

CIT (FORMERLY LIT): AGES 15-16

12 DAYS & 10 NIGHTS AT YMCA CAMP ROGER

PLEASE NOTE: WEEKEND STAYS ARE NOT INCLUDED IN THE LISTED DURATION AND ARE AVAILABLE AS A PAID ADD-ON.

For teens who have grown through camp and are ready for the next challenge, the Counselor in Training (CIT) program bridges the gap between camper and counselor. This two-week, fully supervised leadership experience helps teens grow independence while staying grounded in the YMCA values. CITs work alongside our staff in program areas at camp. During the second week, campers take part in a three-day, two-night off-site trip in the Uinta's. All additional costs and supplies required for this trip are provided by YMCA Camp Roger.

A CITS TIME AT CAMP

DAILY SCHEDULE

7:00 AM - Rise & Shine
7:45 AM - Morning Hype
8:00 AM - Breakfast
9:00 AM - Chrrpl
10:00 AM - Activity 1
11:15 AM - Activity 2
12:30 PM - Lunch
1:45 PM - Rest Hour
3:30 PM - Activity 4
2:15 PM - Activity 3
5:45 PM - Evening Hype
5:00 PM - Free time
6:00 PM - Dinner
7:00 PM - Evening Program (Unit Time, Campfire Theme, Movie Night)
10:00 PM - Lights Out

WEEKS AT A GLANCE

WEEK 1:
Leadership Training & Team Building

WEEK 2:
Camp Out & Relationship Building





LEADERSHIP SPECIALISTS

At YMCA Camp Roger, our Leadership Specialists are experienced counselors with at least a year of leadership under their belt. They are dedicated to creating a safe, respectful, and fun environment where your camper can build confidence and leadership skills. Our specialists mentor campers to make a lasting, positive impact.

PACKING FOR COUNSELOR IN TRAINING

CLOTHING
-5 T-Shirts
-2 UV-Protective Shirts
-3 Long Sleeve Shirts
-5 Pairs of Shorts
-3 Pairs of Pants
-6 Pairs of Underwear
-7 Pairs of Socks for Day Use
-A few pairs of Warm Socks for Sleeping
-1 Set of Pajamas
-1 Sweater / Hoodie / Jacket
-1 Raincoat
-Sun Hat / Baseball Hat
-Sunglasses
-Warm Hat and Light Gloves
-1 or 2 Sets of Base Layer Thermals
-Sneakers

BEDDING
-Twin-sized fitted sheet
-Sleeping Bag or Comforter
-Pillow
-Blanket for Evening Programs

PLEASE NOTE: Because of camp's elevation, the weather changes quickly and the UV is more intense. Layers and sun protection can be incredibly important.

BATHROOM
-Toiletry Bag / Shower Caddy
-Toothbrush and Toothpaste
-Body Wash / Soap
-Shampoo / Conditioner
-Bath Towel
-Lotion
-Menstrual Hygiene Items
-Shower Shoes (i.e. Flip Flops)
-Sunscreen
-Bugspray
-Deodarant
-Hairbrush and hairties

NICE TO HAVE / OPTIONAL
-Sandals (MUST have a heel strap)
-Small Bag or Water Bottle Strap
-Head Lamp or Flashlight
-Laundry Bag
-Comfort Items (i.e. Stuffed Animal or Family Photo)
-Eye Mask or Ear Plugs
-Disposable or Lightweight Digital Camera (Please leave phones at home)
-Stamped and Addressed Envelopes
-Book or Journal
-Returning Campers Only: Dog Tag Necklace

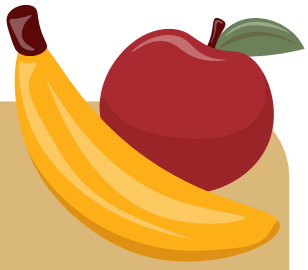
MUST HAVE
-Water Bottle

IF YOUR CIT IS STAYING OVER DURING THE WEEKEND, WE WILL HAVE STAFF TO HELP WITH LAUNDRY ON SATURDAYS.

NEED TO BORROW SOMETHING FROM THE LIST OR HAVE A QUESTION? NO WORRIES! JUST SEND JAKE AN EMAIL! JGREEN@YMCAUTAH.ORG



SAMPLE MENU FOR COUNSELOR IN TRAINING



SUNDAY
LUNCH: Welcome BBQ with Families
DINNER: Pizza, Potatos Wedges, Veggies, Juice

MONDAY
BREAKFAST: Scrambled Eggs, Pastries, Fruit
LUNCH: Chicken Tenders, Mashed Potatoes, Vegetables
DINNER: Spaghetti, Meatballs, Broccoli, Garlic Bread

TUESDAY
BREAKFAST: Cookout Breakfast Burritos
LUNCH: Chicken Gyros, Salad
DINNER: Hot dogs, Orange Slices, Chips, Juice

WEDNESDAY
BREAKFAST: French Toast Sticks, Bacon, Mixed Fruit
LUNCH: Orange Chicken, Rice with Vegetables
DINNER: Theme Dinner (Pock Chops, Onion Rings, Corn)

THURSDAY
BREAKFAST: Scrambled Eggs with Ham, Bacon, Fruit
LUNCH: Bagged Lunch
DINNER: Cookout Dinner (Hobo Burgers)

FRIDAY
BREAKFAST: Porch Breakfast (Cereal, Fruit, Yogurt)
LUNCH: Chicken Nuggets, French Fries, Fruit

OUR KITCHEN MANAGER AND KITCHEN ASSISTANTS WORK EVERY WEEK TO CREATE NEW AND DELICIOUS MENUS FOR ALL OF OUR CAMPERS. EVERY MEAL HAS A COMPONENT THAT CONNECTS TO ALL MAJOR FOOD GROUPS.

ALTERNATIVES ARE AVAILABLE AT EVERY MEAL TO MEET ANY DIETARY NEEDS.





