



## ADTC – The ULTIMATE Overnight Dance Camp!

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Ask Us Anything!  
**866-383-ADTC**

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Dear Prospective Counselor-in-Training:

Thanks for your interest in American Dance Training Camps and our Counselor-in-Training (CIT) Program! We are delighted that you are considering ADTC and participating in this application process!

### About the Program:

Our "CIT" Program offers select high school dancers a unique opportunity to build their leadership skills and assume some counselor responsibilities while still participating in ADTC dance classes and activities as campers. The CIT Program is a combination of workshops, supervised opportunities with younger campers, program planning and general camp activities. In addition to leadership skills and teamwork, the development of ADTC's character values of appreciation, dedication, trust and caring ("ADTC") are emphasized along with an introduction to problem solving, communication, camping skills, camp mission/goals, basic life saving, and camp work projects. First year participants CIT's pay regular camper tuition, while second-year participants CIT's pay 1/2 price. Third + year participants get to attend ADTC for FREE!

**Campers ages 16 - 17 are invited to apply for our CIT program at any ADTC camp they attend for a minimum of 2 weeks.**

To apply, campers must register for two or more sessions of camp and then complete and submit our [staff application](#) along with [two letters of reference](#) - one preferably by an ADTC camp staff member. CIT campers will leave the program with a unique resume-builder and potential character reference for college applications. Girls who have not had prior ADTC experience are still welcome and encouraged to apply.

CITs will be expected to assume responsibilities beyond those of a camper but remain campers and are not considered staff members. CIT Program admission is awarded on a rolling basis. **We will stop accepting CIT applications as of April 20, 2017.**

In submitting an application, please note the following:

- **Follow all directions carefully.** *An incomplete application will result in disqualification.*
- **A completed 2017 ADTC Registration**, noting which ADTC program, location and weeks (at least 2 weeks are mandatory for the CIT program) the camper wishes to attend is required and must be received prior to submitting your completed staff application.
- **Two letters of recommendation** from people other than relatives (and preferably from at least one ADTC staff member) are required and must accompany your completed CIT staff application.
- **ALL components of your application must be received by no later than April 20, 2017.**

We will acknowledge receipt of your application and let you know that it is being processed. ALL applicants will be notified of the results no later than **May 15, 2017. Please refrain from phone calls and emails concerning the status of your application.** If you have other questions, you may email the ADTC Office at [Info@DanceADTC.com](mailto:Info@DanceADTC.com).

Thank you for your interest in our dance camps. We look forward to receiving your application!

Very Truly Yours,

Lindsey Fadner  
ADTC Owner & Founder

# MORE ABOUT OUR CIT PROGRAM

## Purpose

The Counselor in Training program is a unique opportunity for high school girls (ages 16 - 17) to develop their leadership skills. CITs participate in the overall ADTC experience as campers and spend designated after-class hours working directly with our staff, participating in leadership-related group discussions, and assisting younger campers. Specifically, Counselor in Training Program participants assist our Junior Instructor-Counselors (JICs) as primary caregivers for a group of campers and assist them in planning, choreographing and teaching elective dance classes, coordinating and carrying out camp activities, and guiding campers in their personal growth. Thus, CIT program participants gain hands-on experience to pursue our JIC position (on a paid salary) in future summers, should they choose to do so.

## Goal

The goal of the Counselor in Training Program is to help prepare ADTC teens for leadership roles in their communities and life after high school, while encouraging them to feel confidence and pride. The combination of work and projects at camp helps CITs grow as individuals.

