Dear Parent and Interested CIT,

Thank you for your interest in the Counselor-In-Training program. Because we believe in Creating Opportunities for a Healthy Community, the Oswegoland Park District has designed a summer program for preteens and teens, entering grades 7-10, that combines a broad-based leadership curriculum with hands-on work experience in one or more Park District program areas. Each week, junior counselors will work with Park District staff members in assisting with leading recreational activities while helping out with Summer Camp Connection, Early Childhood Summer Programs, daytime athletic programs, morning swim lessons, and morning gymnastics programs.

As a C.I.T., you will build relationships, gain experience, and learn new skills that can last a lifetime. The skills learned as a CIT will help students develop into stronger leaders, increase independent life skills, and learn effective methods of communicating with children and others. Junior leaders will also attend weekly mentoring workshops that will help them develop skills to interview, become stronger leaders, and problem solve.

The C.I.T program meets June 10th-August 9th. In order to be considered for the program, each participant must complete and return the application packet which includes:

1. Program Application
2. Health and Emergency form
3. Activity Plan
4. Expectations and Responsibilities Information Sheet
5. Personal Reference Form

Upon receipt of the application packet, an interview will be scheduled. Interested participants will be notified whether or not they have been accepted into the program by the end of May and what “job site” they have been assigned. Upon acceptance into the program, participants may register for the program.

We ask that application packets be returned no later than Friday, May 3. The C.I.T Coordinator will schedule interviews with applicants the week of May 13. Interviews will be conducted only after all application materials have been received.

I have read and understand the above information.

__________________________________________    ___________________________
(Signature of parent or guardian)        (Date)

__________________________________________    ___________________________
(Signature of Interested CIT)                    (Date)

If you have any questions about the C.I.T program or if you would like additional information, please call Julia Granholm at 554-4449.
C.I.T. Jr. Leadership Program
Health and Emergency Information

Name: ___________________________________________________ Entering grade: ______

Phone: ___________________ Date of birth (mo/day/yr): ___________ Gender (M/F): ______

Address: ___________________________________ City _________________ Zip ____________

Parent/Guardian Name: __________________________________________________________

Home Phone: _________________ Cell: __________________  Work:___________________

Parent/Guardian Name: __________________________________________________________

Home Phone: _________________ Cell: __________________  Work:___________________

Emergency Contact Name: __________________________  Phone: ____________________

Are there any custody/divorce or other family concerns our staff should be alerted to?

No _____ Yes _____  If yes, please explain: ___________________________________________

______________________________________________________________________________

Jr. Counselor’s physician: __________________________________ Phone: _________________

Please note any allergies, illnesses or other medical conditions (Participants with life-threatening
allergies must complete an Allergy Packet, which includes authorization and release/waiver
forms): _______________________________________________________________________

______________________________________________________________________________

Please note any other special needs: _______________________________________________

______________________________________________________________________________

Permissions

1. I give my child permission to participate fully in the program. ____________ (Initial)
2. In a medical emergency, I give my parental consent for staff members to call 911 and
give my child the necessary medical attention and/or have him/her transported to the
nearest hospital or medical clinic. ____________ (Initial)
3. My child has my permission to be transported by an Oswegoland Park District bus or
School District #308 bus for field trips and program participation. __________(Initial)

Signature of Parent/Guardian ___________________________ Date _____________________
Counselor-In-Training Program Application

Name:__________________________________________________________________
Phone:___________________________ E-mail:________________________________
Address:________________________________________________________________
City:________________________________________________ Zip:________________
Date of Birth:________________ Age:_______ M/F:_______ T-shirt size____________
School (Fall 2019):________________________________ Grade (Fall 2019): ________

1. What are some of your hobbies and interests?
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

2. Describe any experience you’ve had working with children.
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

3. Why would you like to be a Counselor-In-Training?
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

4. What skills do you hope to gain from the CIT program?
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Please indicate your area of interest:
_____ Summer Camp Connection (8:45 a.m.-3:15 p.m.)
Please rate your preference (1,2,3,4)
  _____ Wheatland’s Elementary  _____ Southbury Elementary
  _____ Wolf’s Crossing Elementary  _____ South Point (Ages 4-5)
  _____ South Point (1st-2nd Grade)

See Attached Schedules for Program Days and Times for the Following:

_____ Early Childhood Programs

_____ Gymnastics Programs

_____ Athletic Programs

_____ Swim Lessons
Program Responsibilities and Expectations

Welcome to the Oswegoland Park District’s Counselor-In-Training program for junior counselors! You have applied for this program because you have the desire to develop your leadership skills. Over the course of the summer, you’ll learn to use your unique talents and abilities to make a positive impact on the lives of participants in one or more program areas. Not only will you build a solid foundation for future employment, you’ll also gain essential skills and experience you’ll need to become a responsible, caring, and self-confident adult.

