

**All Leadership Training Programs involve an application and selection process that requires initiative and dedication from the camper.** Steps of the application include submitting one letter of recommendation (for applicants who have not completed a prior Leadership Training Program), completing a set of supplemental questions, and a phone interview with the CCO Leadership and Trips Director.

## **Leader in Training**

**Summer 2024 will offer one-week LIT programs (LIT A, C and G)!**

**LIT B and LIT F will have a moderate backpacking trip and base camping**

**LIT C and LIT E will have an advanced backpacking trip and backcountry camping**

### ***YOUNG ADULTS. BECOMING LEADERS.***

The Leaders-In-Training (LIT) program is the first step in our leadership training programs and it is for teens who have **completed the 9th grade**. This program involves an application and selection process that requires initiative and dedication from the camper rather than the parent/guardian. One letter of recommendation is required - these letters are from teachers, coaches, and youth group leaders and should explain why the candidate would be good for the program. Once applied for the program, check your CampInTouch account 'Forms' for supplemental questions that the camper needs to fill out and submit. Once the questions are submitted, an interview will be scheduled. Interviews will **only** be scheduled when all materials have been submitted and reviewed.

### ***SKILLS & LEADERSHIP***

All LIT campers will learn their personal leadership styles and have an opportunity to lead peers and/or young campers (small group or large) in an activity. This will provide public speaking practice while giving LITs a chance to share something they are passionate about! We hope that campers leave feeling connected to camp community, invested in making camp better, and with lifelong friendships. Mentorship is an important piece of an adventure, so each camper will be provided individual coaching to further their skills.

LIT campers that participate in a backpacking trip will learn basic map reading and compass skills. These groups will either travel into Rocky Mountain National Park or a nearby National Forest area. Following their 4-day trip, campers will know the gear needed to successfully complete a backpacking trip, how to plan and prepare backcountry meals, and how to use backcountry stoves. All sessions complete a service project (most likely trail-work based) on property or the Fraser River Valley.

### ***OUTDOOR LIVING & COOKING***

**LIT A and LIT D** will be sleeping in platform tents in our Wilderness Village during their one-week program. They will eat all meals at the dining hall. There is no backpacking trip for these two sessions.

**LIT B and LIT F** will be base camping during the backpacking portion of their program. During the rest of their program, these LIT groups will be sleeping in platform tents in our Wilderness Village. They will eat most meals at the dining hall. Base camping allows the group to set up tents and kitchen in one area that they can then use as a "home base" for majority of their gear. Each day the group will only carry with them what is needed for that specific day and return to that campsite. They will be cooking on backcountry stoves and filtering their water.

**LIT C and LIT E** will be backcountry camping during the backpacking portion of their program. During the rest of their program, these LIT groups will be sleeping in platform tents in our Wilderness Village. They will eat most meals at the dining hall. Backcountry camping allows the group to bring on their backs everything that they will need - from clothes, gear, food, tents and sleeping bags. This means that the group can move further into the wilderness to new campsites each day. They will be cooking on backcountry stoves and filtering their water.

### **TENTATIVE ITINERARY FOR ONE-WEEK LIT PROGRAM:**

**Sunday:** Campers arrive, icebreakers, Leave No Trace, ROWDIE campfire

**Monday:** LITs learn about their personal leadership styles, how Leave No Trace applies to overnight camp, low ropes course

**Tuesday:** Service project (generally trail work at camp or around the Fraser Valley), assist with all camp game

**Wednesday:** Takeover day! LIT's are split into cabin groups where they apply their leadership skills during FOCA (freedom of choice activities), lead games/activities with younger campers and stay the night in a cabin

**Thursday:** Day hike, plan for teaching talents

**Friday:** High ropes (weather dependent), Teaching talents: LITs lead a 15-20 minute lesson about something they have a passion for or something that relates to Leave No Trace principles. LIT's also learn how to give and receive feedback and lead a song at closing vespers

