin their session living together in a cabin, but are eventually placed 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 are not opportunities in the same year to stay on as a counselor.**

*Participation in the CIT program will 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 me at either [jplane@gbymca.org](mailto:jplane@gbymca.org) or (802) 862-8993 ext. 129. Thank you for your interest in our program. I look forward to hearing from you.

Sincerely,

Jeremy Plane  
Assistant Camp Director