



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAMP RISING SUN

CAMPER IN LEADERSHIP TRAINING (CILT)

FREQUENTLY ASKED QUESTIONS

What is the CILT program? CILTs are Campers In Leadership Training. Our CILT program provides teens, in rising grades 9 -10, with the opportunity to develop leadership skills, serve as role models for younger campers, and give them time to spend time with their peers in an active, fun and safe environment. Activities include team-building, outings, service projects and special events. CILTs will have opportunities to be campers, to fellowship with their peers and to have fun while at YMCA Summer Day Camps. CILTs receive leadership training that challenges them to grow as individuals, serve their camp and community through acting as positive role models and participating in service projects, and lead younger campers as they shadow and support trained YMCA counselors in huddles of younger campers. CILTs are supervised/led by a mature, experienced CILT Coordinator and the camp counselors that they will shadow and support.

What should my CILT bring to Camp? We recommend packing a backpack with a notebook to take notes during their leadership trainings, a water bottle labeled with their name on it, two snacks and a lunch in an insulated lunch box (campers do not have access to a refrigerator or microwave), as well as a bathing suit and a change of clothes for swimming with your huddle. Come dressed appropriately for the outdoors, play, and changes in the weather, and with closed-toed shoes. On your first day of Camp, CILT campers will receive green CILT shirts and a nametag that they will wear to Camp everyday. Valuables and electronics should stay at home. The YMCA is not responsible for lost, stolen or broken items.

What will my CILT's week at Camp look like? About half of a CILT's time is spent working in a huddle alongside a trained YMCA Camp Counselor. CILTs also spend time with their peers in team building and leadership trainings led by a CILT Coordinator and participating in either a service project or a fun field trip. Examples of trainings your CILT may participate in are Activity Leadership, Group Control, Public Speaking, Goal Setting, Relationship Building and guest speakers.

What will the field trips be for my CILT? CILTs will participate in weekly field trips on Wednesdays. The times of the field trip will vary depending on the location. They will alternate between service trips and fun trips. Examples of service trips are the NC Food Bank, a local park clean up project, Dorca's Ministries Food Pantry, etc. Examples of fun trips include bowling, scavenger hunt, Triangle Rock Club, cookout at Bond Park, high ropes course and more! The details of each week's field trips will be sent out in the weekly CILT newsletter.

Can my CILT sign themselves in and out of Camp? For your camper's safety, CILTs must be dropped off and picked-up by an adult. If your camper is a member of the YMCA, they may sign themselves out at 5 p.m. with parent permission. You can email or call the Camp Office during operating hours for more specifics.

What are the expectations? On their first day of camp, CILTs will take home a copy of the CILT Contract to sign with their parents/guardians to bring back the next day. The contract will also be emailed out the week prior in the CILT newsletter if you wish to print and bring it signed on your first day of Camp. The CILT Contract outlines expectations for our CILT campers, including that they agree to perform their assigned duties to the very best of their ability and in accordance with the directions given by the CILT Coordinators, Camp Directors and other Camp Staff and that CILT responsibilities are designed to provide them with the opportunities to develop leadership skills and acquire the knowledge which they will need to become a counselor as well as be successful with future careers and professional endeavors.

Where and when does Camp Rising Sun operate? Camp Rising Sun is located at the Taylor Family YMCA, 101 YMCA Dr. Cary, NC 27523, Monday-Friday; 7:00 a.m. to 6:00 p.m.

How does drop off and pick up work? Rides In (drop off) will take place in the front loop by the flag at the YMCA. Please stay in your car. From 7:00 a.m. to 9:00 a.m., we will have a staff member in that loop opening car doors, greeting you, and checking campers in. Rides Out (pick up) is from 4:30 p.m. - 6:00 p.m. and will be run in the same loop. Please use the second entrance to the Taylor Y (if you are coming off of Cary Parkway onto YMCA Drive) and take an immediate left and head towards the front of the building loop. The person picking up must have their pick-up card (provided on your child's first day of camp) and an ID as a safety precaution. If you are dropping off or picking up outside of our Rides In and Rides Out times (between 9:00am - 4:30 p.m.), please park in the loop, stay in your car and call 984-327-8762. A staff member will come to you!

Can I drop off early? For the safety of your child, we cannot allow children to be dropped off prior to Rides In/7 a.m. while our staff are setting up for camp.

What happens if I'm late to pick up? After camp closes at 6:00 p.m., a late fee applies. The fee is \$5 for the first 10 minutes and \$1 for every minute thereafter. If you are stuck in traffic or recognize you will be late, please call the Camp Office at 984-327-8762.

How do you manage medications? We are able to administer both daily and emergency medications. Please bring all medications to us in their original containers on the first day of camp along with a completed medication form for each medication. Medication forms will be provided in our newsletter or can be found on our website.

How will you communicate with me this summer? A newsletter will be emailed to you the Friday before the beginning of each camp week your campers are registered. This newsletter will have important information happening each week including: dress up days, special events and more. Please be sure to have an accurate email on file with us. We will also communicate in person at Rides In/Out and through phone calls.

Camp Directors: Julie Barnes-Delgado & Libby Kenney / **Contact Information:** 984-327-8762, CampRisingSun@YMCATriangle.org