

# **JAMESON RANCH CAMP**

## **COUNSELOR IN TRAINING PROGRAM**

### **OVERVIEW**

Our Counselor in Training (CIT) program is a hands on, experiential program designed to be challenging, fun and satisfying to the 16 and 17 year olds who participate. It's the ultimate experience for teenagers because of the diversity and quality of the activities packed into 2 weeks.

This program is designed to support teens in personal development, leadership skills and teamwork ability. It will be happening during all of our sessions of camp this summer and will be available to a maximum of 8 CIT's per session. After participating in our CIT program, a teen is eligible to apply to be a junior counselor (salaried position) the following summer.

### **THE PROGRAM**

A magical and focused way to experience oneself in the wilderness. The CIT's will be backpacking for 3 days in the beautiful and bountiful high Sierras. Interacting, cooking, hiking, sharing responsibilities, orienteering, trying out survival skills.... all contribute to learning and reinforcing positive values.

For complete joy, the CIT's will

take a 2-day rafting trip down the Kern River. This trip with Outdoor Adventures includes 3 and 4 class rapids, great food, jumping rocks, natural history of the Kern Canyon area, and peaceful floats along the calm areas of the river.

Meanwhile back at the ranch, the CIT's get to learn junior counselor jobs like fire building, table-setting and gardening. This is the glue that holds camp together and the learning of responsibility that leads to maturity. Our teenagers are appreciated by the campers, counselors and directors. Through their valuable contribution to camp, they learn their own value.

Personal development comes from experiential learning. Fun games called INITIATIVES promote team-work, decision making and problem solving through play and cooperative interaction. These games have names like Wild Woozy, Mohawk Walk, Scud Missile Cross, Zig Zag and hundreds more. It's playfulness with a task, then processing the experience. Self-awareness, creative thinking and leadership skills are learned in the process.

Another part of the CIT program is doing a special project that will enhance or enrich camp. Working together and

working hard builds a group as much as playing together. The bond is more lasting with the sense of accomplishment from group effort. It may be building a sleeping platform or an outdoor BBQ, or building a gazebo on the island, but it will be a cooperative effort that the teens can look back on in 1, 2, or 20 years and say with pride, "I helped make that happen!!"

### **THE SPECIFICS**

The cost will be \$1850 per session, which will include the river raft trip. Please fill out the online application and send with a \$500 deposit to JRC. Equipment list and rafting information will come with your confirmation.

The dates of CIT 2010:

Session 1.... June 20 to July 3

Session 2.... July 4 to July 17

Session 3.... July 18 to July 31

Session 4.... Aug. 1 to Aug. 14