



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**YMCA CAMP LOMA MAR
Leader in Training (LIT) Program
Counselor in Training (CIT) Program**

Who is an LIT?

Teenagers entering 10th – 11th grade. The LIT program is for older teens to build responsibility, teamwork, and friendships in a more intimate setting. As the oldest campers in our teen village, the LIT's focus is on personal growth, communication, and leadership. The LIT Program is designed to be an introduction to what leadership at camp is like, but also how to be a community leader outside of camp. The first week is spent building relationships with fellow LIT's. The second week is spent in and out of cabins to gain a more in-depth understanding of the program and what it takes to become a counselor

Who is a CIT?

Teenagers entering 12th grade. The CIT program is specifically designed to train future camp leaders at YMCA Camp Loma Mar or other camps. The first week is spent learning how to direct campers, lead activities, and gain the necessary skills and knowledge to be a successful cabin counselor. The second week is an apprenticeship spent shadowing Camp Loma Mar's strongest counselors. At the end of the week, each CIT will be evaluated on their skills with a focus on developing further their leadership abilities. It is not necessary to have been an LIT to apply. Potential CITs must formally apply to the program and go through an interview process to be accepted.

It should be understood that LITs and CITs are still campers and as such will abide by the rules and regulations affecting campers.

What is an LIT/CIT?

LITs and CITs work under the direction of the LIT/CIT Coordinator, as well as other camp staff. LITs and CITs divide their time between their workshop activities, teambuilding, activity and cabin leadership opportunities, and special projects, as well as supporting overall camp operations. LITs and CITs develop cohesion through group projects facilitated by the LIT/CIT Coordinator. The programs' content emphasizes personal growth through value clarification and goal setting, communication skills, planning, organizing, and evaluating experiences. The programs will also emphasize practical skills for use with groups of campers, and individual responsibility and accountability. The LIT and CIT programs will overlap, but will operate separately during the sessions of camp.

LIT Sessions

Session 1: June 28-July 11
Session 2: July 12-July 25

CIT Sessions

Session 1: July 5-July 18
Session 2: July 19-August 1

LIT Fee*:

Tier 1: \$800; Tier 2: \$750; Tier 3: \$700

How do I become an LIT or CIT?

LITs should register online or submit a paper registration form. CITs should fill out the CIT application and provide three references. References should be persons who have known you for at least two years. CIT applications are evaluated on the basis of content of application and references. An interview will also be scheduled.

For more information, contact: Curtis Mackall at 650.879.2100 or cmackall@ymcaeastbay.org