



Mahackeno Outdoor Center
Westport Weston Family Y
59 Post Road East, Westport CT 06880
www.westporty.org

Leader-in-Training and Counselor-in-Training

Summer Schedule 2011

Session 1	June 27 - July 1	Waterfront Leadership Training
Session 2	July 5 - July 8 (no camp July 4)	Archery Hours Completed Certificate
Session 3	July 11 - July 15	American Red Cross First Aid Training
Session 4	July 18- July 22	American Red Cross CPR Training
Session 5	July 25 - July 29	Outdoor Leadership Skills Certificate
Session 6	August 1 – August 5	Poolside Leadership Training
Session 7	August 8 - August 12	Camp Counselor Skills Training
Session 8	August 15 – August 19	Athletic Leadership Instruction

Waterfront Leadership Training-

Campers will learn the skills of the waterfront. This includes the basic safety rules, how to properly paddle, emergency procedures, and how to correctly supervise campers while participating groups are there. They will plan, direct, and supervise a safe and fun waterfront program. Also, they will learn how to manage the physical facilities and equipment in the waterfront program area.

Archery Hours Completed Certificate-

Campers will develop an archery program that is appropriate for the age and ability of the campers, learn and follow the safety and educational procedures, and assist in the management and care of the physical facilities and equipment for the archery program. Campers will be awarded a certificate of completion.

American Red Cross First Aid Training-

This training is hands-on practice and real-life scenarios. The take-away materials help campers to retain skills and serve as reference tools in an emergency. This comprehensive course meets training guidelines for first aid established by the Occupational Safety and Health Administration.

American Red Cross CPR Training-

This course teaches participants how to recognize and care for breathing and cardiac emergencies in infants and children up to 8 years. Participants take home a refresher skills card as well as information about preventing injuries. Also, we'll be training the campers to respond to breathing and cardiac emergencies in victims aged 8 and above.

Outdoor Leadership Skills Certificate-

Campers will learn basic Outdoor Living skills which include concepts like low-impact camping and stewardship of land as well as skills such as outdoor cooking, orienteering, etc. Campers will improve their

Outdoor Living skills during their time at camp, learning fire safety, rope knots, etc.

Poolside Leadership Training-

Campers will become educated in saving lives and learning skills. They will learn water and land rescue skills, and other daily lifeguarding responsibilities.

Camp Counselor Skills Training-

The goals of the CIT Program are to develop the whole person; body (health), mind (attitude), and spirit (values). We will assist the campers in acquiring leadership skills, valuable training and help them to set personal goals and work toward achieving those goals.

Athletic Leadership Instruction-

The campers will plan a sports activity for a camp group that is age-appropriate. During the course of the one-week session, the director will provide athletic instruction, give examples on how to engage campers, and provide feedback on how to maintain structure in this program.