As a junior leader, you are responsible not only to program participants, but also to the C.I.T. Coordinator, your area supervisors, fellow junior leaders, and Oswegoland Park District staff. In particular, you are expected to:

• Take initiative
• Cooperate with co-workers
• Participate fully in all scheduled group activities
• Arrive promptly for scheduled work times
• Notify your area supervisor and the C.I.T. Coordinator if you will be absent or late
• Assist Park District staff as directed
• Adhere to Park District dress code policies
• Follow Park District policies regarding cell phone use, including but not limited to not using your cell phone during work hours, taking photos, posting on social media (Instagram, Facebook, Snapchat). No filters on your cell phone may be open at any time during your work hours.
• Assist in supervising children kindly and conscientiously
• Carry out instructions accurately when asked
• Conduct yourself in a responsible, professional manner at all times
• Be eager to learn, dependable, loyal, honest, patient, and receptive to feedback and suggestions

In addition to these expectations, you will also be responsible for:

• Assisting in planning and/or implementing daily activities
• Interacting appropriately with program participants
• Leading crafts, games, and other group activities
• Assist in preparing, serving, and cleaning up snacks
• Helping to maintain order and discipline
• Recognizing and removing safety hazards
• Playing with/instructing children of varying ages
• Communicating with supervisors and the C.I.T. Coordinator regarding absences, injuries, or discipline problems
• Serving as a positive role model for program participants – projecting a positive, enthusiastic attitude and following rules

I have read and understand the Responsibilities and Expectations as outlined above.

__________________________________        ______________________________
Participant Signature              Date         Parent Signature     Date
Six Pillars of Character

Trustworthiness
- Be honest.
- Don’t deceive, cheat or steal.
- Be reliable – do what you say you’ll do.
- Have the courage to do the right thing.
- Build a good reputation.
- Be loyal – stand by your family, friends and country.

Respect
- Treat others with respect.
- Be tolerant of differences.
- Use good manner, not bad language.
- Be considerate of the feelings of others.
- Don’t threaten, hit, or hurt anyone.
- Deal peacefully with anger, insults and disagreements.

Responsibility
- Do what you are supposed to do.
- Persevere: keep on trying!
- Always do your best.
- Use self-control; be self-disciplined.
- Think before you act – consider the consequences.
- Be accountable for your choices.

Fairness
- Play by the rules.
- Take turns and share.
- Be open-minded; listen to others.
- Don’t take advantage of others.
- Don’t blame others carelessly.

Caring
- Be kind.
- Be compassionate and show you care.
- Express gratitude.
- Forgive others.
- Help people in need.

Citizenship
- Do your share.
- Cooperate.
- Stay informed.
- Be a good neighbor.
- Obey laws and rules.
- Respect authority.
Activity Plan

Name of Activity:___________________________________________________

What kind of activity is this?

Active Game              Quiet Game                Craft                Ice Breaker                Team-Builder

What age group is this activity best for?

Preschool (Ages 3-5)        Elementary Children (Ages 6-8)            Older Children (Ages 9-11)

How much space is needed for this activity?_____________________________

About how much time will this activity take?_____________________________

How many leaders does this activity need and what will they be doing?

What supplies are needed for this activity? Include amount
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Are there any safety concerns for this activity?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

List detailed instructions for this activity:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

List the rules for this activity:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

If necessary, draw a diagram to illustrate how this activity is set-up and performed on
the back of this sheet.
C.I.T. Jr. Leadership Program
Personal Reference Form

____________________________ is applying to the Oswegoland Park District’s Counselor-In-Training program for Jr. Counselors. This program is designed for preteens who desire to help others and develop lifelong leadership skills. Because we believe in Creating Opportunities for a Healthy Community, we’ve designed a fun summer program for students entering grades 7-10 to expand and improve their leadership skills. This innovative program will combine a broad-based leadership curriculum with hands-on work experience in one or more Park District program areas. Whether Jr. Counselors choose to lead recreational activities or to help out with varied interest preschool programs, they’ll work not only with fellow Jr. Counselors and participating children, but also with Oswegoland Park District staff. In addition to participating in team-building exercises and working on leadership development, Jr. Counselors will practice interview skills and learn firsthand what it means to be a responsible employee.

We would very much appreciate your responses to the questions below. If you need additional space, please attach another sheet of paper. Contact Julia Granholm at 630-554-4449 or via e-mail at jgranholm@oswegolandpd.org if you have questions about the program or ideas to share.

