



# TOWN OF SOUTHBURY

## PARKS AND RECREATION

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Southbury, Connecticut 06488  
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## Counselor-in-Training (C.I.T.) Program for Rising Grades 8-12

Southbury Parks and Recreation is accepting applications for Counselor-in-Training program that will be held at our Adventure Day Camp, June 16-August 14 between the hours of 8:30am-3:30pm Monday-Friday. Applicants need to be in grades 8-12 (entering in fall 2026).

**Note:** There are a limited number of spaces for this program. Spaces will be filled on a rolling basis and may close at any time.

### Criteria for Acceptance into the program

Ideal candidates should enjoy working with children, be enthusiastic, responsible, and mature. Interested individuals **must complete the following steps** to be admitted into the program.

\_\_\_ Must submit an application packet which will include a completed C.I.T application and a reference letter written by a coach, or a teacher, or a principal.

\_\_\_ After the packets have been received candidates will be contacted for a brief interview at the Southbury Parks & Recreation Office.

\_\_\_ Successful candidates will be sent an acceptance letter into the program. Upon receipt of the acceptance letter, candidates will be required to pay a registration fee (to review pricing, please visit the Parks and Recreation [website](#)). **NOTE: This is a development opportunity and candidates will not be financially compensated if accepted as a C.I.T.**

### What is the C.I.T. Experience?

The Counselor-in-Training Program emphasizes learning and individual growth. With that in mind, it is our mission to work with each C.I.T. to help them develop and reach goals by the end of the summer.

Some of the program highlights are:

- Hands on experience working with children in grades 1-5 in a fun, fast paced, summer camp environment at our Adventure Day Camp
- Recreation Leader Mentorship for the duration of the summer
- Directly involved with assisting the Camp Director, Assistant Camp Director, and Head Camp Counselor
- Weekly leadership workshops that will include team building, activity planning, and leadership training

### **Benefits of Becoming a C.I.T.**

- Have the opportunity to work with children, impact lives in a positive way, and create memories that last a lifetime!
- Excellent resume builder (great for college applications)
- C.I.T.'s that perform well may be given preference in the future hiring process when Camp Counselor positions become available and the C.I.T. is of working age.

### **Special Considerations**

- While we fully understand a parent/guardian should be the strong backbone of any C.I.T. we encourage parents/guardians to have a limited role in this program. After all this is a leadership program and in order for C.I.T.'s to be successful they must be given the opportunity to be independent, responsible, and able to advocate for themselves. Teaching responsibility is one of the main goals of our program, so please support our efforts by encouraging your young adult to handle all C.I.T. business on their own!
- Time off and vacations are discouraged due to the nature of our summer camp programs. They are six weeks long and we are looking for full commitments. Any time off must be agreed upon and approved in advance by the Recreation Supervisor.
- C.I.T.'s are expected to attend all mandatory orientation, meetings, and trainings upon receiving an acceptance letter.

Application packets will be accepted from **December 29, 2025 to March 9, 2026**. Applications submitted **after March 9, 2026** will not be accepted. **Payments for the C.I.T Program are due by April 20, 2026.**

Application packets need to be submitted to Lexi Polasek, Recreation Supervisor via one of these methods:

- emailed to [mlennon@southbury-ct.gov](mailto:mlennon@southbury-ct.gov), OR
- mailed to the Parks and Recreation Office (561 Main Street South, Southbury, CT 06488)  
- Attention: Meghan Lennon OR
- be handed in person at the above address

For any questions please contact Meghan Lennon, Parks and Recreation Director at [mlennon@southbury-ct.gov](mailto:mlennon@southbury-ct.gov) or call Parks and Recreation Office at 203-262-0633.