**Saturday:** Campers leave. See you next year in a two-week session of LIT, SIT or EL!

### **TENTATIVE ITINERARY FOR TWO-WEEK LIT PROGRAM:**

**Sunday:** Campers arrive, icebreakers, ROWDIE Campfire

**Monday:** Teambuilding, Leave No Trace, pack for trip

**Tuesday-Friday:** Backpacking in Rocky Mountain National Park or nearby National Forest. During the trip, LITs learn about their personal leadership styles, backcountry skills, and apply their Leave No Trace knowledge

**Saturday:** Rest, learn more about leadership styles, group bonding/activities, lead Leave No Trace activity for peers

**Sunday:** More leadership activities, greet incoming campers, lead rules speech for all of CCO, lead a song at ROWDIE campfire

**Monday:** Service project (generally trail work at camp or around the Fraser Valley)

**Tuesday:** Prepare for challenger night, lead challenger night (teach challenger campers about Leadership Training Programs and then facilitate a game), dinner with challenger campers in WIL VIL

**Wednesday:** LIT Takeover day! LIT's are split into cabin groups where they apply their leadership skills during F.O.C.A. (freedom of choice activities), lead games/activities with younger campers and stay the night in a cabin

**Thursday:** Day hike, plan for teaching talents

**Friday:** Teaching talents: LITs lead a 15-20 minute lesson about something they have a passion for or something that relates to Leave No Trace principles. LIT's also learn how to give and receive feedback and lead a song at closing vespers

**Saturday:** Campers leave. See you next year in SIT , EL, or BLT!

Interested? Have more questions? Contact the office at [chiefouray@ymcarockies.org](mailto:chiefouray@ymcarockies.org) or call 970-887-2648.

## Specialist in Training

### **SKILL MASTERY. FOR FUTURE LEADERS.**

The specialist in Training (SIT) program provides campers who are 16-17 and have **completed 10th** grade with an incredible opportunity for skill development in an outdoor setting. This program is best suited for campers who have experience backpacking and basic knowledge of mountain biking. The rafting portion of the trip will be led by professional guides, while backpacking and mountain biking will be led by CCO staff. Mentorship is an important piece of an adventure, so each camper will be provided individual coaching to further their skills.

### **SKILLS & LEADERSHIP**

**Rafting:** Campers will have an orientation prior to getting on the water that covers river safety and emergency procedures. The groups will paddle and navigate along the Arkansas River near Buena Vista, CO in inflatable rafts, usually around six people per raft. These groups will learn basic river terminology, paddle techniques and Leave No Trace as it relates to river corridors.

**Mountain biking:** Parts of a mountain bike, terminology, basic mountain bike maintenance and repair, along with beginner level techniques for riding. Leading by example, risk management, leadership and how it applies outside of CCO.

**Backpacking:** Campers will learn navigation with map and compass, along with triangulation and should have an opportunity to practice off-trail travel. Basic Wilderness First Aid, backcountry emergencies, and how to keep warm in the wilderness will be covered. Trip preparation and packing, group hiking etiquette, and Leave No Trace principles each day on the trail.

### **OUTDOOR LIVING & COOKING**

**Rafting:** Guides drop off and pickup adventure rafting groups at base camp sites right along the river each night. Some rafting days can be shorter than others so the group may have time to hike around nearby and/or do group activities into the evening. Rafting groups will have a two-burner camp stove, tents, water, sleeping bags and all their food for the duration of the trip. Clothes and other gear will be stored in dry bags provided by CCO.

**Mountain biking:** These groups will base camp at an established campground in Fraser, CO for 4-nights until it is time to bike back to campus. SITs will bike to the campground (~8 miles) and their camping gear will be dropped off. Each day the group will only carry with them what is needed for that specific day in a daypack and return to that campsite each night. Potable water and restrooms at the campground and the groups will be preparing all their meals using a two-burner camp stove.

**Backpacking:** During the backpacking portion of this trip the group will be carrying everything they need on their backs and backcountry camping. Backcountry camping allows the group to bring on their backs everything that they will need - from clothes, gear, food, tents and sleeping bags. This means that the group can move further into the wilderness to new campsites each day. They will be cooking on backcountry stoves and filtering their water.

