



Rainbow Programmes for Children **Leaders-in-Training (LIT) Camp Program for** **youth aged 13 - 15**

Mission Statement: Rainbow Day Camp offers a Leaders-in-Training (LIT) Camp Program providing leadership and skill development experiences in a structured environment.

Purpose of LIT Camp Program:

This program is designed to provide early training to youth who are ideally interested in pursuing future employment with Rainbow (or other day camp) in the capacity of a Counsellor (please see notes for Consideration of LIT's with Special Abilities).

Format of LIT Program: The LIT program is offered in a two week format. In the first week of the program, LIT's work to develop their leadership skills and knowledge and understanding of healthy child development. During the second week, each LIT is assigned to a counsellor group for the entire week and given opportunities to apply those learned skills and knowledge in practical involvement at Rainbow.

Qualifications of Participants in a two-week program:

- Interest in working with children
- Ability to lead an activity *independently*
- Creativity
- Enthusiasm
- Dependable and responsible

NOTES: *Consideration of LIT's with Special Abilities*

Rainbow offers an inclusive environment and will accept youth with special abilities in the LIT Camp Program if the qualifications outlined above are met. For those not able to meet these qualifications, we encourage participants to register for the *Teen Camp Program* offered during the second week of any LIT Camp Program. Rainbow Inclusion Counsellors are available to families during the *Teen Camp Program* only.

Week One (Training)

In the first week of the LIT Program campers focus on 5 central themes:

- Leadership
- Self Esteem
- Communication
- Problem Solving
- Teamwork

These themes are presented through a structured program that includes handouts, activities, games, discussion and reflection. During this week, LIT's become familiar with the HIGH FIVE® Principles of Healthy Child Development and how they are put into action at Rainbow.

Week Two (Camp Involvement)

In their second week at camp, LIT's translate the skills developed in their first week into practical use at camp while assigned to a counsellor group. They focus on the following aspects of Rainbow to prepare them for this role:

- Programming
- Creativity
- Special Needs
- First Aid/Emergency Procedures
- Personal Goals and Growth

LIT's lead an activity they themselves have designed for campers in their session. The LIT Coordinator and Sr. Counsellor evaluate the performance of the LIT during the second week.

Each LIT receives a Certificate upon completion of their LIT session.

Other components of the LIT Program include:

- Journal writing
- Reflection activities
- Participation and assisting campers in the daily swim
- Managing the hot dog/pizza days
- Leading morning/closing circles
- Participation in our open houses
- Planning an LIT event or an offsite trip (i.e. potluck, bowling)

Program Requirements:

Interested participants must submit a one page letter outlining their interests in Rainbow and the LIT program along with any qualifications earned and work/volunteer experience with children specifically.