

The 2026 Leadership Program Handbook

LiT's & CiT-1's



Welcome to the Leadership Camp Program at Action Kids Summer Camp! We are looking forward to a great summer of laughter, learning and having fun. This handbook is designed to give you information about your role in our program so you will feel more comfortable when camp begins. If you have any questions, at any time, please ask!

Our goal is to offer you opportunities to develop leadership skills that you can use throughout your life; to contribute towards making camp fun and a place where every camper feels welcomed; and to enjoy camp yourselves! LiT's and CiT- 1's build skills by helping counselors, working with campers, participating in a variety of leadership development activities....and having fun!

All LiT's and CiT-1's are expected to commit to:

Positive Communication: Maintaining a positive attitude and speaking encouragingly to others. Ask questions and ask for help!

Team Building: Being willing to work together with others. Looking for opportunities to help and support campers, counselors and one another.

Responsibility: Following all camp guidelines and safety rules; following the dress code

Respect: Treating everyone you spend the day with, campers and staff, with courtesy, kindness and caring

Learning: Being open to exploring how you can grow as a leader; being willing to stretch yourself

Fun: Being open to and ready for fun...with everyone!

REQUIRED PAPERWORK!

Below is a list of forms that we need before you can participate in our summer camp program

Camp Medical Forms

- Regretfully, without all required medical information on file, you WILL NOT be allowed to participate in the camp program (per State of NH).
- * Lost camp days due to missing paperwork cannot be refunded or made up.

Medication Consent

- If you need an inhaler, epi-pen or prescription/OTC medication, we also require a **Medication Consent** form completed by your doctor.
- If you need an Epi- Pen, a **FARE FORM** must also be completed. Prescription and OTC medication must be in the original prescription container and given to the Camp Director by your parent or guardian for safekeeping.

GENERAL INFORMATION

LiT/CiT-1 Hours:

- The camp day begins daily at 8:30 am. The camp day ends at 4:15 pm.

Dress Code

You are expected to wear your Action Kids LiT/CiT-1 summer T-shirt every day! Your complimentary camp shirt will be available either at the pre-camp Meet & Greet or waiting for you on your first day of camp. Additional T-shirts can be ordered through your online portal.

- Everyone at camp is expected to wear safe and appropriate closed toe shoes or strapped on athletic sandals
- Absolutely NO flip-flops!
- Shorts must be a reasonable length. No shorter than a three-inch inseam.
- You must wear a bathing suit for swim lessons and open swim.

“Swag” Order

- Make sure you pre-order your camp merchandise. Sweatshirts and extra LIT/CiT-1 shirts are available through the online portal.

What To Bring

- Lunch and snacks.... we encourage you to bring a healthy lunch and plenty of extra snacks!
- Water bottle, juice or sport drinks. Please, no soda.
- Swimsuit and towel
- Sweatshirts/long sleeve shirts/rain jacket for cooler or rainy days

What Not To Bring

- Personal electronics
- Personal items that you do not want to risk being lost or broken.

Cell Phones/Smart Watches Etc.

- We are committed to providing all our campers with tech free time and space.
- **The use of cell phones/smart watches, social media etc. is not permitted during the camp day.** If you choose to bring a cell phone/smart watch to camp, it cannot be carried around camp with you. The LiT counselor will provide a safe place for phones/smart watches to be kept. Cell phones/smart watches will be available at the end of the day.

Tips!

- We suggest wearing a waterproof watch to help you keep track of the time.
- **Label your belongings. Please put your last name on everything!**

EXPECTATIONS & POLICIES:

- **Wear your camp t-shirt**, appropriate length shorts, and appropriate footwear every day.
- **Follow ALL safety rules** in the pool area and in every area of camp.
- **Always check in first with your group counselor or program leader before leaving the group or your current location, for any reason, including bathroom breaks.**
- **The group counselors** and/or program leaders you may be helping will be responsible for all camper disciplinary issues. If you are having difficulty with a camper or see a problem happening, please bring it to the attention of the counselor and do not try to handle it alone.
- **LiT's often work in pairs.** Please save long personal conversations for your LIT and leadership activity times. Your attention should be on the camper group or program activity you are assigned to help.
- **CiT-1's** usually are assigned individually to a program. Again, please save long personal conversations for later and keep your attention on helping the counselors and program leaders.
- **LiT's and CiT-1's are important role models to younger campers.** Be polite and respectful towards counselors, campers, parents....EVERYONE!
- **Be Aware Of What You Say And How You Say It:** Swearing! Rudeness, Disrespect and Sarcasm, even when "fooling around", is unacceptable.
- **Words or Actions** that are physically or emotionally hurtful, or are excluding of others, are unacceptable. Ongoing unacceptable behavior of this nature will be cause for removal from the program.

Remember that you are here to have fun AND learn; help campers, counselors, and one another as much as possible!

What LiT's and CiT-1's Do

- LiTs spend an hour and a half each day helping counselors with younger campers.
- CiT-1's spend most of the morning helping program leaders or group counselors or pool instructors with camper groups.
- LiT's and CiT-1's participate in special leadership skill/team building challenges, games and activities each week.
- LiT's and CiT-1's are involved with camp and community service projects each week.
- LiT's and CiT-1's have the option of a swim lesson and free swim time every day.
- LiT's and CiT-1's have five choices for Activity Club time, four days a week.
- CiT-1's may also choose to be an Activity Club helper.
- Special "LiT/CiT-1 only" activities will be offered each week.
- LiT's and CiT-1's are offered an Open Gym session each week.

