

2019 Counselor-in- Training Program

Who: kids ages 12-15

What: full day weekly sessions 8:30 AM-4:30 PM for \$100/member and \$120/non-member. (Paid upon interview/acceptance into program).

When: weekly sessions May 28th-August 23rd, registration begins March 4th.

Why: to gain camp related experience under the guidance of veteran camp counselors.



For more information visit
www.granitefallsclub.com

or

Contact Youth Programs Director,
Brandon Metzel
brandon@granitefallsclub.com
919-562-8895

GF4 Summer Camp

Counselor-In-Training program (CIT)

In the Counselor-in-Training program, teens aged 12-15 (and possibly 11 3/4) years old have the opportunity to gain camp related experience/on-the-job experience under the guidance of veteran Camp Counselors. CIT programs teach teen's leadership and how to work with children. CITs build self-confidence and learn how to make decisions — both independently and as a team — and how to manage responsibility for themselves and for others. But it's not all work. CITs get to enjoy the same activities they loved as campers, too. They will interact with campers, help with activities and serve as leaders in camp spirit and motivation. As the Camp Counselors' right-hand-person, they assist the Counselors in the day to day operations of the camp program. Most importantly, CIT's must serve as a role model for the campers. The CIT program will enable teens to give their time in a service oriented capacity while gaining resume worthy experience in our day camp setting.

Frequently Asked Questions about the GF⁴ Summer Camp Counselor-in-Training Program:

What are the work hours for CIT's? Counselors in Training (CIT) are expected to arrive at camp by 8:30 each day and stay until 4:30. Our half-day camp runs from 9am to 1pm. The full-day camp will have the same start time, but run until 4:00pm.

How many CIT's will there be per camp session? We typically have 3 first or second year CIT's per session/week. This will allow at least one Junior Counselor per huddle (green, red, and blue). Up to 3 CIT Mentors (3rd years and higher) are typically assigned to each huddle as well.

What is the cost for the opportunity to be in the GF⁴ Summer Camp Counselor-in-Training Program? The cost per session/week is \$100 for members and \$120 for non-members, to be paid after acceptance into the program.

Does completing registration guarantee a spot in the Junior Counselor program? No, all potential Counselor in Training participants will complete a CIT questionnaire (attached) and undergo an interview with the Youth Programs Director before being selected to participate in the program.

Will the Junior Counselors be able to register for more than one week? Yes, but is not required.

Will the CIT's receive training prior to the start of camp? Yes, all participants and parents will train with the Youth Programs Director and Camp Counselors prior to the start of the GF⁴ Summer Camp program. Information regarding expectations of the CIT will be discussed at this meeting. They will also participate in a CPR Certification class if they are not already certified.

Who is the staff the CIT's will be working with? We will have some Counselors returning from last year, but may be hiring additional Counselors over the course of the spring as well as using Counselors from our track out camp program. Our staff will be carefully selected and specially trained in preparation for camp. All Camp Counselors are/will be First Aid/CPR certified and have had a background check prior to employment with GFSAC. We will also have the assistance of GFSAC lifeguards, swim instructors, and group fitness instructors during camp activities.

In conjunction with the Camp Counselors, how many kids will each CIT be assisting? Each full day session of camp will be limited to 30 total children and each half day sessions will be limited to 15 total children. The Counselor to camper ratio will be approximately 1 to 7 so each huddle will have approximately 15 kids in it during a full camp session. Each huddle will have up to 2 Counselors and at least one CIT. The Head Counselor and Youth Programs Director will also be assisting the campers.

What will CIT's do at camp each day? The Counselors-in-Training will be involved in assisting the Counselors with the implementation of daily camper activities, including being the full lead on their own weekly themed activity, craft, or game each CIT will have come up with before their camp session(s). For the campers, each day of camp will include a brief morning meeting, swim time, swim lessons, breaks for snacks and water, fitness activities that tie in with the week's theme, lunch, and more.

