

# **Camp Whittier Summer Camp**

## **CIT Program 2013**

Camp Whittier, 2400 Highway 154, Santa Barbara, CA 93105, (805) 962-6776

### **Greetings from Camp Whittier!**

We are glad you are interested in exploring our program, and we hope that this letter will give you a sense of what it's like to be a CIT (counselor in training) at Camp Whittier!

The CIT program is designed to provide young people aged 14-17 with a challenging and fun experience combining leadership training, hands-on experience and practice, and traditional camp fun. When a young person leaves camp they will have had the opportunity to gain confidence, develop interpersonal relationship skills, and practice problem solving techniques on a daily basis. Each participant will also gain new leadership skills, practice cooperation, and work closely with staff members to create an environment that offers younger campers an enriching experience in a safe environment.

The leadership training component of the program will incorporate daily group presentations and discussions, fun activities and initiatives, and practical applications of leadership principles. We also make time for one-on-one conversations and feedback sessions, recognizing that each individual comes with unique skills, interests, challenges, and goals for their own progress. Lastly, there is a self-exploration component, encouraging participants to reflect and process the intensity of the experience through journaling and thoughtful group discussion.

A 5-day (Monday through Friday) commitment is required to complete the course.

Many CIT's enjoy our program so much that they stay for all two sessions! The CIT program includes housing, meals, outstanding leadership training, hands-on experience working with younger campers, and all the regular camp fun including our high ropes course, campfires, rock wall, swimming, and games galore. It is also possible to use a portion of your CIT experience for high school community service hour requirements!

### **The 2013 session dates are:**

Session 1: July 8 through July 12

Session 2: July 15 through July 19

If you are interested in being a CIT this summer, we look forward to speaking with you, and are happy to answer any questions you (or your parents) may have! If you're ready to apply, please complete the CIT application and mail into Camp Whittier.

**We look forward to hearing from you! Happy Camping!**

