

Cornell University
Cooperative Extension
of Suffolk County

Peconic Dunes 4-H Camp
Extension Education Center
423 Griffing Avenue, Suite 100
Riverhead, NY 11901-3071
Tel. 631 727-7850 x 328
Fax. 631 727-7130
E-mail: info@peconicdunes.com
www.peconicdunes.com

Peconic Dunes 4-H Camp

CIT Program Overview

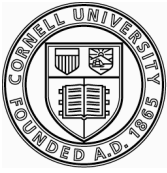
At Peconic Dunes 4-H Camp, we believe that individuals grow significantly when they encounter challenges, master new skills, get out of their comfort zone, and engage in physically and interpersonally demanding activities.

To make this possible, teenagers need a safe and caring environment within which to test themselves. Safety is our number one priority. It is a constant theme in our pre-camp preparations, staff training, and interactions with our campers. In this environment, teenagers can establish patterns of success. Success breeds confidence and allows teenagers to enhance their own personal style of leadership. Through open and honest communication with peers and adults, teenagers can develop insight into who they are and how they interact with others.

The goal for each CIT is...

- To return home a more confident, more communicative, more grounded individual, with an enhanced sense of his or her personal style of leadership.
- To reach beyond his or her perceived limitations.
- To build a sense of responsibility for themselves and their interaction with the communities they are involved in.
- To develop basic skills necessary to communicate on an emotional level and share in the problem solving and decision-making of the group.
- To develop basic skills associated with the successful performance of any of the outdoor activities learned during their Peconic Dunes experience.
- To develop an appreciation for such acts as community service, cross-cultural interaction.
- To learn how to use and enjoy the wilderness and backcountry areas with minimum impact.
- To utilize the skills attained through the CIT program to make a positive and long lasting impact on their global and local communities.

Building Strong and Vibrant New York Communities



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PROGRAM HIGHLIGHTS

American Red Cross Training: Waterfront Lifeguard, Professional Rescuer CPR and 1st aid...those who successfully complete all course requirements will receive certificates valid for 3 years (CPR is valid for 1 year). Swimming instruction or help in CPR or first aid is available to those who request it.

Peer Mediation Training: CITs will be trained in a peer mediation program developed by the New York City Commission on Human Rights. The training is intended to develop active listening skills, identify personal biases, and cross cultural awareness.

Apprenticeships: CITs will apprentice counselors and instructors in both the cabin and at various activities. CITs will learn to support, mentor, and teach younger campers by watching and then by doing.

Canoe Camping Trip: CITs will practice basic outdoor skills while canoeing a local river and spending a night camping under the stars. Building a fire, setting up a tent, and cooking in the outdoors will be covered. CITs will also identify group and personal goals and discuss strategies to accomplish them.

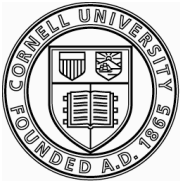
Extender Weekends: CITs will participate in and assist with these off-campus trips. These are valuable opportunities to take the skills they learn during the week and practice them in smaller groups. Go to www.peconicdunes.com to see the Extender Weekend trips scheduled for each CIT cohort.

Conversations with Leaders: During these hour-long workshops, CITs will meet with each Program Director, gaining varying perspectives on leadership. The CITs will guide the conversation, focusing on the issues they choose.

Morning Exercise: CITs will participate in Morning Exercise four days each week. Morning Exercise is a fun opportunity to run obstacle courses, swim, and get the blood flowing for a full day of learning.

Evaluation: CITs will receive daily, informal feedback, and weekly, formal evaluations from their cabin mentors, activity mentors, and the CIT Director.

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WHAT DO CITs DO?

The Schedule for a CIT will change on a weekly basis (SEE ATTACHED). The first week focuses on safety training and group dynamics. The following two weeks focus on skill development, deepening one's understanding of youth development and camp operations. The final week involves the implementation and practice of skills learned in the prior three weeks as they can be utilized in a real world situation. As the days go on, each CIT will get a chance to work in EVERY department at camp; this means working everywhere from the Kitchen, to the Health Center, to Arts & Crafts and LI Sound Study.

RULES

The rules for CITs at Peconic Dunes Camp are the same as what you will find in most homes. There is a curfew, and there are expectations for the way people act and dress. Peconic Dunes Camp is a workplace, and part of what you learn as a CIT is how to act, talk, and dress at work. A full list of rules can be found at the end of this application.

WHAT DO I GET OUT OF IT?

Confidence in yourself and experience working with a successful team. Participants can also earn certification in American Red Cross Lifeguarding, CPR for the Professional Rescuer, and 1st Aid if s/he meets all the course requirements. Additionally, CITs receive a direct supervisor that is available for them whenever they need him/her; training in appropriate, professional relationships with youth; training in workplace etiquette; Peer Mediation Skills for understanding and mediating conflict; Customer Service; and a t-shirt.

