



IHC Camp Counselors

The Cabin Specialist & The Activity Specialist

At Indian Head Camp we hire exceptional individuals who are prepared to 'do it all'.

Our working ethos revolves around the mind set: 'What can I do to make someone else's job easier?' Therefore, despite the fact that you may be hired as a Cabin Specialist, or an Activity Specialist, first and foremost you are a Camp Counselor. In most scenarios your job description is identical; you live in a cabin with kids, you have equal responsibility, and you are working and striving for the same goals. In summation, despite your position at camp, you are equally as valuable as your neighbor, and we are truly excited by the prospect of welcoming you into our team.



The Cabin Specialist



Cabin Specialists (CS) are the "Heart and Soul" of camp. As a CS you eat, sleep and play with the same kids throughout the entire summer. Every camper's summer revolves around the relationship developed with you, at the cabin level. Cabin Specialists are college aged men and women who are dedicated to being positive, and patient, role models for our campers, and who love being with kids! Each CS is intentionally placed with one specific age group that we feel will compliment your current skill set. As a CS, you'll have full involvement in daily activities and program, trips and camper outings.

Activity skills (i.e. soccer, swimming, etc...) are a real plus, and experiences with day or resident camp children, as well as playground/school groups is also helpful. This is a job that will simply have you full time with kids of one particular age; the good times, the rewarding times, the absolutely unbelievable times and the occasionally difficult times. The CS position is very hard work, but incredibly rewarding and fun!

This is a first-rate, hands-on experience for those majoring in Education, Early Childhood, Psychology, and Human Development, but is certainly NOT limited to these majors.



The Activity Specialist

Activity Specialists (AS) bring camp to life. Activity Specialists instruct campers, of all ages, in a specific activity area be it Athletics, Performing & Creative Arts, Waterfront, or Outdoor Adventure. All Activity Specialists must have a comprehensive background within their area of interest, as well as the ability to easily adapt and modify lesson plans that suit various age groups (7 years to 16 years). Although as an AS you will coach children of all ages, you will, however, live in a cabin with a specific age group of kids. When Activity Specialists are not instructing in their area of expertise, they work and travel with this cabin group and during these times act no differently from the CS.

At Indian Head we stress participation, more than competition. We seek individuals who can embrace this philosophy, while still providing excellent instruction that will result in providing kids with a winning experience.



We hire activity specialists in the following areas:

Archery	Baseball/Softball	Basketball	Dance
Disc Golf	Fitness	Flag Football	Games
Golf	Gymnastics	Hockey	Lacrosse
Landsports	Skate Boarding	Soccer	Tennis
Track	Ultimate Frisbee	Volleyball	Yoga/Pilates

Athletics



Performing & Creative Arts



Arts & Crafts	Ceramics	Cooking	Drawing	Desktop Publishing
Fine Arts	Jewelry Making	Music	Painting	Photography
Stained Glass	Theatre	Video Editing	Website Design	Woodworking

Waterfront



Canoeing	Kayaking
Paddle Boarding	Sailing
Swim Instruction	Waterskiing

Outdoor Adventure

Caving	Challenge Course
Hiking	Mountain Biking
Outdoor Living Skills	Rock Climbing
Facilitating	Canoe/Kayaking



A Day in the Life of a Camp Counselor



1 Wake Up!

Indian Head Camp Staff are involved in every aspect of a camper's daily routine. Your day will start off by waking up approximately 15-30 minutes before the campers to prepare yourself for the day. Wake-Up music will be played throughout camp to get the day started off on the right foot. Your responsibilities during this time include making sure that all of your campers are awake and out of bed, in addition to making sure they're following proper hygiene and wearing appropriate clothing for the morning. You'll then head to Line-Up (one for boys' side and one for girl's side on lake camp - these are the younger kids in camp) or Lawgs (for our older campers who live 'on the hill') to hear important announcements for the day; get sports scores, fun facts, and enjoy other special traditions! Your energy will directly influence their energy during these times.

Make EVERYTHING fun, even wake up and line up!

2 Breakfast & Dinner

Meal times are another important time for staff to be involved and facilitating. You'll be eating breakfast and dinner at a table with up to eight campers from the age group in which you are living with, and one or two other staff members. Since breakfast and dinner are served family style, you become the waiter and pick up the food for your table. This is a great time to play meal time games and set good routines, in addition to establishing appropriate eating habits. You'll want to make sure all of your campers are eating properly, while being aware of any food allergies.

3 Flagpole

Flagpole is another camp tradition that happens twice during the day; once in the morning to raise the flag, and again in the evening to lower the flag. During flagpole we'll give campers and staff special recognition by calling them up to the flagpole for any outstanding achievements. We'll also recognize any campers and staff who are celebrating birthdays or who have lost a tooth, by singing one of many camp songs! This is an incredible time to sit in with your kids and supervise, while showing spirit and enthusiasm. Chances are you'll have at least one camper sitting on your lap or shoulders during flagpole! Our older kids raise and lower the flag in a separate location, and the tone here is much more 'teenager' orientated. Regardless of whether you are with the younger kids on the lake, or the older kids on the hill, your energy and enthusiasm will bring smiles to each campers face.

4 Clean up

Clean up on lake camp takes place in the cabin before first period begins and slightly later in the day for hill campers. While this can sometimes be stressful, you'll want to make it fun by playing music and inventing clean up games. Routines are incredibly important to camp life and communicating with your co-counselors and being on the same page is critical. The better established your routines are, and the more enjoyable you make them, the easier it becomes! Each cabin has a job wheel and both campers and staff have a daily job. Once your job is complete, set a great example by helping campers and other staff with their jobs. This is a great time to get creative with your campers and think of fun ways to motivate them.