What should CIT's pack? They will need to bring a backpack (labeled with their name) with a swimsuit, cover up, goggles (if needed), flip flops/pool shoes, towel, sunscreen and bug spray if desired, **two snacks, lunch and water** (unless purchasing food via the Camp Chow program).

Where will camp happen? Campers will use many areas of the Club inside and out as well as the Main Street Park facilities.

Is there an employee discount? Yes. Employees are eligible for their standard 10% discount. This cannot be combined with any other discounts.

Is there anything else I need to know? We are excited about Summer Camp at GFSAC and our fifth year of the GF4 Summer Camp Counselor-in-Training program! At the end of your child's last camp session the Youth Programs Director, along with the Head Counselor, will complete a CIT evaluation of your child. In addition, a reference letter will be provided for your child for future opportunities if he/she requests it.

Several of our CIT's have been able to return to camp as a volunteer during their year round school track out sessions during the fall, winter, and spring. We anticipate doing the same thing during the 2018-2019 school year.

We are dedicated to making this experience fun, educational, and safe for your children and are already hard at work to get everything ready for our summer kick off with our first camp session May 28th. The Youth Programs Director will email specifics about each week of summer camp, including what huddle your teen is assigned to and the schedule of activities for the week, to those registered the week before the session will begin. Feel free to contact me by email (brandon@granitefallsclub.com) or at 919-562-8895 if I can assist in answering any questions. Thanks!

GF⁴ Summer Camp

Granite Falls Fitness Fun & Friends Summer Camp -2019 Sessions-

Session 1: May 28-31

Aloha Summer

**4 day week discounted price*

Welcome to the first week of summer camp! We are excited to kick off the summer with Aloha week! We are saying Aloha to Summer 2019!

Session 2: June 3-7

Wild Wild West

**multiple enrollment options*

Yeeee Haaaaa! There's GOLD in them there hills! This great week theme will be one of your summer favorites.

Session 3: June 10-14

Mysteries of the World

Big Foot, Loch Ness monster, and camp counselors; OH MY!

Session 4: June 17-21

Greek Greatness

Olympics, the Trojan horse and demi-gods, it's *Greek Greatness* week in camp!

Session 5: June 24-28

Color Wars

Join us as we split into several colorful camp huddles and compete against each other in a variety of wacky, fun, zany challenges all week long to see which huddle will take the title of GF4 Summer Camp Color Wars Winner!

Session 6: July 1-3, 5

Party in the USA

**multiple enrollment options*

We'll be celebrating Independence Day with banners, flags and patriotic games. We will explore what makes this great country great and create all things RED, WHITE & BLUE!

Session 7: July 8-12

ESPN

Channel your inner sports star and maybe we will see you on the ESPN TOP 10 PLAYS OF THE WEEK!

Session 8: July 15-19

Granite Falls Music Festival

The stage is set! Campers' imaginations come alive as we create music videos to our favorite camp songs. Join us Friday after lunch for the red carpet premiere of our videos!

Session 9: July 22-26

Color Wars

**multiple enrollment options*

Join us as we split into several colorful camp huddles and compete against each other in a variety of wacky, fun, zany challenges all week long to see which huddle will take the title of GF4 Summer Camp Color Wars Winner!

Session 10: July 28-August 2

Shark Week

Camp will be filled with all things sharks! Join us in camp this week for 5 days of shark-centric activities!

Session 11: August 5-9

Campers vs. Counselors

Campers will compete against the counselors all week in all aspects of camp! We will also be starting our First Annual Decorate Your Counselor contest. Counselors come up with a theme for the contest. Campers then work together to create a costume, create a history, assign powers, and perform any special feats.

Session 12: August 12-16

The Outback

G'day, mate! For week #12, we travel "down under" to the land of dingoes, 'roos and didgeridoos! From the Outback to the Sydney Opera house, from Bondi Beach to the Great Barrier Reef, campers will have a ball getting into the Aussie spirit during this "corker" of a week.

Session 13: August 19-23

Summer Blast

We're spending this last week of camp revisiting all of our favorite activities and games as we put the entire summer on rewind and go out with a bang!

