



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CIT & Teen Leadership Program (ages 14 – 16yrs) Make This the Best Summer Ever!

Greetings Young Leader,

The Valley Shore YMCA's CIT (Counselor In Training) and Teen Leadership Program is very different from the rest. Our Teen Leadership program goes far beyond promoting a general enthusiasm for leadership, it gives young leaders the skills, confidence and opportunities to learn and practice leadership. In our program, leadership is not a fixed end goal but rather a tool that participants are taught to wield in order to have the confidence, vision and values to improve their lives and their communities.

Here are some of the highlights:

- A dedicated staff member to lead the program and teach valuable skills such as job interviewing
- CPR & First Aid training (participants over 16 will get a Red Cross Certification good for 2 years)
- Job experience field trips to local businesses
- Mock interviews with business professionals
- Two days of self-defense training led by a professional instructor
- Design and run a community service project (good for volunteer hours)
- Opportunities to experience different areas of YMCA work
- Opportunities to lead programs with summer camp children
- A written and thorough evaluation

To register for this program follow these simple steps:

- Complete the enclosed registration page completely
- Return the registration page along with a **\$20 commitment fee**** to the Valley Shore YMCA
- You will then need to submit a completed Healthy Exam/Record Form

****commitment fee-** Since this program is grant funded, we want to ensure that participants will take advantage of the entire program. We ask for this fee as a demonstration of your commitment to attend.

Other Things You Should Know

- There are two separate four week sessions offered in Westbrook and one in East Lyme
- Program runs Monday –Friday 9:00am – 4:00pm (there is no program on July 4th)
- Families must provide their own transportation in Westbrook; however a bus is available in East Lyme.
- Participants must bring a lunch each day.
- There is extremely limited availability.

The YMCA is pleased to have the help of the MDRT Foundation to make this program available to your family. Please feel free to contact me personally with any questions.

Patrick Connelly
Senior Director
pconnelly@vsymca.org
860.399.9622

Valley Shore YMCA Summer CIT & Teen Leadership Program Registration Form (ages 14 - 16 yrs)

Please complete this page and return it to the Valley Shore YMCA with \$20 Commitment Fee PLEASE PRINT.

Choose your four week session. **Choose only one.**

At the Camp Shore in Westbrook, CT:

Session 1– June 25 - July 20 (no camp on July 4th)

Session 2– July 23 - August 17

At Camp Echo Rock in East Lyme:

Session 1– July 9 - Aug 3

Return to:

Valley Shore YMCA P.O. Box 694
201 Spencer Plains Rd. Westbrook, CT 06498
or fax to 860.399.8349
or email to camp@vsymca.org

Participant Last Name: _____ First Name: _____

Address: _____ Town: _____ Zip Code: _____

Date of Birth: _____ Age (as of 9/18) _____ Grade (as of 9/18) _____ Sex: Female Male

Guardian's Name: _____ Cell Phone: _____ Business /Home _____

Guardian's Employer: _____ Email Address: _____

Guardian's Name: _____ Cell Phone: _____ Business /Home _____

Guardian's Employer: _____ Email Address: _____

EMERGENCY CONTACT INFORMATION (OTHER THAN LISTED ABOVE):

Name: _____ Phone Number: _____

The following people are authorized to pick up my child:

1. Name _____ Relationship: _____ Phone: _____

2. Name _____ Relationship: _____ Phone: _____

3. Name _____ Relationship: _____ Phone: _____

Special Information or Allergies: YES NO If YES please supply information here: _____

\$20 Commitment Fee Payment Information:

Credit Card Number: _____ Exp. Date _____ CVV _____

Signature of Card Holder: _____

OR

Check included. Check # _____

My signature below signifies that I agree with all information on this application and in the camp brochure. I understand that State Law prohibits my child from attending camp without a medical form completed by a physician within 36 months prior to the beginning of camp. Permission is also granted for the YMCA to take and use photographs of the person named on this application. I authorize YMCA officials to secure medical/emergency attention and treatment for the camper listed above. ****I have enclosed a \$20.00 Commitment Fee to demonstrate my child's commitment to attending the entire program.** Permission is granted for the signed camper to participate in all planned camp activities including field trips and walking trips. The undersigned voluntarily agrees to hold the YMCA harmless for injuries or accidents resulting in bodily injury or property damage during my child's participation in programs at the YMCA I further waive, release, absolve, and indemnify the YMCA, its directors, volunteers, officers or employees for injuries or accidents occurring while participating in the programs of the YMCA.

Parent/Guardian Signature: _____ Date Signed: _____