

# Community Champions/TK Martial Arts CIT Program Overview

## **Program Summary:**

The Community Champions/TK Martial Arts CIT Program is designed to teach leadership, community and counseling skills to teen and adult students through Taekwondo activities, learning, and service at camp. The CIT Program is detailed within the contents of the CIT training manual which will guide counselors through dealing with behavior management, developmental characteristics of children, and how to run an organized and successful camp program. A successful participant will have shown themselves to be enthusiastic, dedicated, hard working and devoted to the TK Martial Arts camp's experience. Below are more details on what can be expected and followed.

## **CIT Qualifications:**

- Loves children
- Demonstrates experience working with children
- Ability to help to teach and lead various Taekwondo activities with main instructors
- Excellent character, integrity and adaptability
- Ability to communicate and work with a variety of ages and skill levels
- The desire and ability to work in a cooperative, team-oriented atmosphere
- Enthusiasm, sense of humor, patience and self-control
- Need to attend the mandatory training session held \_\_\_\_\_

## **The CIT's at Camp:**

Each CIT will be part of a weekly group and is, in effect, a group on its own of young leaders who will be expected to use the dynamics of shared experience and responsibility to bond with the children participating at each session. CIT's will be visible at camp via the different T-shirt and will be expected to help the children with meal times, assisting main instructors/Masters on and off the camp and setting up and creating a safe playing environment. By carefully using the tools and equipment at their disposal the TK Martial Arts will be able to instill the philosophy of the camp, create a sense of camaraderie and a thorough understanding of what it means to work at camp.

**Some CIT's may be eligible for hire as Junior Assistant Instructors at 16 years old and up**, as long as they have acquired the necessary experience, certified black belt or equivalent level of martial arts and shown the skills required to do so. The CIT experience will help prepare candidates and give them the confidence and understanding of what is required to become an employed instructor at TK Martial Arts. Participation in the CIT program does not guarantee employment in the future.

### **CIT Responsibilities:**

- Take primary responsibility for the health, well-being and happiness of campers
- Always act as a role model and as a responsible assistant
- Learn to adapt to different campers and their needs
- Recognize and respond to opportunities for group problem solving
- Provide opportunities for the group so that each individual experiences success while at camp
- Encourage respect for personal property, camp equipment and facilities
- Set a good example for campers in all areas, including cleanliness, punctuality, clean-up chores, rules, and the spirit of martial artists.
- Supervise, assist main instructors/Masters and actively participate in all aspects of the campers' day.
- Observe camper behavior, assess its appropriateness, enforce appropriate safety regulations and emergency procedures and apply appropriate behavior-management techniques
- Prepare for and actively participate in pre-camp training
- Submit all required paperwork by the deadlines established.

### **CIT Regulations to follow imperatively:**

- No cursing or inappropriate language/behavior will be tolerated.
- No Cell PHONE use during camp hours (except Emergency calls)
- Always provide attentive supervision to ensure campers' safety
- Always wear your uniform or t-shirt for camp along with sneakers for outdoor activities
- Encourage campers to be kind and respectful with each other and fellow staff.
- Be kind, patient and enthusiastic with all kids and co-CITs or masters. We want everyone to have a good time!

### **Notification of week(s) assigned:**

All selected CIT's will be required to attend a mandatory 1 hour in-class training with Master Moon or Master Leo.

### **During this meeting all CIT's will get the following:**

- Confirmed Individual weekly assignments
- T-shirt

**WAIVER AND RELEASE:** The volunteer(or guardian) agrees that you are aware that you are engaging in physical exercise, including the use of equipment, instruction, which could cause injury to you. You are voluntarily participating in these activities and assume all risks of injury to you that might result. The volunteer(or guardian) does hereby expressly release and discharge Community Champion Inc./TK Martial Arts and employees of the foregoing jointly and separately, from and against any and all claims, injuries, and from all acts of active or passive negligence on the part of Community Champions Inc/TK Martial Arts. You further agree to release Community Champions Inc/TK Martial Arts from any liability for any loss or theft of personal property. Community Champions Inc/TK Martial Arts will make no evaluation or recommendation regarding whether or not you are sufficiently physically fit for any summer camp exercise activities . It is always advisable to consult your physician before undertaking a physical exercise program.

**Lastly, by signing this document below, you ensure that you've read, understood and agreed to the terms of our Community Champions Inc / TK Martial Arts Summer Camp CIT volunteering position. Any breaches to the above rules and regulations will be reprimanded and may result in termination of your assistant position with us at TK Martial Arts. Let's all work together and do our part to ensure a great summer of fun martial arts for all!**

\_\_\_\_\_ **(CIT assistant signature)**

\_\_\_\_\_ **(Parent/guardian signature)**