

# Cabin Leader Development Program Overview

## Program Summary:

The Cabin Leader Development Program is designed to teach leadership, community service and program specific skills to participants through group living, learning and service at camp.

The Cabin Leader Development Program is defined by the following criteria:

- CLDP session one will include a two days on the Wenatchee River. Day one on the river will be a float trip along the upper Wenatchee River from camp to Plain. Day two on the river will be a whitewater rafting trip from Leavenworth to Cashmere. CLDPs will push themselves physically and mentally while taking in beautiful views, bonding with other participants and discovering their own capabilities.
- CLDP session two will include a three day/two night backcountry adventure into the Wenatchee National Forrest that focuses on leadership and teamwork, as well as offering a worthwhile personal challenge.
- Training in individual and group communication and leadership styles.
- Program specific training such as wilderness first aid, food handling, archery, waterfront, large and small group games and arts and crafts.
- Training in youth development programming and best practices, basic child development, behavior management and environmental stewardship.
- Recognition and acknowledgement of up to 100 community service hours to camp.

CLDP participants will have opportunities to practice and develop these skills by creating, supporting and leading various camp activities and assisting the counselors in working with campers. Participants will come away from this program with valuable leadership skills that will serve them well at home, in school, and in their own community. A successful CLDP participant will have consistently demonstrated that they are enthusiastic, dedicated, hard-working and devoted to the camp's mission.

## Cabin Leader Development Program at a Glance

### CDLP Session 1 – June 30 to July 19, 2019 (Weeks 1–3 of camp)

CLDP campers will arrive at camp on each Sunday (June 30, July 7 and July 14) at 11am ahead of all of the other campers. Upon arrival campers will meet the CLDP leaders and undergo an orientation to the CLDP Program which includes program expectations, risk management and child abuse prevention policies. Here is a glimpse of what their three weeks will look like:

- **Monday July 1 – Thursday 4.** This first week will focus this first week on teamwork and communication as CLDP campers will be sending two full days on the Wenatchee River. Monday will see campers spending the majority of the day preparing for their two days on the river. Tuesday will be a float trip on SUP boards from the YMCA camp beach to the Plain bridge. Wednesday will a whitewater rafting trip from Peshastin to Cashmere. CLDP Campers will work together steering their rafts through flat water and up to class three rapids. A professional river guiding service has been contracted to guide both river trips. Campers will spend approx 4-6 hours on the river each day having lunch about half way before returning to camp each evening. On Thursday CDLP campers will spend time with their leaders debriefing the experiences and lessons learned on the river before engaging with the rest of camp in regular activities.
- **Friday July 5** will be the end of the first phase of the Cabin Leader Development Program. CLDP campers will leave camp at the regular camper check out time of 4-6pm.
- **Sunday July 7** CLDP campers will begin their second week by arriving at camp on Sunday at 11am ahead of all of the other campers. CLDPs will assist with camper check-in and first night activities.
- **Monday July 8 – Thursday 11.** ASHI Wilderness First Aid Certification. Each day will be a mixture of 3-4 hours of class room and hands on learning. This is a two-year certification that includes adult, child and

infant CPR/AED. When not in class CLDP campers will participate in while being taught how to lead several of the camp program activities.

- **Friday July 12** will be the end of the second phase of the Cabin Leader Development Program. CLDP campers will leave camp at the regular camper check out time of 4-6pm.
- **Sunday July 14** CLDP campers will begin their third and final week by again arriving at camp on Sunday at 11am ahead of all of the other campers. CLDPs will assist with camper check-in and first night activities.
- **Monday July 15 – Thursday 18.** Washington State Food Handlers Class. CLDPs will take a food handlers class and receive a food handlers permit that is valid for two years. CLDP campers will receive training in youth development programming and best practices, basic child development, behavior management and environmental stewardship. Program specific training will include archery, waterfront, large and small group games, outdoor living skills and arts and crafts. CLDP campers will observe and participate in daily cabin leader responsibilities as well as receive performance feedback from a cabin leader mentor and CLDP Staff.
- **Friday July 19** will be the end of their Cabin Leader Development Program experience. At the conclusion of these three weeks CLDP campers will have gained an understanding of the camp's programs and mission and the role of staff members while accruing up to 100 community service hours. CLDP campers will receive a written evaluation of their performance in the program as well as a letter documenting their community service hours to camp. Those CLDP's that are old enough and who have met the criteria for successful completion of the CDLP program may be invited to apply for a job as a cabin leader the following summer. CLDP campers will leave camp at the regular camper check out time of 4-6pm.

## **CDLP Session 2 – July 21 to August 9, 2019 (Weeks 4-6 of camp)**

CLDP campers will arrive at camp on each Sunday (July 21, July 28 and August 4 ) at 11am ahead of all of the other campers. Upon arrival campers will meet the CLDP leaders and undergo an orientation to the CLDP Program which includes program expectations, risk management and child abuse prevention policies. Here is a glimpse of what their three weeks will look like:

