



CREW at Miramont!

engage, energize, and inspire young adults
to be positive leaders
within their community



MIRAMONT
LIFESTYLE FITNESS

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www.miramontlifestyle.com



MIRAMONT
LIFESTYLE FITNESS



CREW Counselors in Training Program at Miramont!

Leadership Development Training | June 12-23
Shadowing Program | June 26-August 4
9 - 3 pm | Miramont South | 901 Oakridge Drive



*"I was a bit skeptical at first, but I was proven wrong.
CREW and Miramont have been so supportive in helping me
become a better leader and all around better person"*

- CREW testimonial

engage, energize, and inspire young adults to be positive leaders within our community



CREW at Miramont!



Miramont offers a Counselor in Training Program (CREW) for young adults between the ages of 13-15. This 5 week program is designed to equip young adults with the skills necessary to become a successful camp counselor. Students who complete the summer training program are extended an early entry opportunity to interview for a position within the Youth Department upon turning 16. (Apart from CREW program graduates, the minimum age requirement to join the Camp Team is 18 years).

Leadership Development Training | Weeks 1-2 | June 12-23
Shadowing Program | Weeks 3-5 | June 26 - August 4
9-3pm | Miramont South | 901 Oakridge Drive

Program Includes

- Leadership Development Training
- Training on how to plan and execute developmentally appropriate activities
- Character First Program Training
- Training on how to lead engaging group activities
- Training on how to teach the following Learn to Play sports workshops: Soccer | Basketball | Flag Football | Rock-Climbing | Gymnastics | Tennis | Floor Hockey | Lacrosse | Ultimate Frisbee | Softball | Volleyball

Program Goals

- To engage, energize, and inspire young adults to be positive leaders within their community
- To empower young adults to intentionally lead by example
- To develop skills in teaching and coaching sports to children
- To have FUN learning and growing in a positive environment with friends!

Registration Information

Member | \$125 per week (M-F) Non-Member | \$138 per week (M-F)

- **Registration opens on Monday, January 9**
- To register please call Christina Payne, Youth Director | 970.457.4328
- Online registration at www.miramontlifestyle.com, click "member login"



learn & grow in a positive environment

intentionally lead by example

What to expect in the 5 weeks of training

Weeks 1-2 in the CREW Program, students will complete trainings on the following topics:

- Teaching techniques and learning styles
- Overview of child development
- Conscious discipline and positive classroom management
- Group development
- Creating community contracts
- Team building - How to lead:
 - Name games | Group energizers
 - Get to know you activities | Initiatives
- Debriefing techniques
- Situational leadership
- Overview of the Character First Program
- Miramont culture and communication
- Hands on instruction on how to teach the following Learn to Play workshops:
 - Basketball | Soccer | Softball | Floor Hockey | Rock-Climbing
 - Volleyball | Tennis | Flag Football | Dance | Ultimate Frisbee | Lacrosse



Weeks 3-5 after completing the intentional leadership training, June 12 - 23, CREW Program participants will have the flexibility to schedule their shadow program weeks during a time frame that serves their summer schedule. Participants select a minimum of three weeks between June 26 - August 4.

During weeks 3, 4 and 5, CREW Program participants will spend their days shadowing a Sports Camp Counselor and building relationships with their specific camp team. With the support of the Counselor Team, CREW participants will be given the opportunity to apply their learning from the first portion of the training program by leading activities and working directly with their small camper team.

Character First Program: Miramont utilizes Character First Youth Curriculum which emphasizes the development of the whole child within their environment to help them grow physically, mentally, and socially.

Each week, campers spend time in their groups examining prepared lessons that promote integrity and character development. Each week's character trait is reemphasized throughout the activities included in camp. CREW members spend time each week discussing character traits, how each trait relates to leadership, and how they, as a team of leaders, can support with reinforcing the development of each week's specific character trait within the camp community.



CREW

Counselors in Training Program