



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **BEST SUMMER EVER**

**LEADERS IN TRAINING 2025  
ALAMANCE COUNTY COMMUNITY YMCA  
L.I.T. AND PARENT HANDBOOK**

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# **WELCOME TO LEADERS IN TRAINING!**

First and foremost, congratulations on this exciting opportunity! Whether you are a returning LIT or this is your first summer, it is great to have you as a part of our camp leadership. As for the fantastic parents of these LITs, thank you for trusting myself and the rest of the Alamance County Community YMCA for all of your summer camp needs. Both Camp Frontier and Camp Horizons focus on creating new friendships, developing character, and crafting life-long, fun-filled memories while actively working to emphasize character development by weaving in the values of caring, honesty, respect, responsibility, and faith throughout everything we do. I could not be more excited to make this the BEST SUMMER EVER!

For both LITs and parents – please be sure to thoroughly read through this handbook as it contains important information about scheduling, expectations, and camp policies.

## **CAMP INFORMATION**

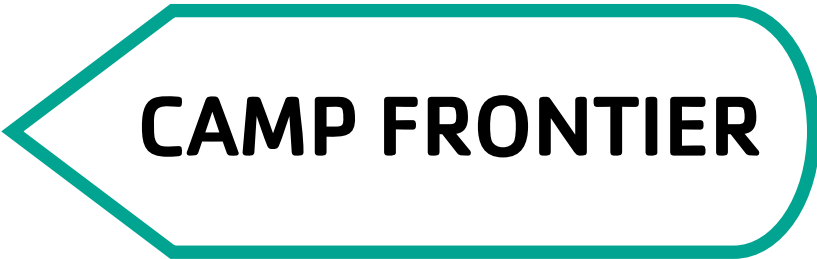
**CAMP HOURS:  
7:00AM – 6:00PM**

Camp Horizons, located at the YMCA, is for rising Kindergarten through 6th Grade. A typical day at Horizons includes sports in the gym, arts and crafts, swimming in our indoor pool, outdoor play at Burlington City Park and much more.

Camp Frontier, located on Bass Mountain Road in Snow Camp, is for rising 1st Grade through 8th Grade. A more traditional outdoor camp, includes activities like canoeing, swimming in our outdoor pool, archery, tennis, basketball, fishing, arts and crafts and much more.

The Alamance County YMCA's Leaders in Training Program is a one-of-a-kind opportunity for rising high school freshman and sophomores to experience the ins and outs of working prior to applying for a true position of employment. With this unique experience, LITs are able to learn how to be employees, engage in on-the-job training, work with children in a fun and active environment, and grow as leaders!

# CAMP SCHEDULE



7:00 - 8:30	LITs are to arrive between 7:30 and 8:00 for morning check-in with LIT Director. LITs will then assist with Rides In starting at 8:15.
8:30 - 9:00	Breakfast (provided)!
9:00 - 9:30	Opening Assembly
9:30 - 12:30	Scheduled activities. LITs will assist their assigned counselor/group during this time.
12:30 - 1:15	Lunch (provided)!
1:15 - 4:45	Scheduled activities continued
4:45 - 6:00	Rides Out for Camp Frontier. LITs can begin being picked up at 4:45. *

We are proud to say that through our food program, all of our campers receive breakfast and lunch. If you have a picky eater or a child with food allergies, you can pack them a lunch. Lunch boxes must be food that does not need to be refrigerated or heated. WE ENCOURAGE A NUT-FREE ENVIRONMENT DUE TO ALLERGIES.

# CAMP SCHEDULE



7:00 - 8:30	LITs are to arrive between 7:30 and 8:00 to assist with Rides In.
8:30 - 9:00	Breakfast (provided)!
9:00 - 9:30	Opening Assembly
9:30 - 12:00	Scheduled activities. LITs will assist their assigned counselor/group during this time.
12:00 - 12:45	Lunch (provided)!
12:45 - 3:00	Scheduled Activities Continued
3:00 - 3:30	Snack!
3:30 - 4:30	Scheduled Activities Continued
4:30 - 5:00	Closing Assembly (Fridays only!) LITs are to meet with LIT Director for afternoon check-in at 4:30 Monday–Thursday.
5:00 - 6:00	Rides Out for Camp Horizons. LITs can begin being picked up between 4:45 to 5:00.

We are proud to say that through our food program, all of our campers receive breakfast and lunch. If you have a picky eater or a child with food allergies, you can pack them a lunch. Lunch boxes must be food that does not need to be refrigerated or heated. WE ENCOURAGE A NUT-FREE ENVIRONMENT DUE TO ALLERGIES.

