

## Introducing: **The Echo Hill Ranch Teen Leadership Camp for the summer of 2012**

### **Who is the Teen Leadership Camp program for?**

The Teen Leadership Camp (TLC), which is replacing the Counselor-in-Training program, is for teenage boys and girls who wish to have a fun and intense leadership and self-awareness learning experience at Echo Hill Ranch during the Four Week Camp Session.

- To participate in the TLC I program, you must be 16 years old by August of that summer. To participate in the TLC II program, you must be 17 years old by August of that summer.
- Exceptions to this age rule for the summer of 2012 are: If you completed the CIT I Program in 2011 but are not 16 by summer, you may still enter the TLC I Program. If you completed the CIT II Program in 2011 and are not 17 by summer, you may still enter the TLC II Program.
- How is the TLC program different than the Counselor-in-Training program that it is replacing?
  - The first difference is the older age requirement for TLC I, as described above.
  - The second difference is that the TLC program focuses specifically on leadership, teaching, helping relationship and team work skills, while the CIT program focused more generally on introducing teens to our non-competitive and child-centered approach to camping in activities and the bunkhouse.

### **What will you get out of the Teen Leadership Camp?**

- **Team work skills:** increasing awareness of yourself and your behavior as a team member and how to be a more effective team member.
- **Leadership skills:** learning skills for individual and group leadership, e.g., assessing your strengths and weaknesses as a leader, how to plan for projects or activities, conflict resolution skills, how to lead a group or a meeting, and communication skills needed to be a good leader.
- **Teaching skills:** Learning methods for teaching skills to children ages 6-14, e.g., making a general lesson plan geared to different developmental levels; how to explain, demonstrate, guide and then enable a child to do the skill and safety planning. You will assist in camp activities to get 'hands-on' experience in implementing your lesson plan and trying out your new teaching methods.
- **Helping relationship skills:** learning how to communicate verbally and non-verbally in effective ways that foster a trusting relationship with children of different ages; learning how to diffuse and mediate conflict between children of different ages; learning strategies for helping children communicate more effectively with each other and work together cooperatively for a common goal. You will get ample opportunity for 'hands-on' experience in using these skills during your assigned days in various bunkhouses.
- **Outdoor leadership and Safety Skills:** acquiring skills for assisting in organizing and leading environmentally sensitive (Leave No Trace) Wilderness Backpacking, CPR and essential First Aid techniques for the bunkhouse, wilderness and waterfront.
- **Community Service Hours & Recommendation Letter:** **TLC Is** will receive a Certificate of Completion including verification of 20 hours of community service work, and a general Letter of Recommendation. **TLC IIs** will receive a Certificate of Completion including verification of 40 hours of community service work, and a general letter of Recommendation.

## What is the structure of the TLC Program?

- **TLC Is** will have their own 'home' bunkhouses and live-in advisors. They will rotate from their home bunk into a younger camper bunkhouse to be a 'live-in' TLC I for a period of 10-12 days, and then return to their home bunk. **TLC IIs** will be assigned to be a 'live-in' TLC II in a camper bunkhouse for the entire Four Week session, and will also have their own advisor.
- **TLC Is and IIs** will meet in separate groups throughout the session with Roger Friedman, PhD to focus on team building, leadership and communication skills, and will also meet regularly with Roz Beroza Friedman, MSW to discuss child development and support strategies in their role as Teen Leaders in the bunkhouses.
- **TLC Is and IIs** will keep a daily journal and share it with their Advisors for feedback on a regular basis.
- **TLC Is** will have a 2 night backpacking trip the first week of camp, and an off-camp adventure experience in Lost Maples State Park during the last week of camp. They will be scheduled for teaching workshops with Activity Heads in all major activity areas, and will participate and get to help out in horseback riding, riflery, handicrafts, pottery, archery, nature hikes, sports and swimming.
- **TLC IIs** will be scheduled for teaching workshops with Activity Heads in all major activity areas, and then will be assigned as assistants in activities that they wish to focus on. In addition, they will be expected to go on their bunkhouse's backpacking trip and lead an ongoing Camper Club that meets regularly during early morning, free swim or club days to engage in unique activities of their interest like tennis, Frisbee, chess, reading, guitar, yoga, etc.
- **TLC IIs** will plan and participate with their advisor in a daylong wilderness expedition either on the ranch or at Lost Maples State Park, at the beginning of camp for team building and personal goal setting, and at the end of camp for reviewing their progress and giving and getting feedback from their Advisor & peers.
- **TLC Is and IIs** will contribute to overall camp programming by organizing an all camp **Carnival**, assisting in serving and cleaning up picnic suppers, assisting in our ecology programs, contributing to ECHO - FM Radio Broadcasting, and enjoying fun after hours bonding activities like stargazing, basketball or campfires.
- Effectively completing the TLC I and II programs may make a young person a more attractive candidate for employment at Echo Hill, but completion of these programs in no way guarantees such employment.