



CIT Welcome Letter

2026

Welcome to Summer 2026's Counselor in Training Program!

My name is Courtney, and I am the CIT Camp Director this summer. I am thrilled your teen will be joining our stellar camp team. Throughout the summer, 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 as a Counselor In Training, your teen will be vital in 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	5. Life Skills
2. Teamwork	6. Social Skills
3. Confidence	7. Self-Esteem
4. Responsibility	8. Self-Care



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Week 1 - Training | | 9:00AM - 3:00PM @ St Joe's, 240 Franklin Ave, Maplewood

Your CIT will be engaged in counselor training sessions, team-building activities, and life-skill programs. The goal of this training is to give your CIT practical tools and give them confidence using their skills beyond the camp world. During this week, we will provide camp placement for the following two weeks.

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

It will be the guardian's responsibility to get their CITs to/from their respective camps.

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 whom your CIT will work with and shadow. Camp groups rotate every 45 minutes and average about 15 campers grouped by age. Your CIT will support campers through each activity. They will be responsible for filling out this [**End of Field Day Reflection Form**](#), and we will have group meetings twice a week at 2:30 PM. Their Senior Counselor will be asked to provide an assessment of their areas of strength and opportunities for growth.

Camp Possibilities

Camp: YKnots | | Director: Ms Taheerah

Location: South Mountain YMCA, 13 Jefferson Avenue, Maplewood

Camper Ages: Entering grades Pre-K - K

Camp: SOMAPY 1, 2, or 3 | | Directors: Ms Marian, Mr Zach, Ms Nye

Location: Memorial Park, 580 Valley St, Maplewood

Camper Ages: Entering grades 1-6

Rainy Day Location: TBD



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Before the First Day

- Talk with your teen about camp.** Have pleasant, positive conversations about what will happen at camp
- Prepare the night before.** It's a long day in the elements.

Please be sure all of your teen's items are labeled with their name

- Sunscreen
- Reusable Water bottle
- Lunchbox with lunch & plenty of snacks
- Change of clothes for Swim
- Rain Jacket/Poncho
- Sunglasses and/or a Hat



- Leave plenty of time in the morning** to get ready 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.** We are a diverse community from different grades, walks of life, schools, and families. Each person has their own talents and challenges, which allow 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, so **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.



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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 with signing out at the end of the day.

Sample Week 1 Schedule

8:45 AM -	Drop Off	12:30 PM -	Gym Free Time
9:00 AM -	Team Building	1:00 PM -	Enrichment 101
9:40 AM -	Bio Break	1:40 PM -	Bio Break
10:00 AM -	Camp 101	2:00 PM -	Leadership
11:00 AM -	Life 101	3:00 AM -	End of Day
12:00 PM -	Lunch		

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

Courtney Labossiere

CIT Camp Director | | clabossiere@metroymcas.org