- **Monday July 22 – Thursday July 25** ASHI Wilderness First Aid Certification. Each day will be a mixture of 3-4 hours of class room and hands on learning. This is a two-year certification that includes adult, child and infant CPR/AED. When not in class CLDP campers will participate in while being taught how to lead several of the camp program activities.
- **Friday July 26** will be the end of the first phase of the Cabin Leader Development Program. CLDP campers will leave camp at the regular camper check out time of 4-6pm.
- **Sunday July 28** CLDP campers will begin their second week by arriving at camp on Sunday at 11am ahead of all of the other campers. CLDPs will assist with camper check-in and first night activities.
- **Monday July 29** CLDP campers will spend the majority of the day in preparation for their three day/two night hike. Campers will work with the CLDP leaders and learn how to properly plan and prepare for this wilderness trip.
- **Tuesday July 30 – Thursday August 1.** Hike! Little Wenatchee Headwaters to the Indian Creek Trail head. This three-day, two-night trip climbs roughly 3550 feet while losing 4270 over a total distance of 20.2 miles. The trip begins at Wenatchee Ford on the Little Wenatchee River, elevation 3030 feet. Day 1 takes the group to Camp 1 in Meander Meadow, 5.5 miles and a 1900' climb from the trailhead. Day 2 covers 8.8 miles, gaining 1200 feet while climbing from Camp 1 to the Pacific Crest Trail and the nontechnical summit of Kodak Peak before descending 2900 feet into the Indian Creek drainage to Camp 2 at 3170'. The final day is mostly downhill, dropping a further 900 feet in 5.9 miles to the pickup point at the end of the White River Road, elevation 2315 feet. Once back at camp CLDP campers will undergo group debrief of the experience. Throughout the trip CLDPs will receive training in individual and group communication and leadership styles. After returning to camp on Thursday CDLP campers will spend time with their leaders debriefing the experiences and lessons learned on the hike before engaging with the rest of camp in regular activities.
- **Friday August 2** will be the end of the second phase of the Cabin Leader Development Program. CLDP campers will leave camp at the regular camper check out time of 4-6pm.

- **Sunday August 4** CLDP campers will begin their third and final week by again arriving at camp on Sunday at 11am ahead of all of the other campers. CLDPs will assist with camper check-in and first night activities.
- **Monday August 5 – Thursday August 8** Washington State Food Handlers Class. CLDPs will take a food handlers class and receive a food handlers permit that is valid for two years. CLDP campers will receive training in youth development programming and best practices, basic child development, behavior management and environmental stewardship. Program specific training will include archery, waterfront, large and small group games, outdoor living skills and arts and crafts. CLDP campers will observe and participate in daily cabin leader responsibilities as well as receive performance feedback from a cabin leader mentor and CLDP Staff.
- **Friday August 9** will be the end of their Cabin Leader Development Program experience. At the conclusion of these three weeks CLDP campers will have gained an understanding of the camp's programs and mission and the role of staff members while accruing up to 100 community service hours. CLDP campers will receive a written evaluation of their performance in the program as well as a letter documenting their community service hours to camp. Those CLDP's that are old enough and who have met the criteria for successful completion of the CDLP program may be invited to apply for a job as a cabin leader the following summer. CLDP campers will leave camp at the regular camper check out time of 4-6pm.

## Frequently Asked Questions (FAQ):

### 1. What can I or my child expect to gain from the Cabin Leader Development Program?

CLDP Participants who successfully complete the program will gain the following skills and experiences:

- A three-day wilderness backpacking adventure OR a two day river adventure.
- Up to 100 hours of community service at camp.
- ASHI Wilderness First Aid Certification (Includes adult and child/infant CPR and AED).
- Washington State Food Handlers Permit.
- Camp program specific skills in teaching/leading archery, waterfront, large and small group games, outdoor living skills and arts and crafts.
- An understanding of the YMCA camp's programs and mission and the role of staff members.
- Written evaluation of their strengths and weakness and a letter acknowledging their community service hours to camp learn skills that will help with working in a camp setting.
- Learn skills that will transfer to college and future jobs such as leadership, communication and accountability.

### 2. Where will CLDP campers stay when at camp?

Each CLDP group is a cabin group of its own and the leaders will use the dynamics of shared experience and responsibility to bond the participants. CLDPs will be a part camp as well – CLDP skits at campfires, hosting chapel and the talent shows, helping with the operation of meals, assisting counseling staff in cabins and in program areas are some of the ways the CLDPs will make themselves known to the camp community.

**3. Will completion of Cabin Leader Development Program mean that they will be hired to work at camp when they are old enough?**

At the age of 18, all CLDP participants can apply to work at camp. The skills learned through the CLDP program will benefit them if they are eventually hired on as camp staff, however, participation in the CLDP program does not guarantee employment in subsequent summers.

**4. What is the application deadline?**

The application deadline for CLDP is February 15, 2019. Upon receipt of your application we will call to schedule a phone or in person interview. All interviews will be completed by March 1 2019.

**5. How will I know if I or my child has been accepted into the CLDP program?**

We will notify CLDP applicants of acceptance into the CLDP program by March 15, 2019. At this time, we will send you the registration forms required to get you signed up for camp. All registration forms are due by April 1, 2019. Failure to have your forms in on time may forfeit you spot in the CLDP program to another applicant.

**6. How do I register and when do we pay for this program?**

We will notify CLDP applicants of acceptance into the CLDP program by March 15, 2019. At this time, we will send you the registration forms required to get you signed up for camp. All registration forms and a \$150 non-refundable deposit are due by March 22, 2019. Failure to have your forms and deposit in on time may forfeit you spot in the CDP program to another applicant.

All program fees are due in full by May 31, 2019.

**7. Is there also a CIT (Counselor-in- Training) program?**

This Cabin Leader Development Program (CLDP) is a new program in its second year that replaces the CIT program we have run in past years. The CLDP program is designed to teach leadership, community service and program specific skills to participants through group living, learning and service at camp. These are skills that will transfer to college and future jobs, including here at camp should they choose to apply when they are old enough.