Your name: ____________________________ Email: ____________________________

1. How long have you known the applicant? Please describe your relationship.

2. What talents, personal qualities or skills will the applicant bring to the program?

3. What types of leadership qualities will this applicant bring to the program?

4. Do you know of any reason this applicant should not be considered for the program? If so, please explain.

Completed by: _________________________________ Date: ____________________
Summer 2019
Early Childhood/Youth Varied Interest Programs

_____ I'm Two-rrific
Make new friends, create art, play, listen to stories, and sing songs. Class is designed to help children become acclimated to a preschool classroom and assist them in becoming more independent. Ages 2-3

Thursdays, June 6-27 & July 11-August 8, 9:00-10:00 a.m.
Boulder Point

_____ Two-rrific Dancers
After our time in the classroom, we'll learn basic dance movements through creative movement activities. Ages 2-3

Tuesdays, June 4-July 2 & July 9-August 6, 10:00-11:30am
Boulder Point

_____ Two-rrific Tumblers
After our time in the classroom, we'll tumble, jump, and run in the gym and work our muscles to develop large motor skills through gymnastic movements. Ages 2-3

Thursdays, June 6-27 & July 11-August 8, 10:15-11:45am
Boulder Point

_____ Two-rrific Mighty Mites
After our time in the classroom, we'll work our muscles as we learn a variety of sports activities. Ages 2-3

Fridays, June 8-July 6 & July 13-August 10, 9:00-10:30am
Civic Center

_____ I'm Ready for School
Letters, numbers, shapes, and colors will be covered while we enjoy art/craft time, circle time, stories, songs, and free play. Ages 2½-3½

Wednesdays & Fridays
June 5-July 5 & July 10-August 9
9:00-11:00 a.m.
Boulder Point
Ready, Set, Grow
Build on preschool skills already learned during the school year or join us if you’re heading to preschool in the fall. Handwriting, math, science, art, phonics, and more will be explored through a variety of activities. Ages 3-4

Mondays, Wednesdays, and Fridays
June 3-July 5 & July 8-August 9
9:00-11:00am
Boulder Point

Little Explorers
New friends await as you explore a different theme each week! Songs, stories, and arts and crafts projects will be part of the fun! Ages 3-5

Tuesdays and Thursdays,
June 4-August 1 (No class 7/2 & 7/4)
9:00-11:30 a.m.
Civic Center

Kindergarten Readiness Camp
Calling all future Kindergartners and 1st graders! This engaging program will help your child prepare for kindergarten or build on the knowledge already learned to help them prepare for 1st grade. Arts and crafts projects, stories, group time, and more will all be part of the fun! Children will expand their knowledge of math skills, listening skills, social skills, letters, phonemic awareness, language, and everyday life skills.

Tuesday-Thursday,
June 4-20, June 25-July 11, and July 16-August 1
9:00am-12:30pm
South Point
Summer 2019
Gymnastics/Tumbling Programs-Boulder Point

Mondays, June 3-July 1 & July 8-Aug 5
- 9:00-9:45 am: Tumbling Tykes (4 Years)
- 9:00-9:55 am: Girls Gymnastics Level 1A (ages 5-10 Years)
- 10:00-10:55 am: Girls Gymnastics1B (ages 5-10 Years)

Tuesdays, June 4-July 2 & July 9- Aug 6
- 9:00-9:45 am: Tumbling Tots (ages 1 ½-3 years)
- 9:00-9:45 am: Tumbling Tykes (ages 3 years)
- 10:00-10:45 am: Tumbling Tykes (ages 2 & 3 years)
- 11:00-11:55 am: Girls Gymnastics Level 1 (Ages 5-10 Years)

Wednesdays June 5-July 3 & July 10-Aug 7
- 9:00-9:45 am: Tumbling Tykes (ages 4 years)
- 9:00-9:45 am: Girls Gymnastics 1B (ages 5-10 Years)
- 10:00-10:55 am: Kinder Boys Gymnastics (ages 4-5)

Thursdays June 6-27 & July 11- Aug 8
- 9:00-9:45 am: Tumbling Tots (ages 1 ½-3 years)
- 9:00-9:45 am: Tumbling Tykes (ages 3 years)
- 10:00-10:45 am: Tumbling Tykes (ages 2 years)
- 10:00-10:45 am: Tumbling Tykes (ages 4 years)

Fridays June 7- July 5 & July 12-August 9
- 9:00-9:45 am: Tumbling Tykes (age 2 years)
- 10:00-10:45 am: Tumbling Tykes (age 2 years)
- 10:00-10:55 am: Girls gymnastics Level 1B (ages 5-10 years)
- 11:00-11:55 am: Girls Gymnastic Level 1A (ages 5-10 years)
Summer 2019

Morning Athletic Programs

Future athletes will learn various sports activities including basic rules, fun games, drills, and mini games.