Counselor-in-Training Program Fees, Information, Policies:

The Counselor-in-Training fees for each camp session are \$100 per week for members and \$120 per week for non members.

Payment is due at the time of acceptance into program. A written notice of cancellation must be made 2 weeks before the start of each session to receive a refund. \$25 dollars of each registration fee is non-refundable. Program fees will not be refunded for missed days or non-attendance, and make-up days/sessions will not be offered.

Our camp sessions operate on the designated weeks Monday through Friday, unless noted. Counselors-in-Training are expected to work from 8:30-4:30. At least 3 CIT's per session will be allowed. This will allow at least one CIT per huddle.

Please read each of the following policies and sign below to indicate your understanding of these policies.

General Waivers/Permissions:

1. Participation - I permit my child to participate in all summer camp activities Granite Falls Swim and Athletic Club (hereafter referred to as GFSAC) conducts both within and outside the boundaries of GFSAC property.

2. Field Trips – I permit my child to leave GFSAC on authorized trips under the supervision of the GFSAC staff. I may review a written schedule of activities to be conducted off the GFSAC premises.

3. Photography – I give GFSAC and its employees and agents permission to use for any lawful purpose my and/or my child's likeness, image, voice and/or appearance as such may be embodied in any pictures, drawings, renderings, photographs, video recordings, audiotapes, digital images or the like, with the understanding that GFSAC will not publish my child's name.

- I agree that GFSAC has complete ownership of such pictures, etc., including but not limited to illustrations, bulletins, exhibitions, videotapes, reprints, reproductions, publications, advertisements and any promotional or educational materials in any medium now known or later developed, including but not limited to the internet, television, newspapers,

magazines, social media sites (e.g., Facebook, Twitter, Flickr, etc.), and/or GFSAC audio, print or internet publications.

- I also agree that GFSAC has permission to release such pictures, etc. to the news media. I acknowledge that I will not receive any compensation or remuneration for the use of such pictures, etc. I understand that once such pictures, etc. are published to the media or on the internet, or are otherwise published, they may be used in publications and/or on websites outside of GFSAC control.

4. Assumption of Risk – I understand that GFSAC youth programs activities have inherent risks, and I hereby assume all risks and hazards incident to my participation/my child's participation in all GFSAC activities. I further waive, release, absolve, indemnify and agree to hold harmless GFSAC and its employees, organizers, volunteers, supervisors, officers, directors, participants, coaches and referees, as well as all persons or parents transporting participants to and from activities, from any legal claims, liabilities, damages and costs for any physical injury or damage to my personal property sustained during my use of GFSAC property and/or my participation/my child's participation in any GFSAC activities.

5. Personal Property - I understand that GFSAC is not responsible for any personal items lost, stolen, or damaged at our programs.

Medical Treatment Policies:

6. Accident Insurance – Participants are responsible for their own accident insurance when using GFSAC and when participating in GFSAC programs off-site.

7. Medication – GFSAC employees do not administer any medication. Do not send medications with your child. The one exception to this is epipen injections required for allergies. When special circumstances exist, personnel from GFSAC will be available to meet with the parent(s) or guardian(s) of the child in question and strive to develop through dialogue a mutually acceptable alternative way to make sure the medication requirements of the child are met.

8. Blood Borne Pathogen Exposure – I understand that, while my child is in the care of GFSAC, if a child is exposed to a body fluid on broken skin or mucous membrane (e.g. splashing in mouth or eye) from another child, GFSAC will contact the parents of both children. They will explain what has occurred, and provide the name of the attending physician of the source child to parents of the exposed child. If a staff member has a blood or body fluid exposure from a child, GFSAC will provide the name and telephone number of the child's attending physician to the staff member.

- I have read and agree with the statement and specifically authorize GFSAC to release the

name and telephone number of my child's physician and a description of the event to the parent or guardian of any child who is exposed to blood or body fluid or to any staff member who experiences such an exposure from my child.