DAILY PROCEDURES

- If you are unable to be here on a scheduled day, your parent/guardian must contact us.
- Once you arrive and check in, a counselor will direct you to Leadership Landing, the LiT/CiT-1 area, where you will put your belongings and check in with the LiT/CiT-1 counselors.
- You will review the schedule for the day and be given a Leadership Development assignment. Leadership development options include:
 - **Counselor Shadow:** helping counselors with a group of younger campers as they travel to and participate in daily activities.
 - **Program Assistant (CiT-1 are given priority):** helping program leaders to prepare and present activities. CiT-1's can assist with the Arts Program, the Nature Program, Archery, Outdoor Skills, the Game Zone Program, Gymnastics and with swim staff approval, the Swim Program.
 - **Camp Crew:** this option may include helping camp staff with camp chores or preparations for Fun Fridays; helping with an all-camp project; helping with daily camp chores. This option is available on a varying basis.
 - **LiT's** are sixth graders and seventh graders. **CiT-1's** are eighth graders. Some activities are with your specific group and some activities may be all together.
- **Snack breaks:** You are welcome to eat a morning snack with your assigned camper/program group. Afternoon snacks are generally scheduled with all LiT's and CiT-1's together.
- **Lunch break** is your time to eat, relax and socialize with friends. LiT's/CiT-1's often are assigned to Leadership Landing and the Sport Court area for lunch.
- **Cell Phones:** You can either hand your cell phone to the LiT counselor to keep safely in the camp office or **it must remain in your backpack all day, until you are picked up at the end of the camp day.**
- **Smart watches:** smart watches may be used for monitoring the time only.
- On Friday, we offer a Pizza Lunch. If you would like pizza, your parent can order it through their online account. LiT's often help with preparing for pizza lunch for younger campers.

LIT/CiT-1 Swim Program

We pride ourselves on offering a structured swim program for LITs/CiT-1's daily, taught by Lifeguard Trainers, WSI trained swim instructors and swim aides. Per American Camp Association and State of New Hampshire licensing regulations, we also have a Certified lifeguard on duty at all times during the camp day. On your first day of camp, our swim staff will determine your swim ability. We have found that the majority of LIT/CiT-1's are able to swim independently when they arrive in our program.

LIT/CiT-1's work on swim techniques, swim strokes, treading water and the basics of lifeguarding. This may include learning how to recognize a distressed swimmer; how to save a drowning victim; how to save someone in shallow water versus deep water, and much more. Teaching these skills to LIT/CiT-1's challenges both their swimming ability and cognitive skills. If an LIT/CiT-1 is not confident in their swimming abilities, they will work on improving their swimming technique. **The camp swim lesson is not mandatory; however, we strongly recommend it and encourage all LIT/CiT-1's to participate!**

Swim Levels

Level 1: Campers who need assistance swimming 25 ft. (the width of our pool) will use the assistance of different swimming tools. We use the aid of swim noodles, kick boards, dumbbells, and more to help with their learning. Campers in this group will learn the basics of swimming including but not limited to dog paddle, to jump into the pool and to become comfortable on their back.

Level 2: Campers must be able to swim 25 ft. (width of our pool) continuously and independently, jump into the pool independently and put their face under water. In level 2, your camper will work on their endurance and their ability to swim underwater. They will be introduced to the deep end of the pool and learn the basics of freestyle and backstroke.

Level 3: Camper must be able to swim 100 ft. (2 lengths of the pool) independently, have a basic understanding of freestyle and backstroke, and is comfortable in deep water. In level 3, they will learn to improve technique, learn breaststroke, improve their diving, increase their underwater skills and increase endurance.

Level 4: A camper must be able to swim 100 ft. (2 lengths of our pool), in free style, 50 ft. (one length of pool) in back stroke and be able to demonstrate the breaststroke 25 ft. (width of pool) will be placed as a level 4 swimmer. In this level they will work on stroke refinement, technique and advanced skills.

Open Swim

Open swim is supervised by our Certified Lifeguards and our camp staff to a combined ratio of 8:1. During open swim, your camper will be required to wear a swim bubble if they wear one in swim class. All campers, regardless of swim level, can request a swim bubble for open swim if they are nervous or anxious about swimming. All swimmers will be swim tested and assigned a swim necklace color.

Swim Necklace Test

During Open Swim, we divide our pool into 3 sections with varying depths. Based on their abilities, campers earn a red, yellow or green necklace to wear during open swim. Each color allows the camper access to different sections of the pool. This helps all staff and lifeguards recognize your camper's swim ability. As your camper progresses, they can gain access to deeper water by testing into the next color swim necklace. The requirements for each color are as follows:

Red: Non-swimmers are limited to the shallow end of the pool only (up to 4 feet).

Yellow: Campers who can swim 50 feet (the length of our pool) continuously without a flotation device earn a yellow swim necklace. They are allowed to swim in both the shallow end and the middle of the pool (up to 5.5 feet)

Green: In order to pass the deep-water test, the swimmer must be able to complete the following requirement consecutively without flotation, assistance or touching the bottom or side of the pool. This is not a timed test and can be attempted unlimited times by the camper. Completing the deep-water test allows kids access to all areas of the pool.

- The camper is able to jump into the deep water safely without assistance
- The camper is able to swim 50 ft. (length of pool)
- The camper is able to tread water for 20 seconds

Swim Questions?

Swim staff are available to answer any questions. Please call or email us at
summer@brentwoodcommons.com

Feedback/Evaluations

Our Leadership Camp staff is committed to providing feedback every day, to each LiT and CiT-1 camper through group and/or individual discussion. We are also happy to answer any questions that you or your parent may have regarding the program. Please feel free to contact Deb Stanton, Leadership Camp Director, with questions or for more information.

Important Contact Information

Deb Stanton	Leadership Program Director; MESH Director
Seana Rioux	Owner/Director
Rebecca Smith	Camp Director

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