



YMCA Calgary Camp Chief Hector YMCA Summer Camp

LEADERS-IN-TRAINING 17Y

17Y On-Site LIT

17Y Sac Dene Canoe LIT



Develop your leadership skills among new and familiar friends at an award-winning summer camp. Leaders-in-Training (LIT) campers discover the responsibilities, challenges, and rewards involved in work at a summer camp. Leaders-in-Training skills are transferable to diverse employment and volunteer opportunities. Leaders-in-Training is available to youth 17 years of age.

Leaders-In-Training and Sac Dene registration is by interview and selection process and is open to past Leadership I participants. Applications will be e-mailed in November, 2016. **The application deadline is January 10, 2017. Interviews will be held on February 4 & 5, 2017.** Leaders-In-Training and Sac Dene participants have some time off between their training and their volunteer dates. See the chart below for more details.

LIT Program Expectations

The LIT program includes learning and hands-on leadership to reach these goals

- Understanding of Healthy Child Development
- Outdoor Leadership Skills
- Outdoor Skills
- Camp Chief Hector YMCA's LIT program partners with the Canadian Rockies Public Schools and gives eligible participants the opportunity to receive secondary school credits for province of Alberta students.
- Experience direct child-centered leadership through volunteer counselling at Camp Chief Hector YMCA
- **Participants must have a valid First Aid** (16-hour Standard First Aid minimum, 40-hour wilderness oriented first aid is also considered an asset. Camp Chief Hector runs many of these courses throughout the Spring. Ask us when!)

APPLYING FOR YOUR LEADERS-IN-TRAINING PROGRAM

- View and print a Leaders-in-Training Application from the Camp Chief Hector YMCA website (mid-November)
- Complete, scan and e-mail your Camp Chief Hector YMCA Leaders-in-Training application: cchy@ymcacalgary.org
- Set aside time for the interview days: **INTERVIEWS WILL BE HELD ON FEBRUARY 4 & 5, 2017.**

THE APPLICATION DEADLINE IS JANUARY 10, 2017. Interviews are held in Calgary at the Eau Claire YMCA, in-person or by telephone (depending on one's home location). Please call our city office at (403) 269-6156 or 1-866-430-YMCA (9622) if you have any questions.

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DATES AND FEES

| LEADERS IN TRAINING PROGRAM (LIT) – BASED AT MID-CAMP | | | | | |
|---|---------------------------|--------|---|---|--|
| 17Y | LEADERS IN TRAINING (LIT) | \$745 | LIT 1 Jul 2 - 28 | | |
| | | | <i>Jul 2 - 14 Hike Trip & Training</i> | <i>Jul 16 - 28 Volunteer Contract</i> | |
| | | | LIT 2 Jul 16 - Aug 11 | | |
| | | | <i>Jul 16 - 28 Hike Trip & Training</i> | <i>Jul 30 - Aug 11 Volunteer Contract</i> | |
| | | | LIT 3 Jul 30 - Aug 25 | | |
| | | | <i>Jul 30 - Aug 11 Hike Trip & Training</i> | <i>Aug 13 - Aug 25 Volunteer Contract</i> | |
| <i>NOTE: LIT participants have days at home at the end of their outtrip and in between their training and volunteer contract.</i> | | | | | |
| 17Y | SAC DENE | \$5950 | SAC DENE Jul 2 - Aug 25 | | |
| | | | <i>Jul 2 - 14 Training & Volunteer Contract</i> | <i>Jul 16 - Aug 25 Canoe Voyage</i> | |
| <i>ADDITIONAL DATES: Get-to-know-you event (in Calgary) May 13 Prep/packing weekend (overnight, at Camp) Jun 10-11</i> | | | | | |

LIT ON-SITE PROGRAM

What to Expect

25 DAYS TOTAL: 7 DAYS ACTIVITIES AND TRIPPING, 6 DAYS TRAINING SPECIFIC, 12 DAYS OF VOLUNTEER CO-COUNSELLOR LEADERSHIP in 6-day session lengths.

The On-Site Program is broken down into 3 main components: tripping and traditional camp activities, training, and volunteer leadership. Training will be embedded into the campers’ tripping and other activities so they are constantly developing their leadership abilities and knowledge. Participants are expected to share their personal goals and develop group goals for both their experiences.

Goals

1. To provide training that gives each participant the opportunity to be an excellent summer camp staff
2. To provide training that gives each participant the opportunity to perform well at jobs and community opportunities outside of summer camp
3. Develop outdoor leadership skills: weather-related decisions, campsite selection, tripping, food preparation



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Topics that will be covered during training include:

- ✓ YMCA Healthy Child & Youth Development
- ✓ Backpacking for Outdoor Leaders
- ✓ Goal-setting and objectives-setting
- ✓ Risk management
- ✓ Strategies that help kids succeed: transition times, after meals, getting ready for bed
- ✓ Speaking with supervisors, managing feedback, maximizing growth
- ✓ Emergency procedures
- ✓ How to encourage positive behaviour
- ✓ How to reduce and resolve conflicts
- ✓ Managing stress and fatigue
- ✓ Camp fundamentals: program planning, songs and stories, opening days, meeting parents
- ✓ Preparing for your future, preparing for your next job application

Camp Chief Hector YMCA commits to providing excellent training in Healthy Child Development and Outdoor Leadership. Participants commit to the goals of the program, to the conditions of the program, and to receiving feedback in a professional manner. Inform yourself about the key points of the Leaders-in-Training program. Successful participants come to the program open to new ideas and open to coaching. Leaders-in-Training are registered participants at Camp Chief Hector YMCA, and as such are subject to the conditions stated on the Camper Information Form and the LIT Participant Conditions.