5 Activity Periods

There are six activity periods throughout the day, one of which will be your period off. Here's what to expect:

Cabin Specialists

As a Cabin Specialist (CS), you will be travelling from activity to activity with the group of campers you are living with on a daily basis. During the times you are at an activity, you will be participating with your campers and helping the instructor to facilitate that activity. Whether it is soccer, arts & crafts, sailing, rock climbing, or general swim, we want you involved and active! After all, camp is a participation sport, not a spectator sport!

During activities you'll want to play close attention to the group and individual dynamic to make sure that all campers are feeling good about themselves and are included in the activity. If you have a child who is uncomfortable with their skills at a particular activity, this is a great time to work with them one-on-one to build their confidence. It will also go a long way in helping to further strengthen your relationship.

In addition, CS's are involved in running specialty clinics each week during 6th period - both helping out and learning skills in an existing activity, or proposing new program options for the kids and running them! Worried that you're not skilled in an activity? Don't be! Go out there and try your hardest, your kids will love you for it!

Activity Specialists

As an Activity Specialist (AS) you will spend the six activity periods coaching and/or teaching in your specific area of skill. During this time you will be working with both boys and girls, ages 7-16, all of which will have a different level of interest and skill in your activity area.

A Cabin Specialist will be with each cabin during your lesson; As they are the experts in their group of campers, they are there to participate with the campers, and help the AS manage and facilitate.

All Activity Specialists keep a log book of lesson plans and skill development for each cabin that they work with on a daily basis. Having the ability to differentiate instruction for campers of varying skill and interest levels is critical in this role. In addition, Activity Specialists run a specialty clinic during the 6th period of each day for campers who elect to sign up to spend more time in an area of interest. You will also have at least one Cabin Specialist assigned to your area during this time to help you facilitate your activity.

Finally, depending on the activity, certain Activity Specialists will be responsible for coaching a team, officiating a game, running a practice, or putting together a performance. Remember, we stress participation more than the end result. Add enjoyment to your activity area and help give our campers a winning experience!

6 Lunch

Lunch is served buffet style and campers have the option to sit either inside, or outside on the flagpole area. They may choose to sit with siblings, cousins, friends, or a favorite staff member! As a staff member, you'll switch off days eating inside and outside and are responsible for supervising the campers within your area, making sure that they clean up after themselves. Once lunch is over, each bunk has a meeting place around the flagpole where they'll gather to head back to the cabin together for Rest Hour.

7 Rest Hour

Rest Hour takes place back in the cabin and is an incredible time to further develop relationships with your campers and get to know them better. You'll be playing board games, cards, having rafter ball or jacks tournaments, reading stories, listening to music, and helping campers write letters home. In many cases, the activities, games, and stories you share during Rest Hour are the things that your campers will remember the most! This is also a very important time when Cabin and Activity Specialists come back together to work in the cabin. Communication and information sharing is key during this time!

8 Milk & Cookies

Everybody loves Milk & Cookies, so why not have some every day, between 5th and 6th periods!



9 Shower Hour

Similar to Wake Up, Clean Up and Rest Hour - Shower Hour is a time when all staff comes back to the cabin to work together. Routines and structure are very important during this time in order to ensure that all campers are showering and changing into clean clothes.

10 Free Play

Free play takes place after dinner and evening flagpole, and is for lake campers only. During this time all staff are assigned to various "On Duty" or "OD" posts to supervise a specific area. Campers have the ability during this 30-45 minute time period to go to any open activity areas and participate in the activity of their choosing. A loud "RECALL" over the PA system will alert you when Free Play has ended and it's time to return to the cabin to prepare for evening activity!



11 Evening Activity

Evening activities can be all camp, divisional, or by gender. These are fun and exciting activities that are different from the normal activity day. They can range from Dress Your Counselor, Putting on the Hits, Panic! and Color Chase to Pool Parties, Scavenger Hunts, Intramurals, Progressive Sunday, Friday Night Campfire and much much more! If you get excited about the activity, your kids will too!

12 Snack/Hill House & Bed Time

Routines are once again vital to your success as a camp counselor during snack and bed time. Once lake campers return from evening activity, they will receive a bed time snack and get ready for bed. Making sure that campers are changing into pajamas, brushing teeth and washing faces are all a part of the job! This is also a great time to start bunk traditions to get everyone settled for the evening. Whether it's going around to each camper individually to talk to them about their day or having each camper share a favorite moment from the day, bed time traditions are incredibly valuable to the camp experience. We also ask that each cabin is read a story each night by their counselors as part of the bed time routine.

For our hill campers the night is not quite over after evening activity. These campers go directly to the 'Hill House' where they can hang out with their friends, relax and have soda and candy. Hill campers head to bed around 10:30pm, so staff living with these kids finish the day slightly later than lake camp staff. On the flip side however, the hill campers sleep later, so it evens itself out in the end.



13 Check Out and "OD" Transition

Once per week, you will be assigned to sit "OD" or On Duty. During this time you are responsible for supervising 1-2 cabins between 10 PM and 1 AM. Staff who are not sitting OD that evening may check out once their cabin is settled and an OD has relieved them. All staff must check in no later than 12:59:59 AM.