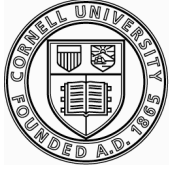
ARE CITs GUARANTEED JOBS (or entry in the JUNIOR COUNSELOR PROGRAM)?

The CIT Program gives youths a chance to be introduced to camp leadership and a chance to shine. Some CITs are encouraged to apply to the Junior Counselor program, but working at camp isn't for everyone, and not everyone gets hired. Camp jobs at Peconic Dunes are very competitive, and even good CITs don't become staff. The New York State Department of Health prohibits overnight camps from allowing more than 20% of staff to be 17 years old. This generally translates to about eight junior staff.

COMPETITIVENESS:

Space is limited. We will be accepting 10 CITs for each Cohort (5 female & 5 male). Therefore, the program is selective. We reserve the right to not fill all the spaces if it is determined an applicant(s) is not qualified to participate.

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PROGRAM LOGISTICS

DATES: APPLICATIONS DUE February 20, 2012 (President's Day)

CIT PROGRAM JUNE 24 – JULY 21 (1st cohort)*
JULY 22 – AUGUST 18 (2nd cohort)*

*Participating in both cohorts is not possible, nor is customizing the schedule to any candidate's particular summer schedule

REQUIREMENTS:

CITs must assist with at least 2 Open Houses. The dates for the 2012 Open Houses are:

Sunday, 10am – 2pm March 4
Sunday, 10am – 2pm March 25
Sunday, 10am – 2pm April 15
Sunday, 10am – 2pm May 6

CITs must be 16 years old to participate

COST: \$999 (all expenses included)

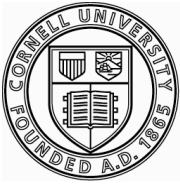
Sincerely,

A handwritten signature in black ink, appearing to read "Chris Costantini".

Peconic Dunes 4-H Camp Manager/Director
Cornell Cooperative Extension of Suffolk County

PS: If you have any questions or concerns, please call or email and I will be happy to discuss them with you. My cell is (631) 767-4980 and email is cpc49@cornell.edu. I look forward to receiving your application!

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Peconic Dunes Camp CIT Program Application

Candidate's Name: _____ Date of Birth: ____/____/____

Check the dates you're available to participate in the CIT program:

- JUNE 24 - July 21 JULY 22 - AUGUST 18

Check the dates you're available to participate in (2) Open Houses:

- MARCH 4 MARCH 25 APRIL 15 MAY 6

Street Address: _____

City: _____ State: _____ Zip: _____

Candidate's E-mail: _____

Home Phone: _____ Cell Phone: _____

Mother's Name: _____ Business Phone: _____

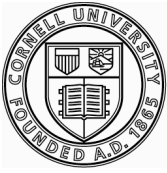
Father's Name: _____ Business Phone: _____

Present School: _____ GPA: _____

Please list any extracurricular activities: _____

Camp(s) Attended	Location	# Years
_____	_____	_____
_____	_____	_____

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Please answer the following (use a separate sheet(s) of paper)...

1. How would your best friend describe you?
2. What's your motivation for becoming a CIT?
3. Describe your most influential counselor. Why was s/he influential to you? What valuable lessons did you learn from them?
4. Please describe any special skills you would bring to the CIT program.
5. Please attach a copy of your 2010–2011 report card and a report card from your most recent quarter/semester/trimester.

Building Strong and Vibrant New York Communities

Cornell Cooperative Extension provides equal program and employment opportunities. NYS College of Agriculture and Life Sciences, NYS College of Human Ecology, and NYS College of Veterinary Medicine at Cornell University, Cornell Extension Associations, county governing bodies, and U.S. Department of Agriculture, cooperating.

PECONIC DUNES 4-H CAMP

CIT PROGRAM RULES

1. Use of or possession of alcohol or drugs will result in immediate removal from program
2. Leaving campus while not participating in a sanctioned CIT activity will result in removal from program
3. Any abuse of a camper, physical or emotional, will result in immediate removal from program.
4. Romantic relationships between campers and staff are strictly prohibited and will result in immediate removal from program.
5. Any disrespect towards a staff member may result in removal from program.
6. Failure to adhere to rules applicable to all Peconic Dunes community members (i.e. swim with an on-duty lifeguard, swim with a buddy, arriving on time to scheduled events, etc.) may result in removal from program.
7. CITs are expected to use language appropriate to all members of the community and failure to do so may result in removal from program.
8. CITs are expected to participate in all CIT activities unless prohibited as a result of an injury or illness. Injury or illness that prevents the CIT from participating or endangers the camp community will result in removal from program.
9. CITs are expected to report all camper incidents to a senior counselor and the CIT Program Coordinator.
10. CITs are expected to be present for the entire CIT program. CITs will not take time off to go out with their friends from home or their parents.

I agree to abide by all the rules of the Peconic Dunes 4-H Camp Counselor-In-Training Program. Candidates found in non-compliance will be sent home.

Applicant's Signature

Date

Parent's Signature

Date

Return completed application to:

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