

## Welcome to Summer 2025's Counselor in Training Program!

My name is Courtney, and I am the CIT Camp Director this summer. I am thrilled your teen will be joining our stellar camp team. Throughout the summer, your teen will be engaged in a learning process that focuses on child development, program management and how to infuse our core values of Caring, Honesty, Respect and Responsibility in everything that we do. Our camps enrich our communities and as a Counselor In Training, your teen will be vital in creating a nurturing and inclusive atmosphere for all. [Teen: Tell me about yourself HERE](#)

This is a basic guide to help you know what to expect this summer. For more details please view our Camp Parent Handbook, located on the website.

Can't wait to meet you!

*Courtney Labossiere (She/her)*

**CIT Phone:** 862-438-1701

**This phone will only be used by Courtney. Otherwise, please call your CIT's assigned camp director (see below).**



## How will my teen benefit from attending camp this summer?

Your teen will be safe and have tons of fun. We aim to help them gain positive developmental growth in the following areas:

- |                     |                  |
|---------------------|------------------|
| 1. Counselor Skills | 5. Life Skills   |
| 2. Teamwork         | 6. Social Skills |
| 3. Confidence       | 7. Self-Esteem   |
| 4. Responsibility   | 8. Self-Care     |



# CIT Digest

June 10, 2025

## **Week 1 - Training | | 9:30AM - 3:00PM @ St Joe's, 240 Franklin Ave, Maplewood**

Your CIT will be engaged in camp counselor training sessions, team building activities and life skill programs. The goal of this training is to give your CIT practical on the job and life skills, and give them confidence in using these skills beyond the camp world. During this week we will provide camp placement for the following two weeks.

## **Week 2 & 3 | | 8:30AM - 3:30PM @ Assigned Camp**

It will be the guardian's responsibility to get their CITs to/from their respective camps. If you would like to give permission for your CIT to walk/bike to camp. Please sign the attached [Permission Form](#) and email it to [clabossiere@metroymcas.org](mailto:clabossiere@metroymcas.org) CITs will be assigned to a group. Each group has a Senior and Junior Counselor whom your CIT will work with and shadow. Camp groups rotate every 45 minutes and average about 15 campers grouped by age. Your CIT will participate in and support campers through each activity. They will be responsible for filling out this [Reflection Form](#) at the end of each day and I will be checking in with them throughout their time in camp. Their Senior Counselor will be asked to provide an assessment of their areas of strength and opportunities for growth.

### **Camp Possibilities**

Camp: [YKnots](#) | | Director: Taheerah Hector | | 862-438-1717

Location: South Mountain YMCA, 13 Jefferson Avenue, Maplewood

Camper Ages: Entering grades Pre-K - K

Camp: [SOMAPY 1](#) | | Director: Zachary Poe | | 862-400-6021

Location: SOMAPY 1 Memorial Park, 580 Valley St, Maplewood


Camper Ages: Entering grades 1-3

Rainy Day Location: Tuscan Elementary School, 25 Harvard Ave, Maplewood

## Before the First Day

- ☐ **Talk with your teen about camp.** Have pleasant, positive conversations about what will happen at camp
- ☐ **Prepare the night before.** It's a long day in the elements.

### Please be sure all of your teen's items are labeled with their name

- ☐ Sunscreen
  - ☐ Reusable Water bottle
  - ☐ Lunchbox with lunch & plenty of snacks
  - ☐ Change of clothes at SOMAPY Camp for Swim
  - ☐ Rain Jacket/Poncho
  - ☐ Sunglasses and/or a Hat
- 
- ☐ **Leave plenty of time in the morning** to get ready and eat a good breakfast
  - ☐ **Have a good routine.** Knowing what to expect allows your child to have less anxiety about their day and starts your day off right too!
  - ☐ **Have an open mind.** We are a diverse community from different grades, walks of life, schools, and families. Each person has their own talents and challenges which allows for opportunities to learn from each other. Bullying, this includes verbal, digital, or physical, will not be tolerated and we celebrate our diversity.

## Communication

Throughout the summer we will be communicating with you through PlayerSpace. This will be our main source of communication so **please let us know if there are any changes** in your contact information. This will include our weekly communications in addition to any weather related camp location changes.



## Pick Up/Drop Off Procedures

**Walkers:** If you would like to allow your teen to travel to/from camp without a guardian, please sign the attached [Permission Form](#). This also includes the ability to walk to nearby eateries during the lunch hour.

**Sign In: 9:30AM -9:40AM || Sign Out: 3:00PM-3:30PM**

**Curbside:** Adults dropping off and picking up should remain in the car to help the flow of traffic. A staff member will assist your teen with leaving the car and checking in, and with signing out and getting in the car at the end of the day.

**If you need to speak with the Camp Director:** Please legally park your vehicle and walk up to camp to avoid traffic build-up. If the matter is not urgent, we suggest calling either during or after the camp day, and leaving a message for a return call.

## Sample Daily Schedule

9:15 AM - Drop Off	1:00 PM - Project
9:30 AM - Team Building	1:45 PM - Leadership
10:00 AM - Bio Break/Reflection	2:15 PM - Bio Break/Reflection
10:15 AM - Camp 101	2:30 PM - Enrichment 101
11:15 AM - Life 101	3:00 AM - End of Day
12:00 PM - Lunch	

If you have any questions, please feel free to reach out at any time. See you all in a couple of weeks.

*Courtney Labossiere*

CIT Camp Director || [clabossiere@metroymcas.org](mailto:clabossiere@metroymcas.org)