

CYO Summer Camp Counselor in Training Program Frequently Asked Questions

What is the CYO Summer Camp Counselor in Training (CIT) Program?

The CIT Program is a dynamic leadership development opportunity for teens who are eager to grow, work hard, and make a difference. Participants receive hands-on training in leadership, childcare, and activity facilitation while gaining valuable skills for future employment and personal growth. This unique program challenges teens to step up, learn by doing, and become role models for younger campers—all in the fun and supportive environment of summer camp.

Who is eligible for the CYO Summer Camp CIT Program?

This program is for individuals who will be 15-17 years old during the summer.

How much does it cost for someone to participate in the CIT Program?

There is no program fee for individuals participating in this program. There is a fee for transportation to or from camp. Families are also welcome to drive individuals to and from CYO Camp located in Occidental, CA (Sonoma County).

Can my child sign up to be a CIT for multiple sessions?

Participation in this program is limited to one session per individual per summer due to limited space.

What will teens do in the CIT Program?

Teens will support campers in their cabin and village (SurfSide, ages 8-11), shadow adult camp staff, and participate in workshops including: communication, conflict resolution, money management, activity facilitation, interviewing, and youth development.



How is being a CIT different than being a Stepping Stone camper at CYO Summer Camp?

Stepping Stone is the village at CYO Summer Camp for individuals 15-17 who would like to be campers. Just like in the other villages at camp, campers are assigned a cabin group, have a staff counselor supervising them, and experience a variety of activities throughout the session focused on building community and opportunities for personal growth.

The CIT Program is for teens interested in taking on more responsibility at camp and being a leader and role model for younger campers. CITs are assigned to a cabin in SurfSide (ages 8-11) where they will provide support to both the campers and staff counselor. A CIT could be a long-time camper or experiencing CYO Summer Camp for the first time. The best CITs are goal-oriented, hardworking, enthusiastic, eager to grow, and those who take initiative.

How do I register my child for the CYO Summer Camp CIT program?

While campers at CYO Summer Camp must be registered to attend, candidates for the CIT Program must be accepted into the program. Once a candidate is accepted, the Admin Team of CYO Summer Camp will contact the candidate's family to register them and confirm their session assignment.

What is required for acceptance into the CIT Program?

Each CIT candidate must complete an online application, provide references for a reference check, and participate in a group interview. Candidates who successfully complete each step will be offered an opportunity to participate in a session as a CIT if space is available.



Will every individual who applies and interviews for the CIT Program be accepted?

We aim to make this opportunity available to as many individuals as possible. For Summer 2025 there will be 4-8 CIT positions per session (dependent on the number of campers each session) and positions will be filled first come first served. We anticipate this program "selling out" and encourage interested individuals to apply early.

My child has been accepted into the CIT Program. What do I need to do to make sure they are signed up?

Once an individual has been accepted into the CIT Program, they will be notified by the CYO Summer Camp Admin Team. The Admin Team will then reach out to the family of the individual to confirm the session assignment and share information about the upcoming experience.

How can I help my child prepare for their session as a CIT?

A guardian must complete both a camper health form and release consent form online for the CIT. Information about these forms and how to complete them will be provided upon acceptance into the CIT Program. We encourage families to talk about the upcoming experience together. This opportunity will require the individual to be tech free during their time at camp in order for them to focus on their responsibilities. We encourage individuals to begin limiting their screen time in the weeks leading up to their session.

My child participated in the CIT Program. Can they receive service or volunteer hours for their time?

Absolutely! If a participant is in need of hours for a requirement please reach out to us at summercamp@catholiccharitiessf.org with any paperwork that needs to be completed and signed. CITs are eligible for 70 service hours.

Does participating in the CIT Program guarantee my child will be hired as a counselor when they are 18 at CYO Summer Camp?

While participating in the CIT Program does not guarantee future employment at CYO Camp, those that have successfully completed the program are often seen as strong applicants by the CYO Summer Camp Hiring Manager.

