



CIT Welcome Letter

2026

Welcome to Summer 2026's Counselor in Training Program!

My name is Courtney, and I am the Traditional CIT Director this summer. I am thrilled your teen will be joining our stellar camp team. Your teen will be engaged in a learning process that focuses on child development, program management, and how to infuse our core values of Caring, Honesty, Respect, and Responsibility into everything they do. Our camps enrich our communities, and our Counselors In Training are vital to creating a nurturing and inclusive atmosphere for all.

This is a basic guide to help you know what to expect this summer. For more details, please view our Camp Parent Handbook, located on the website.

Can't wait to meet you!

Courtney Labossiere (She/her)

clabossiere@metroymcas.org



How will my teen benefit from attending camp this summer?

Your teen will be safe and have tons of fun. We aim to help them gain positive developmental growth in the following areas:

1. Counselor Skills
2. Teamwork
3. Confidence
4. Responsibility
5. Life Skills
6. Social Skills
7. Self-Esteem
8. Self-Care



CIT Welcome Letter

2026

Week 1 - Classroom | | 9AM - 3PM @ St Joe's, 240 Franklin Ave, Maplewood

- Training, team-building, and life-skill programs. Gain practical tools and confidence using their skills beyond the camp world.
- Assign camp placement for the following two weeks.

Week 2 & 3 - Camp | | 8:30AM - 3:30PM @ Assigned Location

- It is the guardian's responsibility to get CITs to/from camp.
CITs can walk or bike to/from camp with a signed permission slip.
- CITs will be assigned to a group. Each group has a Senior and Junior Counselor with whom your CIT will work and shadow. Groups rotate every hour and average 15 campers.
- CITs fill out the [End of Field Day Reflection Form](#)
- We will have group meetings three times a week in the afternoon

Camp Possibilities

Camp: YKnots | | Director: Ms Taheerah

Location: South Mountain YMCA, 13 Jefferson Avenue, Maplewood

Camper Ages: Entering grades Pre-K - K

Camp: SOMAPY | | Directors: Mr Tommy, Ms Marian, Mr Zach

Location: Memorial Park, 580 Valley St, Maplewood

Camper Ages: Entering grades 1-6

Rainy Day Location: TBD



CIT Welcome Letter

2026

Before the First Day

- Talk about camp:** Have positive conversations about what will happen
- Prepare the night before.** It's a long day in the elements

Please be sure all CIT items are labeled with their name

- Sunscreen
- Reusable Water Bottle
- Lunchbox with lunch & plenty of snacks
- Change of clothes for Swim (Weeks 2 & 3)
- Rain Jacket/Poncho
- Sunglasses and/or a Hat



- Leave plenty of time in the morning** to prep and eat a good breakfast
- Have a good routine.** Knowing what to expect allows your child to have less anxiety about their day and starts your day off right, too!
- Have an open mind.** Each person has their own talents and challenges, which allows for opportunities to learn from each other. Bullying, including verbal, digital, or physical, will not be tolerated, and we celebrate our diversity.

Communication

Throughout the summer, we will be communicating with you through Band. This will be our main source of communication. **Please let us know if there are any changes** in your contact information. This will include our weekly communications in addition to any weather-related camp location changes.



CIT Welcome Letter

2026

Pick Up/Drop Off Procedures

Walkers: If you would like to allow your teen to travel to/from camp without a guardian, please sign the attached [Permission Form](#).

Week 1: Sign In: 8:45AM-9:00AM || Sign Out: 3:00PM-3:30PM

Week 2 & 3: Sign in 8:15AM-8:30AM || Sign Out: 3:00PM-3:30PM

Curbside: Adults dropping off and picking up should remain in the car to help the flow of traffic. A staff member will assist your teen with checking in and signing out each day.

Sample Week 1 Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	June 22/July 6	June 23/July 7	June 24/ July 8	June 25/ July 9	June 26/ July 10
9:00 AM	Ice Breaker	Reverse the Spill A Counselor's Responsibility	Silent Scramble & Communication That Counts	Passion is the Magic Tommy's Tricks	Eric Workshop Resumes & Interviews Admission Board Interviews Mock - Sharepoint
10:00 AM	Launching Into Leadership What it means to be a CIT Personal Reflection	Mental Health Workshop Correction Strategies	First Aid	Creativity On the Spot Work with What You Got	
11:00 AM	Tommy Workshop Patch Adams Pencil Story	Resolution Role Play Handling Camper Conflict- Check Sharepoint		Fun-i-fy It Workshop Keep them on their Toes	
12:00 PM	Lunch				
12:30 PM	Movement Break				
1:00 PM	The Handbook	The Handbook	First Aid	James Workshop FISH Philosophy	Mental Health Workshop Stress Management
2:00 PM	Discomfort or Danger Boundaries at Camp	SOMAPY & YKnots Director Meetings			CIT Party

If you have any questions, please reach out at any time.

Courtney Labossiere

Traditional CIT Camp Director || clabossiere@metroymcas.org