LIT SAC DENE PROGRAM

What to Expect

55 DAYS TOTAL: 6 DAYS TRAINING SPECIFIC, 6 DAYS OF VOLUNTEER CO-COUNSELLOR LEADERSHIP, 40 DAYS PADDLING (INCLUDING COMMUNITY VISITS AND TRAVEL TO AND FROM NWT)

PLUS WEEKEND ONE (Date TBA) Paddling and Teambuilding

PLUS WEEKEND TWO (Date TBA) Teambuilding and Food Pack (families are welcome to help out)

The Sac Dene group spends the summer paddling and exploring the wilderness and visiting the communities of the Mackenzie River Valley, making friends and creating memories along the journey. Resources on-line and in libraries are available referencing the Mackenzie River. The route is a well-travelled river by industry, local residents, the Canadian Coast Guard and recreationalists. The group will visit First Nations communities and fishing camps, and have access to professional health care clinics, telephone, internet, and RCMP in each of the seven communities along the way.

Goals

1. To provide training that gives each participant the opportunity to perform excellently as a summer camp staff
2. To provide training that gives each participant the opportunity to perform excellently at jobs and community opportunities outside of summer camp
3. To increase cross-cultural knowledge, awareness and cooperation
4. Develop outdoor leadership skills: weather-related decisions, campsite selection, canoe tripping, food preparation

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Topics that will be covered during training include:

- ✓ YMCA Healthy Child & Youth Development
- ✓ Backpacking for Outdoor Leaders
- ✓ Goal-setting and objectives-setting
- ✓ Risk management
- ✓ Strategies that help kids succeed: transition times, after meals, getting ready for bed
- ✓ Speaking with supervisors, managing feedback, maximizing growth
- ✓ Emergency procedures
- ✓ How to encourage positive behaviour
- ✓ How to reduce and resolve conflicts
- ✓ Managing stress and fatigue
- ✓ Camp fundamentals: program planning, songs and stories, opening days, meeting parents
- ✓ Preparing for your future, preparing for your next job application

A STRONG AND CLEAR COMMITMENT

By joining the Sac Dene LIT program, you will be making a strong and clear commitment. Out of respect for all applicants, and for the safety and satisfaction of all those who partake in the program, please review the following points:

- **Goals:** Sac Dene LIT develops group leadership skills in an outdoor setting
- **Conduct:** Participants commit to respecting themselves and respecting others, as well as to respecting their counsellors' guidance. **To ensure this is understood and accepted, please read the [Camper & Parent Commitment](#)**

RISK AND REMOTENESS

Sac Dene participants' journeys are outside the limits of an urban-setting evacuation. Due to the possibility of communications failure, night-time conditions, challenging weather or cloud-cover, or any number of other circumstances, an evacuation may take a number of days. The group may need to re-route due to an injury, an illness or a behavioural concern. **Applicants and registered campers must be clear with themselves, with their families and with Camp Chief Hector YMCA about histories that may influence participation in a remote outdoor journey.** Such information would include the following:

- Relevant past injuries/illness
- Disrespectful or risky behaviour, conflictive or self-excluding attitudes and behaviours, offensive language
- Worries or anxieties that would be difficult to manage in the back-country

Families are responsible for the costs of an evacuation, either for medical or behavioral concerns. Evacuation fees may be between \$1,500 and \$2,500 including air and ground transportation, accommodations and meals. Camp Chief Hector YMCA will pay the costs initially and will issue an invoice to the family of the participant. A family's insurance may defray some expenses for injuries or illnesses, whereas expenses for behavioral incidents may not be covered. Check your insurance policy to understand your coverage. Sac Dene participants have intermittent access to health clinics and RCMP detachments, approximately every 7 - 9 days.

Participants must be fit and prepared for repetitive days of paddling. Participants may be exposed to a variety of hazards, including but not limited to the following: cold/hot/wet/dry weather, moving water and its inherent hazards, wildlife (including bears), lightning, tree and/or rock fall, cliffs and steep terrain, wind on water, fire and hot liquids, repetitive strain injuries, human hazards found along the route and in cities, motor vehicle transportation, human error, and equipment failure.

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SAC DENE - OTHER IMPORTANT DATES

- February: With e-mail, telephone, and a group meeting, the Sac Dene participants meet their leaders and each other. They assign research such as descriptions of communities and local conditions, menu ideas, risk management and program ideas
- May (Date TBA): A day of paddling, goal-setting and instruction at Camp Chief Hector YMCA (not necessary for out of region participants)
- Mid-June: Families who live close to Calgary meet to assist in packing the Sac Dene food
- Sunday July 2 – Friday July 7: Campers will participate in training that will prepare them for their volunteer counselling portion
- Sunday July 9 – Friday July 14: each of the participants cares for a group of 8 young campers (supported by their co-counsellor, their Sac Dene leaders and their new Section Leaders and other leaders at the camp).
- Friday July 14: Campers will reunite for final packing and have a chance to make sure they are prepared for their canoe journey.
- Sunday July 16: Participants meet at camp and travel for 2 days to Ft. Simpson, NWT by mini-van and truck
- Friday August 25: Final day of summer camp
- LIT / SAC DENE INFO SESSION: October/November 2017 (Date TBA)
 - o Sac Dene participants provide a presentation of their experience for prospective Sac Dene participants
 - o The presentation is rehearsed with their summer program Sac Dene counsellors
 - o The presentation is open to all, but the intended audience is prospective LIT / Sac Dene participants and their parents

