

SOUTHAMPTON SUMMER DAY CAMP LEADERSHIP TRAINING PROGRAM

As a CIT or LIT, your day will consist of two parts. Part of the day you will be participating in camp recreational activities with your RECREATIONAL TRACK. You will spend the other part of your day with a bunk of campers and their bunk staff. Time spent with this group is your LEADERSHIP portion of your day.

To help you be successful, you need to know what will be expected of you each day. Keep in mind, that your Leadership Counselors are responsible for you all day. When you are participating with your bunk for Leadership, you will be under the direct supervision of the Senior Counselor. You will also interact with all the Field Supervisors at times.

Please review the following description of what will be expected of you each day.

- 1 LINE-UP** – There are days that you will start out the morning with your Leadership Bunk/Specialty or you will meet directly with your Leadership Counselors. This will be discussed.
- 2 BUNK AND SPECIALIST ACTIVITIES** – Be involved! Camp is more fun if you participate! You will be expected to be active and helpful with your Senior Counselor’s plan for each sport. When your bunk has a Specialist Activity, join in and be involved! Show your abilities as a leader!
- 3 BUNK COVERAGE** – Your Senior Counselor will discuss a specific job for you when you are with your bunk during Leadership. If you are not sure of what to do, you need to talk to your Senior Counselor or discuss this with your Leadership Counselor.
- 4 AQUATICS** – If you have chosen to learn how to assist at the pool during Instructional Swim, you will be assigned a specific responsibility by the Aquatics Supervisors. You are expected to be at the pool each day, ready to participate, on time. A parent note is needed for any excuse not to participate because of a medical issue. If you have chosen to take instruction, an Aquatics Supervisor will advise you. The Supervisors of Aquatics run a Leadership class at the beginning of camp. This will help you feel more prepared during Instructional Swim.
- 5 SCHEDULED CIT/LIT ACTIVITIES** - You will be under the supervision of your Leadership Counselors during this portion of your day. You are expected to be at your activities as scheduled. There may also be “Tracks” for CIT/LITS. This varies from summer to summer. Your Leadership Counselors will explain everything to you as needed.

- 6 LEAGUES** – In Junior, Senior and Varsity camp you will act as an Assistant Coach. The Athletic Staff will guide you in understanding your responsibilities.
- 7 OPPORTUNITIES** – There will be opportunities for you to volunteer and to be part of camp wide activities. Events such as the Bunk Talent Show, Olympics, Color Games, Mr & Miss SSDC, etc. Have fun and be involved as much as you can! Use and practice your Leadership skills.
- 8 LUNCHTIME**
 - a. JCs will take a different camper 5 minutes before lunch each day to set up got lunch.
 - b. JCs & CITs/LITs are asked to assist the Counselor with securing and serving the food. After the bunk exits the dining hall, the JC & CIT/LITs will wipe down the tables.
- 9 BATHROOM AND/OR NURSE** – You or the AC, JC will be asked to escort a camper to these areas as directed by the Senior Counselor. Please stay within earshot. Check the restroom before leaving, don't leave it messy! If something needs to be stocked or cleaned up – please say something to your counselor.
- 10 SNACK** – Snack will either be in the morning (between 2nd & 3rd periods), if your bunk has lunch 6th period. Otherwise, your bunk will have an afternoon snack.
- 11 EVALUATIONS** - Your Leadership Counselors and your bunk or supervisors will evaluate your Leadership skills and ability to be a potential JC. We appreciate all good, positive efforts. Camp is fun! Camp also can teach you much about people and life!