

Dear Leader In Training Program Participant and Guardian,

Welcome to the Des Plaines Park District's Leader In Training Program. LITs are an important part to the success of our summer day camp program offerings. Through communication skills and teamwork, we will create a meaningful and memorable camp experience for the campers and LIT's alike. Camp is a time to grow, learn, experience and succeed together.

Being a role model to campers is one of the most important tasks you will ever have. This summer, you will learn more about life than you can possibly imagine. The goal of camp activities is three fold: have fun, learn life lessons through self-discovery and create a safe rite passage for the next stage of personal development.

Being an LIT also has an abundance of benefits. These include making new friends, having fun, gaining self-confidence, improving leadership skills, exploring the outdoors, being active, social interaction and creating a lifetime of memories for yourself and the campers as well.

The LIT program is designed to increase your understanding of the responsibilities of leadership and service to others through practical experience in a structured camp environment. You will have the opportunity to work with the camp staff while camp is in action and will understand the importance of the planning, follow through and the evaluation process. Come to camp each day with energy and enthusiasm, a positive attitude and an open mind willing to learn, share and experience a memorable time!

Attached you will find the weekly schedule, weekly checklist, and weekly reflection.

Thank you,

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Camp Weekly Schedule

Camp Discovery

Monday: General Camp Activities

Tuesday: Swimming/General Camp Activities

Wednesday: General Camp Activities

Thursday: Swimming/General Camp Activities

Friday: Leadership Peer Meeting

Leader in Training Participation Requirements:

1. Daily LIT shirt and name tag, bathing suit, lunch, sunscreen e
2. Actively participating with campers on a daily basis.
3. Leading games and activities when directed by Camp Director or LIT Coordinator.
4. Appropriate conversations / language with campers and counselors.
5. Appropriate safety measures with the campers and counselors.
6. Need to report all incidents to the Camp Director or LIT Coordinator immediately.
7. No communication with guardians regarding campers. Limited guardian interaction as this is not a true counselor position.
8. Leader in Training downtime will be during 2 PM activities, and 1 Friday per week- or when scheduled by the Camp Director.
9. All rules and regulations set for campers, counselors and directors must be followed at all times.

The Des Plaines Park District reserves the right to remove any participate of the LIT program at any time.

LIT Weekly Checklist

Name: _____

Week of: _____

Counselor: _____

Being a role model to campers is one of the important tasks you will have this summer. You will learn more about life than you can possibly imagine. The goal of the LIT program is for teens to understand the importance of leadership, responsibility, teamwork while having an enjoyable summer.

As a leader in training, you will be responsible for the following checklist throughout the week. As you complete a task, please have a counselor sign off next to the activity that you completed.

Checklist

- _____ Plan a game or a sport
- _____ Swim with a camper or assist a counselor at the pool
- _____ Assist with arts and crafts
- _____ Support a counselor with an activity
- _____ Eat lunch with a new camper you have not interacted with on a daily basis
- _____ Be a bathroom buddy
- _____ Help a camper with an activity or at the pool
- _____ Assist with cleanup/ set up
- _____ Create your own task! _____

Achievable Goal for the week (example: go paddle boating with two campers or help pass out swimming bracelets)

Did you meet your goal: YES NO

If you did not achieve your goal, what can you do differently next time?

LIT Reflection

Name: _____

Week of: _____

Counselor: _____

Goal/Area wish to improve upon:

Homework (how did it go? What would you change? What went well?)

Game 1:

Game 2:

Game 3:

Do you feel you have met your goals? YES NO

If not, why?

How will you improve next time?

Goal for next week:
