

Dear Counselor-In-Training (CIT) and Parents,

Hello all, we hope the school year is going well! Summer Camp is quickly approaching, and you will soon find yourself in a new position here at Foothill. As a CIT I or CIT II, you will be taking on some very exciting and rewarding new challenges, which will change your Foothill experience a great deal. While none of the differences are too taxing, we at Foothill want to get you as ready to meet those challenges as possible, which is why we're so pleased that you have signed up for our CIT Leadership Weekend Workshop! To help ease the transition process, you are going to be busy learning the ropes of the CIT Program. But not to worry--we'll also have a great time catching up with summer camp friends and staff. We miss everyone very much and look forward to spending a weekend with all of you!

In order to get you prepared for the CIT Leadership Weekend Workshop, some very important information is provided below concerning transportation, packing lists, and tentative weekend activities. **Please read and comply with all instructions given.**

### **Time & Transportation\***

\*See the Summer Camp Transportation Information Page on the website for up to date details.

#### **Bay Area Transportation:**

From Acalanes High School/Lafayette

Bus departs for Foothill **Saturday at 6:45 a.m.**

Bus returns to Acalanes **Sunday at 4:00 p.m.**

#### **Modesto Transportation:**

From OneChurch parking lot (2361 Scenic Dr.)

Bus departs for Foothill **Saturday at 8:30 a.m.**

Bus returns to Scenic Dr. **Sunday at 2:30 p.m.**

### **If you are driving (bringing and picking up your child):**

Please arrive at FH **Saturday at 9:45 a.m.**

Please pick up your child **Sunday at 1:00 p.m.**

### **What to Bring**

- Backpack/water bottle
- Sleeping bag/ pillow
- Long pants/sweatshirt/jacket for cold weather
- Shoes suitable for hiking
- Toiletries/washcloth/towel
- Wristwatch
- A change of clothing

### **Do Not Bring *inappropriate for camp:***

- Food, beverages, gum, or candy OF ANY KIND
- Electronic devices (e.g., **CELL PHONES**, iPods, music playing devices, portable games)
- Weapons or knives
- Money (invitation for theft)

**\*\* Parents**, please be sure that your child does not bring the items that are specified above as "Inappropriate for camp". We have had difficulty enforcing this policy in the past because so many kids have disregarded our request. **These items may be confiscated for the weekend if we discover them being used.** As a summer camp staff, we depend on Counselors-In-Training to act as role models to younger campers. Good role models must follow the rules, as they will later be asked to help enforce them.

Whether you are at Foothill for 2 days or 5 days, you will find that you will be a better CIT without all the distractions from the items we asked you to leave behind. Thank you in advance for your cooperation.

## Weekend Activities

Here's a look at some of the basic functions of the weekend:

- Plan Your Own Program station
  - Teambuilding Workshop
  - Adventure Hikes
  - Brainstorming themes for next year
  - Campfire/campfire skits
  - Great "games to play with kids"
  - Teaching Ideas Workshop (for CIT2s)
  - Creative Crafts Workshop
- And much more!

## Getting A Head Start

As you will learn, the CIT program is all about building leadership skills. In the past, the CIT program has been viewed as somewhat of an ambiguous time between being a camper and a Junior Counselor. This thought couldn't be further from the truth! CITs are an extremely valuable asset to our camp; in fact, without you, a great deal of what really makes the "camper experience" wouldn't even be possible. You are now part of a unique age group, where you will be easily able to relate to our campers, having recently been in their shoes; your responsibilities and dedication set you apart, allowing the opportunity to form meaningful friendships, while having a profound impact on the course of the campers' week. **You** can affect the camper experience for the better, and we can help. Our staff is excited and fully prepared to assist you in any way possible. As you are focused on enriching the camper experience, we, in turn, are here to nurture your role-changing process. That being said, we would like to introduce some of the staple skills the program is designed to teach. Come to the leadership weekend with these goals in mind and feel free to bring questions to **ask** about the program!

- Being a role model
- Initiative
- **Teamwork** *This is key!*
- Independence
- Leadership
- Being yourself!!!!

Specifically we would like each of you to think about what it means to work well with others. At summer camp, staff members, Junior Counselors, and Counselors-in-Training make up one big team. As the youngest part of that lineup, you as the CIT make up a very important aspect of our team. We all appreciate your dedication and the hard work that we know you are capable of contributing; you may be apprehensive (as being a CIT can sound slightly daunting!), but never fear, this weekend is a learning experience in the company of friends. We don't expect you to figure it all out now! It's a necessary precaution to make sure you don't come into the summer completely unaware of what is being asked of you.

Now that you know a little of what to expect, we hope you are looking forward to getting back to Summer Camp as much as we are. We know this is going to be a great summer for the CIT Program, and we'll see you all at the CIT Leadership Weekend Workshop!

Looking forward to seeing you SOON,  
Foothill Horizons Summer Camp Staff

**IF YOU TAKE ANY MEDICATIONS, WE MUST ALSO HAVE A SIGNED MEDICAL RELEASE FORM PACKAGED WITH YOUR MEDICATIONS. WE CANNOT ADMINISTER ANY MEDICATIONS WITHOUT THIS FORM. BRING THE COMPLETED FORM AND MEDICATIONS WITH YOU ON SATURDAY.**