9. **Emergencies** – In the event of an emergency in which the parent/guardian or listed emergency contacts cannot be reached, GFSAC will contact emergency medical personnel and, pending their arrival, take those actions that are in GFSAC's judgment to be in the best interests of the child.

Youth Programs Behavior Expectations and Discipline Policies:

It is important that our staff maintain good order and discipline in youth programs. In the programs we offer to children, we strive to create a positive atmosphere for learning and developing social skills. GFSAC staff will make every effort to help children understand clear definitions of acceptable and unacceptable behavior.

A child's behavior is expected to be consistent with the following:

1. Use appropriate language at all times.
2. Cooperate with staff and follow directions.
3. Respect other children and staff, equipment and facilities, and yourself.
4. Maintain a positive attitude.
5. Stay in program areas—running away is not acceptable.
6. Participate successfully within the GFSAC staff-child ratios specific for each program.

Discipline Policy

1. If a child is unable to comply with the behavior expectations, a conference will be held by the program director with the child. The parent(s)/guardian will be notified.
2. If after the above meeting the child is still unable to comply with the behavior expectations, the program director will set up a conference with the parent(s)/guardian. A behavior contract will be established and signed by the child (if appropriate), parent(s)/guardian and the program director.
3. If the child's behavior continues to be disruptive and/or unsafe, the child will be subject to suspension or dismissal.

4. Failure of the parent(s)/guardian to attend conference(s) and cooperate will subject the child to suspension or dismissal.

Behaviors which may result in immediate suspension or dismissal include, but are not limited to:

1. Any action that could threaten or pose a direct threat to the physical/emotional safety of the child, other children or staff. Prohibited conduct may include, but is not limited to, abusive jokes, insults, slurs, threats, name calling, bullying or intimidation.
2. Fighting
3. Possession of a weapon of any kind
4. Vandalism, destruction, or theft of GFSAC property or property of others
5. Sexual misconduct
6. Possession of or use of alcohol. Possession of or use of controlled substances unless under the prescription of a doctor
7. Running away
8. Biting

Parents or guardians are required to inform GFSAC in writing, prior to a child's acceptance in a GFSAC program, of any special circumstances which may affect the child's ability to participate fully and within the guidelines of acceptable behavior, including but not limited to any serious behavioral problems or special circumstances regarding psychological, medical or physical conditions.

Upon being informed of such circumstances, the Youth Programs Director may require a conference with the parent(s)/guardian to discuss issues created by these circumstances.

I have read, understand and agree with the policies as stated in this document and have discussed the expectations of behavior with my child. I understand that GFSAC has the authority to revoke my child's right to participate in GFSAC programs for behavior which is not in keeping with the expectations of appropriate behavior for youth program participants or for failing to follow the Rules and Regulations of GFSAC. My enrollment of my child indicates that I agree to adhere to all Policies, Procedures, Rules and Regulations of GFSAC.

Enrollment of my child(ren) in the junior camp counselor program constitutes acceptance of all the above policies.

2018 Counselor-in-Training Applicant Questionnaire – Granite Falls Swim & Athletic Club

Name: _____

Date: _____ Adult Shirt Size: _____

Phone Number: _____

Email: _____

Please complete the questions below.

1. What is the job of a camp counselor?

2. Why are you registering and interviewing for a Counselor-in-Training position? What do you hope to gain from this experience?

3. Give examples of activities that you would do with campers that you are assigned to supervise?

4. What is a leader?

5. What special skills can you share with the campers who attend day camp?

6. What challenges do you expect to face as a Counselor-in-Training? What things really stress you out?

7. What experience do you have working with and/or teaching children, and serving in leadership positions?

8. Please rank these leadership areas in order from 1 to 6 with 1 being the area you feel you are most competent and 6 being the area you feel you are least competent in.

_____ Crafts leader

_____ Indoor fitness room game leader

_____ Pool activities/games leader

_____ Time fillers/lining up leader

_____ Park games/activities leader

_____ Morning meeting games/activities leader

_____ Other leadership area (please specify)