



Coach-in-Training (CIT) Description:

Coach-in-Training, CITs, (rising 7th-11th grades) work as part of a staff team to develop leadership qualities that will aid them not only in their personal life, but in structured group activities as well. Our CITs will work on team building skills, learn how to facilitate developmentally appropriate activities for younger children, and serve as a peer youth mentor. A typical day for a CIT will consist of reporting to their lead coach, helping during activities, developing leadership skills, and offering support as a peer mentor by welcoming new campers and facilitating friendships. Occasionally, CITs will have the opportunity for off-site training and field trips. Each CIT will be assigned to a specific K-5 group to work with and mentor daily, for this reason, **we are only accepting 8 CITs for Summer Blast! 2019.**

CITs will:

- Gain valuable work experience
- Develop new skills
- Practice leadership
- Explore future career possibilities
- Work as a team with college-age coaches
- Support younger peers in friendship development and anti-bullying

CITs will complete training alongside our coaches to learn about child development, emergency procedures, positive behavior supports, conflict resolution, implementing developmentally appropriate recreation activities, and classroom management. **Training for Summer Blast! is intensive and interested students must complete staff training Tuesday, May 28th – Tuesday, June 4th from 6-8pm each night in order to be a CIT.** CITs will report directly to their lead coach who reports to the director. Lead coaches will provide instruction, support, supervision, and feedback to help participants have a positive experience. No prior experience or training is necessary. **CITs are required to work at least 6 weeks of camp and be available from either 7 am-12 pm or 12 pm-5 pm Monday through Friday.**

To become a CIT, interested applicants must:

- Complete the CIT application form and turn in or email (allie@proehlificpark.com) to Allie Arpajian, Youth Program Director, **by Friday March 15th, 2019.** Late applicants **WILL NOT** be considered.
- Applicants who make it to the next round of consideration will need to complete a brief in-person interview with the Youth Program Director.
- Only 8 CITs will be accepted for the Summer Blast! 2019 year. These 8 **MUST** attend staff training alongside the coaches **Tuesday, May 28th – Tuesday, June 4th from 6-8pm each night in order to be a CIT.** CITs who do not attend training will not be allowed to work as a CIT.
- **CITs are required to work at least 6 weeks of camp and be available from either 7 am-12 pm or 12 pm-5 pm Monday through Friday.** CITs who do not attend at least 6 weeks of camp will not be considered for the position for the next year.
- CITs must have reliable transportation, a great attitude, a willingness to learn, and good time management skills.



Coach-in-Training Frequently Asked Questions:

Who can be a CIT? Any rising 7th-11th grade student.

What are the benefits of becoming a CIT? Because of the experience gained through working in our Summer Blast! program, many CITs use this as a job development course to prepare them for their first employment opportunity. Others use the CIT program to complete community service hours for youth groups, academic clubs, etc. All CITs develop knowledge in classroom management, child development, emergency procedures, positive behavior supports, conflict resolution, and implementing developmentally appropriate recreation activities.

Do I get paid for being a CIT? No, CITs are part of a leadership program. However, CITs who do well are able to use their experience to gain Proehlfic Park as a reference for any upcoming job applications, with the hopes of being able to apply as a paid Summer Blast! coach when they turn 18.

Can I get community service hours for being a CIT? Yes, CIT hours worked can count as volunteer hours. Check with your school or service club for rules regarding the number and type of volunteer hours you can receive. Each CIT receives an evaluation at the end of the summer and a certificate.

Where will CITs spend their time? CITs work in the Summer Blast! program of Proehlfic Park and have the opportunity to participate in offsite leadership training/field trip activities.

Can I choose the age group I am assigned to supervise? Location is determined by the needs of the program and by leadership strength evaluations. On the application, CITs are asked for their top two choices of age groups. We will try to work with students on their preference, but the ultimate decision is up to the Youth Program Director.

What are a CITs hours? CITs are required to work at least 6 weeks of camp and be available to complete their CIT duties from either 7 am-12 pm or 12 pm-5 pm Monday through Friday. CITs may work longer than 5-hour shifts but must complete a minimum of 5 training hours per day. Each student must stay until the end of their "in group" experience to gain full credit for participation.