### **TENTATIVE ITINERARY:**

All participants in each session will do the same activities, though the order may change. Groups will return to CCO in between the activity "weeks" to rest, repack group gear, etc. Each SIT session includes:

- A 3-day rafting trip on the Arkansas River near Buena Vista, CO
- A 5-day mountain biking trip in Fraser, CO
- A 5-day backpacking trip
- All SIT sessions complete a service project (most likely trail-work based) on property or the Fraser River Valley

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## Counselor in Training

### ***BRIGHT FUTURES. FUTURE COUNSELORS.***

The Counselor-In-Training (CIT) program is a three-week program designed for campers ages 16-17 who have **completed the 10th grade**. Applicants preferably have completed at least two other Leadership Training Programs at CCO (or the equivalent at another camp). CIT is best suited for campers with previous backpacking experience and a genuine desire to work at camp in some capacity. After turning 18 years old, CIT campers are eligible to apply for a position with CCO or Snow Mountain Ranch. This program involves a 5-day backpacking trip in Rocky Mountain National Park followed by one week of shadowing/observing, and one week assisting counselors in cabins and leading activities for younger campers.

### ***SKILLS & LEADERSHIP***

Participants will refine their personal leadership style and receive training on some basic camp counselor topics such as risk management, relationship building, camp songs and games. They will cover child abuse prevention, behavior development, and conflict resolution. Mentorship is an important piece of any leadership program, so each camper will be provided individual coaching to further their skills. Campers of all levels will find ways to grow and be challenged. Program participants will complete a service project (most likely trail-work based) on property or the Fraser River Valley.

### ***OUTDOOR LIVING & COOKING***

While at CCO campers will be sleeping in platform tents in our Wilderness Village until they are placed in cabins and will eat all meals at the dining hall. During the 5-day backpacking portion of this trip the group will be carrying everything they need on their backs and backcountry camping. Backcountry camping allows the group to bring on their backs everything that they will need - from clothes, gear, food, tents and sleeping bags. This means that the group can move further into the wilderness to new campsites each day. They will be cooking on backcountry stoves and filtering their water.

### **TENTATIVE ITINERARY:**

**Week one:** 5-day Backpacking trip in Rocky Mountain National Park where the group bonds with each other, refines their personal leadership style, and gets trained on some basic camp counselor topics such as risk management, behavior development, simple songs and games, age group characteristics, and relationship building.

**Weeks 2-3:** CITs are placed into traditional camp cabins with campers ages 7-13. Here, they learn from a variety of counselors how to approach various situations are given several chances to lead and facilitate games and activities.

- **Week 2** is focused on CITs observing CCO counselors working with campers and asking questions. CITs are encouraged to take more initiative when getting the cabin ready for the day, traveling from place to place, and helping counselors deal with various camper issues.
- **Week 3** is when CITs take the lead for the majority of activities and camper situations. The counselors in their cabins step in as needed to ensure proper camper-to-counselor supervision ratios and also to provide feedback to the CITs.

Other events during the CIT program include a service project, dessert at the CCO Summer Camp Director's house, a half-day rafting trip on the Upper Colorado River, and day or evening out in Granby/Grand Lake.

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# Wrangler in Training

## ***HORSES. LEADERSHIP.***

Wrangler in Training (WIT) is a two-week program designed for campers 14-16 years of age. WIT applicants must also have completed the Trail Blazer riding level at CCO (or possess equivalent skill level). Prerequisites: Know how to groom, bridle, saddle, and control the horse at a walk, trot and canter. Campers in this program will spend the first week at CCO working on team building, learning the CCO barn, building confidence in teaching, and helping out in the arena when CCO staff are leading lessons. The second week of the program will be spent on a 4-day horse pack trip in State Forest State Park, near Gould, CO which will be led by professional guides. WIT campers will complete a service project during their session.

## ***SKILLS & LEADERSHIP***

All WIT campers will learn their personal leadership styles and have an opportunity to put these skills into practice while covering a topic they are passionate about during lessons at the CCO barn! During the first week of the program, campers will spend most of the day at the barn, learning from our Wrangler how to handle horses, facilitate activities safely and improving their own horsemanship skills.

