

# JUNIOR COUNSELOR (FORMERLY CIT): AGES 16–17

21 DAYS AND 15 NIGHTS AT YMCA CAMP ROGER

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

The Junior Counselor (JC) experience is Camp Roger's premier leadership program. Over three weeks, campers build leadership, communication, and independent living skills through meaningful responsibilities and hands-on experience. JCs also participate in a four-day, three-night Uinta Mountains trip focused on teamwork and personal growth, with all equipment and supervision provided. Before camp, each JC meets virtually with Camp Director Jake Green to discuss their goals and strengths. Campers come home more confident and prepared for what comes next.

## A JC's TIME AT CAMP

### DAILY SCHEDULE

7:00 AM – Rise and 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 and Team Building

WEEK 2:
Camp Out and 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 JUNIOR COUNSELORS

**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-Size 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
-Deodorant
-Hairbrush and Hair Ties

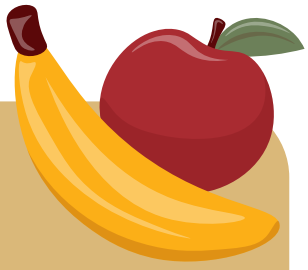
**NICE TO HAVE / OPTIONAL**
-Sandals (MUST have a heel strap)
-Small Bag or Water Bottle Strap
-Head Lamp or Flashlight
-Laundry Bag
-Comfort Items (i.e. Stuffed Animal or Family Photo)
-Eye Mask or Ear Plugs
-Disposable or Lightweight Digital Camera (Please leave phones at home)
-Stamped and Addressed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

**MUST HAVE**
-Water Bottle

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



# SAMPLE MENU FOR JUNIOR COUNSELORS



**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.**