How long is my commitment? CITs are expected to complete at least 6 weeks out of the 12 Summer Blast! camp weeks offered. The weeks do not have to be consecutive, but one's selection must be communicated to the director by the first week of Summer Blast! CITs who do not attend at least 6 weeks of camp will not be considered for the CIT position next year. CITs should list on their application any family vacation dates they will not be available to work. CITs are expected to work the dates and times that they have committed to work. Summer Blast! runs from June 10th – August 23rd.

What is the cost of the CIT program? For youth participants in grades 7-8 who can still participate in the Summer Blast! program, the cost is \$125 for each week-long session along with a \$50 registration fee and \$25 per camp week deposit. This is a discounted rate from our normal weekly amount of \$155. There will be optional field trip opportunities that arise during the various weeks of training that will incur an additional fee, but those will be discussed on a weekly basis and are open to CITs in good behavioral standing ONLY.

For those aged out of the Summer Blast! program (9-11 grades), no fee is required; however, they **MUST** work during their shift and cannot attend camp as a camper. Students aged out of the Summer Blast! program **MUST** return home after their hours are complete. CITs must have reliable transportation.

Is there any additional information I should know before considering becoming a CIT? CITs are NOT allowed to have their phone, smart watch, or other electronic devices on them during work hours. They may store their phone in a safe location and can access it during breaks or at the end of their shift. CITs will NEVER be left alone with a group of students. This is not only for the safety of the CIT, but also the K-5 youth participants they are supervising.

What is the deadline for application? Complete the CIT application form and turn in or email (allie@proehlificpark.com) to Allie Arpajian, Youth Program Director, **by Friday March 15th, 2019**. Late applicants **WILL NOT** be considered. The Director will reach out to candidates either way to inform them of their status in the CIT program.

Who do I contact if I have questions? All program questions should be directed to our Youth Program Director, Allie Arpajian. Contact information is listed below:

Youth Program Director: Allie Arpajian
allie@proehlificpark.com #336-665-5233



Coach-in-Training (CIT) Application

This form must be completed by the CIT candidate NOT a parent or legal guardian (although help may be provided where needed).

Applicant Name: _____

Applicant's Age: _____

Applicant's Grade Level: _____

Applicant's Phone Number: (____) _____ - _____

Applicant's Email: _____

Name of School that Applicant Attends: _____

Legal Guardian's Name: _____

Legal Guardian's Phone Number: (____) _____ - _____ **Guardian's Email:** _____

Legal Guardian's Address: _____

Have you previously been a CIT at Proehlific Park's Summer Blast! camp?

- Yes No

Have you previously attended after-school or Summer Blast! at Proehlific Park?

- Yes No

If you have previous work or volunteer experience, please list and describe that here:

What extra-curricular activities do you participate in?



What are you hoping to learn from being a Coach-in-Training at Proehlific Park?

If you saw a camper bullying someone in your group, what would you do?

If you saw a camper not playing with anyone in their group, what would you do?

Describe yourself in 100-words or less:

What qualities do you possess that would make you a great Summer Blast! CIT?



Summer Blast! Camp Skills:

Please place a 1 next to skills you can lead or teach, and a 2 next to skills you can perform. If you have no experience in a skill, please leave it blank.

Arts & Crafts _____

Geocaching _____

Singing _____

Guitar _____

Hiking _____

Camping _____

Group Games _____

Swimming _____

Story Telling _____

Yoga _____

Dance _____

Football _____

Soccer _____

Volleyball _____

Badminton _____

Spike Ball _____

Basketball _____

Hokey _____

Baseball _____

Lacrosse _____

Pickleball _____

Tumbling _____

Cheerleading _____

Obstacle Courses _____

Relay Races _____

Juggling _____

Acting _____

Ultimate Frisbee _____

Frisbee Golf _____

Woodworking _____

Other skills you can either teach or perform:

I _____ understand that I must complete the entire CIT application before Friday, March 15th, 2019 and send it to the Youth Program Director in order to be considered as a Summer Blast! CIT. I understand that only 8 applicants will be admitted into the CIT position. I know that my next step will either result in the Youth Program Director contacting me for an interview or telling me that Proehlific is moving forward with other candidates.