____ Mighty Mites Flag Football

- Monday, June 3-24 11:00-11:45 am (ages 5-7) Civic Center
- Tuesday, July 9-30 11:00-11:45 am: (ages 4-6) Civic Center

____ Mighty Mites Soccer

- June 4-25 Tuesday-11:00-11:45 am (ages 4-6) Civic Center
- July 9-30 Tuesday-10:00-10:45 am: (ages 3-5) Civic Center
- July 11-August 1 Thursday 9:00-9:45 am: (ages 3-5) Civic Center

____ Mighty Mites Floor Hockey

- June 6-27 –Thursday 10:00-10:45 am: (ages 3-5) Civic Center
- July 10-31 –Wednesday 10:00-10:45 am: (ages 5-7)

____ Mighty Mites Sports Camp

- June 3-24 Monday 10:00-10:45 am: (ages 3-5) Civic Center
- June 6-27 –Thursday 11:00-11:45 am: (ages 4-6) Civic Center
- July 9-30 –Tuesday 9:00-9:45 am: (ages 4-6) Civic Center

____ Mighty Mites Basketball

- July 11-August 1 Thursday 11:00-11:45 am (ages 5-7) Civic Center

____ Mighty Mites Baseball

- June 4-25-Tuesday 10:00-10:45 am: (ages 3-5) Civic Center
- July 11-Aug 1-Thursday 10:00-10:45 am (ages 3-5) Civic Center
- June 6-27 Thursday 9:00-9:45 am: (ages 4-6) Civic Center
Summer 2019

Tennis

Young players-advanced players can enjoy learning the fundamentals and learning new skills or building on their basic skills. Games, activities, and drills will help players learn and improve their forehand, backhand, net play, and volley.

_____ Tennis II (ages 8-12 years)
  • Mondays & Wednesdays, June 3-19 & July 8-24, 8:30am-9:30am, Civic Center
  • Tuesdays & Thursdays, June 4-20 & July 9-25, 8:30-9:30am, Civic Center

_____ Tennis I (ages 8-12 years)
  • Mondays & Wednesdays, June 3-19 & July 8-24, 9:30am-10:30am, Civic Center
  • Tuesdays & Thursdays, June 4-20 & July 9-25, 9:30-10:30am, Civic Center

_____ Pee Wee Tennis (ages 5-7 years)
  • Mondays & Wednesdays, June 3-19 & July 9-25, 10:30-11:15am, Civic Center
  • Tuesdays & Thursdays, June 4-20 & July 9-25, 10:30-11:15am, Civic Center
Summer 2019
Morning Swim Lesson Programs

June 3-13 (M-F/M-Th)
Civic Center Aquatic Park
8:45-9:30am – Beginner (ages 5+ years), Advanced Beginner (ages 5+ years)
9:00-9:30am – Preschool Level 1 & 2 (ages 3-5 years)
9:45-10:30am – Beginner (ages 5+ years), Advanced Beginner (ages 5+ years)
9:45-10:15am – Preschool Level 1 (ages 3-5 years)

Winrock Pool
9:00-9:45am – Beginner (ages 5+ years)
9:15-9:45am – Preschool Level 1 & 2 (ages 3-5 years)
10:00-10:45am – Beginner (ages 5+ years)

June 17-27 (M-F/M-Th)
Civic Center Aquatic Park
8:45-9:30am – Beginner (ages 5+ years), Advanced Beginner (ages 5+ years)
9:00-9:30am – Preschool Level 1 & 2 (ages 3-5 years)
9:45-10:30am – Beginner (ages 5+ years), Advanced Beginner (ages 5+ years)
9:45-10:15am – Preschool Level 1 (ages 3-5 years)

Winrock Pool
9:00-9:45am – Beginner (ages 5+ years)
9:15-9:45am – Preschool Level 1 & 2 (ages 3-5 years)
10:00-10:45am – Beginner (ages 5+ years)
11:00-11:45am – Beginner (ages 5+ years)

July 22-August 1 (M-F/M-Th)
Civic Center Aquatic Park
8:45-9:30am – Beginner (ages 5+ years), Advanced Beginner (ages 5+ years)
9:00-9:30am – Preschool Level 1 & 2 (ages 3-5 years)
9:45-10:30am – Beginner (ages 5+ years), Advanced Beginner (ages 5+ years)
9:45-10:15am – Preschool Level 1 (ages 3-5 years)

Winrock Pool
9:00-9:45am – Beginner (ages 5+ years)
9:00-9:30am – Preschool Level 1 & 2 (ages 3-5 years)
9:15-9:45am – Preschool Level 1 & 2 (ages 3-5 years)
10:00-10:45am – Beginner (ages 5+ years)
9:45-10:15am – Preschool Level 1 & 2 (ages 3-5 years)
Morning Swim Lessons (cont’d)

Beginner Camp, 9:45-11:30am, Civic Center Aquatic Park, M-F, ages 5+ years

- June 3-7
- June 10-14
- July 8-12
- July 15-19
- July 22-26
- July 29-August 2