



**FOR YOUTH DEVELOPMENT®  
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## **Counselor in Training 2019**

Here is what you need to know about our Counselor in Training Program! My name is Samantha "Sam I Am" Cook and I am the College and Career Academy Director of Teens.

Each potential CIT will take part in an interview in order to qualify to become a CIT. Just like in the job force, depending on how you do in your interview will determine whether you move on to become a Counselor in Training or not. Please keep in mind that we only have a limited number of spaces available and not all applicants may be chosen or qualify. Below you will find some important information about the program this year, so please read through and let me know if you have any questions.

### **Important Information**

We do NOT allow electronics, which includes cell phones, music players, computers, laptops, or any other electronic devices. Also, we will be outside quite a bit this summer. We want to make sure everyone is staying cool and having fun, but we also want to make sure everyone is staying hydrated as well. Please send your CIT with a water bottle each day. Please bring an extra pair of clothes to change in to, as well as, a swim suit, towel, and anything else you would like to bring for pool time.

The program runs from June 24<sup>th</sup>-August 2<sup>nd</sup>. Teens must be able to participate in session 1 as well as 3 of the 4 weeks in sessions 2 & 3.

Program times are from 9:00 am to 4:00 pm. We ask that each CIT arrives no later than 9:00 am. Teens will meet in the lobby unless stated otherwise. Parents are more than welcome to pick up anytime between 9:00 am and 4:00 pm. Once 4:00 pm arrives, CIT's will be in the lobby waiting for pick up. It is up to parents/guardians to discuss with their CIT what the plan is for them, if they intend to stay after 4:00 pm.

#### **JERRY LONG FAMILY YMCA**

1150 S Peacehaven Road Clemmons, NC 27012

P 336 712 2000 F 336 712 2005 [www.jerrylongymca.org](http://www.jerrylongymca.org) A United Way Agency

Our Mission: "Helping people reach their God-given potential in spirit, mind and body." Financial Assistance available.



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### **Uniform**

The dress code for a CIT is casual. Wear something you can be active in, that also breathes well. For girls, make sure that you are wearing a sleeved shirt. Spaghetti straps, tank tops, crop tops, etc. will not be allowed. Swim suits must be one piece, tankini, and for a two piece, must have a colorful shirt over it. For boys, bottoms that are too baggy, and leggings without shorts over them will not be allowed. Closed toed shoes are a must.

Each CIT will be given a name tag and this must be worn at all times. CIT's will also be given a shirt that they will wear every Monday.

### **Lunch**

CIT's will need to bring a lunch and two snacks, swimwear, towel, active wear, and water bottle every day for camp. CIT's are more than welcome to bring any extra cash on Tuesday's, for concessions, when we travel to Kernersville.

### **Field Trips**

Field trips will vary from week to week and so will the days. Here is our field trip list, please keep in mind that field trips may be added for the last week. I will let you all know of any changes the week prior.

### **Payments**

Please remember that payments for field trips and for each week, are due on Wednesday the week before.

### **Questions? Contact:**

Thank you so much for sharing your teen with us this summer. If you have any questions or need anything at all this summer, my email is [s.cook@ymcanwnc.org](mailto:s.cook@ymcanwnc.org) and my number is (336) 712-2000 extension 6580. Thank you!

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## **Field Trip List- CIT's**

### **Session 1: June 24-28 (\$35)**

**Tuesday, June 25- Kernersville YMCA**

**Wednesday, June 26- The Pit**

### **Session 2: July 8-12/ 15-19 (\$50)**

**Tuesday, July 9- Kernersville YMCA**

**Thursday, July 11- White Water Center**

**Tuesday, July 16- Kernersville YMCA**

**Thursday, July 18- Hanging Rock State Park**

### **Session 3: July 22-26/ 29-August 2 (\$40)**

**Tuesday, July 23- Kernersville YMCA**

**Thursday, July 25- Dan River Company Kayaking**

**Tuesday, July 30- Kernersville YMCA**

**Thursday, August 1- Lake Norman State Park**

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