During the horse pack portion of this program WIT campers will learn the gear needed to successfully complete a horsepacking trip, how to plan and prepare backcountry meals, and how to use backcountry stoves. Horsepacking is similar to backpacking except instead of hiking to campsites the group will be riding horseback every day. Campers will learn skills related to grooming, tacking, horse first aid as well as backcountry travel and etiquette.

## ***OUTDOOR LIVING & COOKING***

While at CCO WITs will be sleeping in platform tents in our Wilderness Village and will eat all meals at the dining hall. During the horsepack trip the group will travel with camp stoves, utensils, pots, spices, and all the food they will need. Once the group meets their guides they will pack all of this gear onto mules. Campers will have a saddlebag on their horse for carrying water, sunscreen, and any other items that need to be accessed quickly. While at camp each camper will be responsible for helping set up the campsite, preparing, and cleaning up group meals.

## **TENTATIVE ITINERARY:**

**Sunday:** Campers arrive, icebreakers, ROWDIE campfire

**Monday:** Team building, personal leadership styles

**Tuesday-Friday:** WITs are at the barn for all activity sessions learning from our wranglers how to handle horses, facilitate activities safely, help campers improve their own skills, and improve their own horsemanship skills. Receive feedback

**Saturday:** Service project at the National Sports Center for the Disabled (NSCD) riding center (TBD), located on YMCA of the Rockies property

**Sunday:** Rest day, trail ride, learn more about personal leadership style and CCO barn practices

**Monday:** Pack food and gear for trip, intro to Leave No Trace

**Tuesday-Friday:** Depart CCO, trip in State Forest State Park near Gould, CO with Red Feather Guides

**Friday:** Return to CCO, debrief trip, clean gear and shower, camp dance

**Saturday:** Leave CCO. See you next year for CWIT!

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# Wilderness Leadership

## **LEADERSHIP SKILLS. NEW FRONTIERS.**

Wilderness Leadership (WIL) is a program designed for campers ages 16-18 who have **completed the 10<sup>th</sup> grade**. Applicants should have a genuine desire to go on a 14-day backpacking trip in the Shoshone National Forest in Wyoming to pursue an extended wilderness experience. Previous backpacking experience is required. As experienced hikers, this group will cover an average of eight miles each day and travel into remote wilderness areas of the Wind River range.

## **SKILLS & LEADERSHIP**

Participants will increase their knowledge of route finding, campsite selection, topographic map and compass navigation. At the end of the WIL program, participants will be educated to the level of Leave No Trace Trainer and will receive a certificate from CCO and the Leave No Trace Center for Outdoor Ethics. They will be able to define their personal wilderness ethic, how it impacts them both at camp and in everyday life. Other topics covered will include Wilderness First Aid and patient assessment, inclement weather plans, and off trail travel in the backcountry. Program participants will complete a service project (most likely trail-work based) on property or the Fraser River Valley.

## **OUTDOOR LIVING & COOKING**

WIL campers will be backcountry camping during the duration of their program. Backcountry camping allows the group to bring on their backs everything that they will need - from clothes, gear, food, tents and sleeping bags. This means that the group can move further into the wilderness to new campsites each day.

After 4-5 days, the group will meet a CCO staff member at a predetermined site for their resupply. The group will receive fresh produce, refill of fuel supply, clean undergarments, replacement for any broken gear, and perhaps a special treat from the Leadership and Trips Director.

## **TENTATIVE ITINERARY:**

**Sunday:** Arrive at CCO, icebreakers, ROWDIE campfire, campout

**Monday:** Team building and high ropes course (weather dependent), campout

**Tuesday:** Review route of trip, pack food and gear, campout

**Wednesday:** Leave CCO for Wyoming; sleep at trailhead

**Thursday-Tuesday:** Backpacking in Shoshone National Forest - Popo Agie Wilderness, backcountry camping

**Wednesday:** Hike to re-supply and get more food, water purifier, fuel, etc.

**Thursday-Tuesday:** Continue backpacking, backcountry camping

**Wednesday:** Hike out to trailhead

**Thursday:** Drive back to CCO, shower

**Friday:** Debrief trip, check gear for repairs, shower, camp dance, campout

**Saturday:** Leave CCO. See you next year!

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