

# Counselors in Training (CIT) SAMPLE SCHEDULE

Week 1

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8am	Breakfast at 7:30am	Theme Breakfast	Breakfast after 6:30 am POLAR BEAR!	Breakfast	Breakfast	Breakfast
9am	Buses Leave at 8:30	Morning Watch Activity	Morning Watch Activity	Morning Watch Activity	Morning Watch Activity	Morning Watch Activity
9:30am		Workshop and Activities: Cooperation	Workshop and Activities: Leadership	Workshop and Activities: Critical Thinking	Workshop and Activities: Family, Friends and Values Exploration	Rafting on Truckee River (Lunch on the River)
10am						
12pm		Lunch	Lunch	Lunch	Lunch	
1pm		Sugar Pine Point/ Team Building Activities and Introduction to Program	BEACH DAY!	Camp Concord Challenge Course	Off Camp Hike - Eagle Falls	
2pm						
3pm						
4pm						
5pm	New Camper Arrival/Dinner	Dinner	Dress your Counselor Dinner	Dinner	Dinner	Dinner
6pm	Cabin move-in, Nurse, Settle in . . .	Community Time	Community Time	Community Time/ Prepare for Overnight	Community Time	Help Set-up/Decorate for Dance
7pm	Opening Campfire	Camp Scavenger Hunt	Movie Night	Travel to Youth Camp Overnight and assist with	Campfire with Kangaroo Court	DANCE!

9pm	Embers/Showers	Embers/Showers	Embers/Showers	Overnight and assist with evening games and star gazing	Embers/Showers	Embers/Showers
12am	All Camp Curfew	All Camp Curfew	All Camp Curfew	All Camp Curfew	All Camp Curfew	All Camp Curfew

Week 2

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8am	Breakfast at 7:30am	Theme Breakfast	Breakfast after 6:30 am POLAR BEAR!	Breakfast	Breakfast	Breakfast
9am	Load Buses for 8:30 departure	Morning Watch Activity	Morning Watch Activity	Donner overnight	Donner overnight	Clean Up Campsite and Return to Camp Concord
9:30am	Off-Camp Excursion: Laundry, Movies, Mini-golf	Join Assigned Youth Camp Cabin Groups	Continue with Assigned Youth Camp Cabin Groups	Donner overnight	Donner overnight	
10am						
12pm						Lunch
1pm						Donner Trip and CIT Experience Reflection: Where am I now?
2pm						
3pm						
4pm						
5pm						New Camper Arrival/Dinner
6pm	Campfire Preparation (LITs and CITs to do Rule Skits)					





FRIDAY

Breakfast

Hike Mt. Tallac

Dinner at Beach!

Come back from Beach and  
Campfire Prep

Final Campfire

Embers/Showers

All Camp Curfew

FRIDAY

Breakfast

Morning Watch Activity

Start Packing

D.L. Bliss State Park - CIT  
Closing Ceremonies

Dinner

Come back from Beach and  
Campfire Prep

Final Campfire

Embers/Showers

All Camp Curfew