

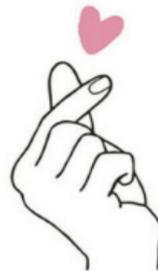


**Leaders in Training and Counsellors in Training Program:  
GUIDE BOOK 2022**

**L.I.T**

**Leaders in Training  
Program**

Camp Katonim



**C.I.T**

**Counsellors in Training  
Program**

Camp Katonim

*Leader of the Program: Jordyn Zieper, Head of Senior Camp*

## **About Our Leaders and Counsellors in Training Programs**

Our Leaders in Training (LIT) and Counsellors in Training (CIT) programs offer many leadership workshops, activities, and certificates. Both LITs and CITs will finish the summer with more confidence, skills, experience, and ambitions while allowing these campers to experience the fun and excitement of summer camp.

### **Leaders In Training Program (LIT)**

The LIT program fosters leadership development for campers aged 14. This program equips our LIT campers with the skills and qualities to be successful leaders within their communities. These campers will be given the opportunity to participate in camp activities, complete a placement within an area of camp, and develop skills through a variety of hands-on and activity-based workshops. They will work alongside Camp Katonim staff members to learn about being an effective leader. Campers will also have the opportunity to go on an out-of-camp excursion (Week 6) and stay for the BG789 & LIT/CIT Overnight (Week 7).

*Registration for this program is a minimum requirement of 2 weeks.*

### **Counsellors in Training Program (CIT)**

The CIT program offers experiential learning and training to campers aged 15 to equip them with the skills and qualities to become an effective Camp Katonim staff member. Through encouragement and feedback, these campers will develop and practice leadership, communication, and planning skills. Our CITs will be given the opportunity to participate in camp activities, complete a placement within an area of camp, develop skills through a variety of hands-on and activity-based workshops, and take part in programming camp-wide activities (eg. CIT Takeover). Campers will also have the opportunity to go on an out-of-camp excursion (Week 6) and stay for the BG789 & LIT/CIT Overnight (Week 7).

*Registration for this program is a minimum requirement of 3 weeks.*

### Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Character Focus of the Week</i>				
<b>AM Period 1, 2, 3</b>	Participate in <b>Waterfront</b> activities as a cabin group.	Workshop activities w/ Head of Senior Camp	Placement	Placement	Placement  *LIT/CITs will run a CIA or Speciality program during the period of their choice
<b>PM Period 4, 5</b>	Participate in <b>Main Camp</b> activities as a cabin group.	Observations and preference selection for placement			

### Character Focus of the Week 2022

*Tuesday programming is dependent on the number of LIT/CITs signed up that week*

Week	Character Focus
1	N/A
2	Problem solving
3	N/A
4	Active Listening
5	Perspective taking
6	Team Building
7	Communication
8	Leadership

#### Monday

Monday will **always** be a day for LIT/CIT campers to act as a cabin group, regardless of whether or not this is their first week. This allows them to build a sense of community and to experience the fun of a camp day. Campers will be placed in BG789 for the day.

### **About Workshops**

Workshops will be geared towards the character focus of the week, but will intertwine a variety of other skills. Workshops will be activity-based to promote hands-on learning and deeper engagement with the material. Observation, preference selection, and reflections worksheets will be provided.

### **Character Focus of the Week**

Each week will be based on a different character focus (e.g., active listening, problem solving, team building, etc.) that Jordyn, Head of Senior Camp, will have geared the workshops towards. This allows new and returning LIT's and CIT's to learn and develop new, valuable skills each week.

### **Observations and Preference Selection**

Prior to observations, LIT/CITs will be given an observation template and an information session regarding how to effectively observe (e.g., what are you looking for (management style, planning, etc.)? Does this look like a good fit for you?). They will then be deployed around main camp and/or waterfront. The location is dependent on where Jordyn will be at this point in time. After observations, they will fill out their preference form which includes a ranking of top 3 placement choices as well as a written rationale for why they think they would be a good fit for that placement. Notes from the observation period should be applied. Returning LIT/CITs will have the observation period to observe a new area of interest and select a new placement, or they will observe their previous placement to create a growth plan for how they plan to grow their placement in that same area.

### **LIT/CIT Placements**

All of our LIT/CITs will be given the opportunity to observe and participate in camp programs to determine their area of interest for their placement. They will be placed in a specialty (waterfront, landsports, arts) or a cabin group (T&T, Junior, Senior) based on their preferences. This will allow LITs and CITs to develop their skills within an area in which they find enjoyment and are passionate about. Jordyn will receive a debrief of the LIT/CITs strengths and areas of improvement by the placement supervisor (ie. Counsellor or specialist).

### **Planning**

All LIT/CITs will be given the opportunity to plan and run their own program (ie. Counsellor initiated activity or speciality activity) at the end of each week during the period of their choice.

### **Reflection and Consultation**

Every Friday afternoon, LIT/CITs will be given a period of time to complete a written reflection (template provided). This will also be an opportunity for Jordyn to meet with each LIT/CIT one-on-one to discuss their progress and next steps.

### **Certificate and Evaluation**

Upon completion of the program, LITs and CITs will receive an evaluation written by Jordyn, as well as an online certificate recognizing their completion of the LIT or CIT program. At the end of the summer, all LIT/CITs will receive an email from Jordyn, with this evaluation. The online evaluations will need to be signed and returned via email. Completed observation and reflection worksheets will be included in the email.