### Specific goals of the Counselor in Training Program:

**Goal #1:** Increase leadership skills so that participants will be prepared to assume camp leadership roles.

**Goal #2:** Increase human relations skills between campers, adults (staff), and peers.

**Goal #3:** Increase sense of responsibility and service to others.

**Goal #4:** Increase sense of self-worth.

**Goal #5:** Increase appreciation for the natural world around us.

**Goal #4:** Increase teaching skills in program areas relevant to ADTC and the mission of ADTC.

**Goal #4:** Experience community and cooperative living.

## Essential Functions

- **Participate as camper in 3 - 5 dance classes per day (Monday - Friday), totaling approximately 4 - 5 hours of daily dance.** The core dance techniques offered at ADTC are hip-hop, jazz & contemporary dance. Core dance elective classes include a choice between ballet, tap & world dance. ADTC often offers additional dance technique electives in the afternoon during free activities. Dance classes are organized by age and overall ability level across disciplines. Once placed, campers remain within the same group for all dance classes that session. We expect to keep dance classes to no more than 14 students per class. Each class meets daily, but times and locations may vary day-to-day. To determine ability, a "dance screening" takes place each Sunday night (the first night of each session-week).
  - Act as leader and positive role model for other campers in each aspect of dance class: warm-ups, across-the-floor work, conditioning, combinations, etc.
  - Assist JICs in choreographing and teaching an elective dance class for campers to perform in the Friday Night Show (the elective class/es offered during each session depends on the specialties of JICs).
- **When not in dance classes, CITs help out around camp as camp counselors** - assisting in the direction, supervision and organization of campers in their living unit, within activities and throughout the camp.
  - Apply basic youth development principles in working with campers through communication, relationship development, involvement, empowerment, and respect for diversity.
  - Assume a role as counselor and assist JIC's as primary caregivers to a small group of assigned campers, helping them with social conflicts, homesickness, personal problems, etc.
  - Assure campers are properly supervised at all times.
  - Be aware of and implement safety guidelines.
  - Work in ADTC's Canteen (camp store), arts & crafts room, etc. as assigned.

- **Participate enthusiastically in the development and implementation of program activities for campers within the mission and outcomes of ADTC** (examples of activities include "American Dance Idol" night, "Dance Tech" night, camp fire night, horseback riding, Theme Park field trips, dance discussion, swimming, hiking, arts & crafts, canoeing, field games, flying trapeze and many other activities/events).
  - Assist with the teaching of day and evening program activities, both camper mandatory and camper-optional, as assigned by the Program Director.
  - Actively participate in all program areas as assigned.
  - Provide for the progression of activities within the framework of individual and group interests and abilities.
  - Assist in program areas such as swimming, canoeing, horseback riding, hiking, all-camp activities, and arts & crafts, as directed.
  - Assist JICs in planning, organizing and leading campers in "dance discussions" (examples: nutrition, dance history, performance anxiety, self-esteem, leadership, etc.) at least one afternoon per session.
- **Act as "team leader" to a group of campers.**
  - Help to inspire and lead team through team activities and competitions during each session.
  - Organize and lead "team meeting" each night after curfew.
- **Maintain high standards of health and safety in all activities for campers and staff.**
  - Provide the daily care of each camper within your supervision, including recognition of personal health & hygiene needs.
  - Be alert to equipment and facilities to ensure utilization, proper care, and maintenance is adhered to; report repairs needed promptly to Program Director.
- **Be a role model to campers and staff in your attitude and behavior.**
  - Be accessible, responsible and a positive influence on campers throughout all facets of camp.
  - Socialize with campers and other staff members during mealtime, free time and around camp.
  - Follow and uphold all safety and security rules and procedures.
  - Set a good example for campers and others in regard to general camp procedures and practices including sanitation, schedule, and sportsmanship.

## Additional Responsibilities:

- Contribute to verbal and written evaluations and communication as requested.
- Perform any health care task beyond those assigned as needed.
- Work cooperatively with all staff employed by facility ADTC is leasing.
- Be knowledgeable of outside health resources.
- Attend pre-camp staff training (as described in Staff Manual).
- Assist in designing show theme, costumes, props, sets, etc.
- Attend all training sessions with a desire to learn.
- Actively participate in leadership workshops at camp.
- Actively participate and assist in team building, camp & dance skills-building activities.
- Promote group unity and participate in all group activities.
- Attend special CIT field trips & excursions.
- Choreograph and collaborate on special CIT performance piece for each ADTC Friday Night Show.
- Complete other projects as assigned.

**Thank you for your interest in ADTC! We look forward to hearing from you and hopefully seeing you at camp!**