## **WHAT TO BRING TO CAMP**

- **BACK PACK**
- **LIT LANYARD**
- **LABELED REFILLABLE WATER BOTTLE**
- **LABELED DAILY SNACK**
- **SUNSCREEN (PLEASE APPLY ALL SUNSCREEN BEFORE ARRIVING TO CAMP DAILY). PLEASE PACK SPRAY-ON SUNSCREEN FOR AFTER SWIM TIME.**
- **EXTRA CHANGE OF CLOTHES**
- **SWIM SUIT**
- **TOWEL**

## **WHAT NOT TO BRING TO CAMP\***

- **ELECTRONICS (CELLPHONES SHOULD STAY IN BACK PACK)**
- **GAMING EQUIPMENT**
- **HANDHELD GAMING DEVICES**
- **TOYS OR CARDS**
- **FLIP-FLOPS OR SANDALS**

**\* IF ANY OF THESE ITEMS MAKE IT TO CAMP, THEY WILL BE TAKEN AND GIVEN TO PARENT(S) DURING RIDES OUT\***

# EXPECTATIONS

As a Leader in Training, you are held to similar standards as the counselors you will be working with throughout the summer. You have applied, and got accepted, to the LIT program, thus, you are no longer a camper - you are a leader. As a leader, you are expected to:

1. Keep camper safety and supervision your top priority.
2. Positively impact each camper you interact with throughout the summer.
3. Be a team player and participate in all activities.
4. Abide by the instructions and suggestions of your LIT Director and counselors.
5. Create a fun, safe, welcoming, and engaging atmosphere for campers.
6. Provide effective and appropriate discipline to campers when needed.
7. Be a positive role model for campers.
8. Actively meet the special needs of each camper.
9. Take every opportunity to learn and grow in your leadership skills.
10. Have fun!

Once again, you are no longer a camper. You are now a part of the leadership team for the Y. Your LIT Director and assigned counselor(s) are not here to manage your behavior. You are fully expected to conduct yourself the same as the traditional counselors. If behavior or conduct issues arise with an LIT, the following steps will be taken:

**OFFENSE #1:** Assigned counselor will provide a verbal warning to LIT in question.

**OFFENSE #2:** Assigned counselor will contact LIT Director and a one-on-one meeting will be had between director and LIT in question.

**OFFENSE #3:** The parent(s) of LIT in question will be contacted. Termination from the program could potentially be discussed.

# MEDICATION

All medications your LIT takes in our care must be given to the LIT Director in the original container, on the LIT's first day of camp. A medication authorization form is available in this packet of information and must be completed in order for us to administer medications to your LIT. A current photo must accompany the medication for safety purposes. This form includes name of medicine, what time the medication needs to be taken, permission to administer, parent's name and doctor's phone number for a reference. Medication may not be administered without this consent form. If medication is not picked up by your LIT's last day of camp, we will hold the medication for a maximum of one week, after that it will be discarded.

# EMERGENCY CONTACT INFORMATION

Every effort will be made to reach the family or other contacts on the camp registration form in the event of an emergency. If we are unable to reach any of the persons listed, we will take the necessary actions for the health and safety of your LIT. Should there be any changes in the emergency contact numbers, please notify the LIT Director in writing so we may update your LIT's file.

# COMMUNICATION / CONTACT INFORMATION

Miranda Parks (LIT Director)  
mparks@acymca.org

Maria Nunn (Camp Horizons)  
munn@acymca.org

Zack Manley (Camp Frontier)  
zmanley@acymca.org

YMCA Phone Number: (336) 395-9622

Camp Frontier Office: (336) 376-9793

Camp Frontier Pool: (336) 376-6424

**\* If you are needing to pick your LIT up earlier than the time listed on the camp schedule, please contact the LIT Director or your LIT's camp director.**

**THANK YOU!**



# ADDITIONAL INFORMATION

## KONA ICE

Camp Frontier and Camp Horizons have partnered with Kona Ice to offer campers an opportunity to purchase Icies to cool off! This special treat will be every FRIDAY! If you would like your LIT to participate, make sure you send them with some spending money. More information will be emailed closer to camp.

## CAMP STAFF

Camp Frontier and Camp Horizons take the safety and well being of campers very seriously. In order to ensure a quality program experience for you and your family, all of our staff and LITs are first-aid and CPR certified, and go through various trainings provided by the YMCA. Training schedule will be provided to LIT participants and families.

## ILLNESS AT CAMP

Parents will be notified if a LIT is not feeling well. Parents are required to pick up if symptoms include fever, throwing up, and/or inhibits LIT in completing the camp daily routine. LIT must be picked up in a timely manner if called about illness. If your LIT has left with a fever or throwing up, we ask that they not return to camp until they have been fever free for 24 hours

## INCLEMENT WEATHER PLAN

Camp Frontier - If the weather is overcast and rainy, we will still have camp as usual and adapt our program to make the rainy or cloudy day fun. If there is a threat of severe thunderstorms, we may have camp at the YMCA. We will do our best to make weather related decisions before camp starts, however this is not always possible, if we have to close camp early parents will be notified via text and email. You will receive an email and text about where we will have Camp on inclement weather days. Our social media will also be updated with changes.

**\*\*Please keep in mind that Camp Frontier is an OUTDOOR camp, so please dress accordingly.\*\***

**To sign up for text alerts please text Frontier to (833) 495-4465**

Camp Horizons - Since Camp Horizons is an indoor/outdoor experience, it will run as usual but will be indoors on rainy days.





**United States  
Department of  
Agriculture**

## **USDA Non-Discrimination Statement**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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