

CAMP NOMININGUE

The Nominique LIT experience

Skills After arriving safely at camp, the Leader in Training (LIT) program begins. After their first meal, the LITs jump into the lake to begin their training. The initial focus is first aid and lifesaving instruction. These training sessions are broken up with lectures and discussions on leadership styles, expedition behaviour and group development. The LITs will spend time in canoes, to practice their tandem canoeing, with the purpose of being certified by ORCKA (Ontario Recreational Canoeing and Kayaking Association). They will also be taught other aspects of canoe tripping including campsite management, environmental ethics and orienteering.



Experience and responsibility After spending up to a week in camp, the LITs set out on their eight-day canoe trip. It is a rather unique experience. For the first three days, the leaders remain with the group teaching them everything they need to know to be self-sufficient. On the fourth day, the LITs separate from the leaders who then shadow the LITs until the night of the seventh day. During this time apart from their leaders, the LITs have the opportunity to put into practice everything they have learned up to this point. This time is very important for the development of the LITs, as they learn to be part of a group and to take on greater responsibilities. The leaders remain behind but within earshot, so that if there is an emergency, the group can quickly recombine. Skills like portaging, orienteering, fire-building, cooking and canoeing are refined over the course of the trip. On the seventh day, the leaders rejoin the group for a final dinner and a trip debrief.



Positive Action Returning to camp, the LITs begin a new experience. After completing sessions on programming and how to deal with difficult campers, they take their place in the tent-line as acting counsellors for three days, working with 7 to 12 year-old campers. This practicum gives the LITs a small taste of what it is like to be a Nominique counsellor. For many LITs, the practicum puts many things into perspective as they experienced the joy and responsibility of guiding the growth of campers.

Reflection After the practicum, the LITs embark on their solo experience, where they will spend 24 hours on the shores of Lac des Zouaves in Parc Papineau-Labelle. They leave camp with only their sleeping bag, some rope and a tarp for a shelter,

food, a pen and paper, and the clothes they are wearing. The solo experience is not focused on survival, but rather it is a time to reflect on the lessons learned throughout the LIT program. The leaders maintain visual contact and remain within earshot throughout the 24 hours.

Achievement and Growth To complete the 23-day session, the LITs participate in a triathlon (swim, solo canoe and portage), attend final council ring and receive their personal evaluations. The written evaluation provides the LIT with a roadmap to guide him on his way, whether he returns to Nominique as a junior counsellor or becomes a leader elsewhere.

Winter Address

112, rue Lippée, Les Côteaux, QC J7X 1J4
(450) 267-2555 • Fax: (450) 267-2556
info@nominique.com
www.nominique.com

Summer Address

1889 ch des Mesanges, Nominique, QC J0W 1R0
(819) 278-3383 • Fax: (819) 278-3107
info@nominique.com
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LEADER-IN-TRAINING PROGRAM

Camp Nominique's Leader-in-training (L.I.T.) program provides participants with basic camp counselling philosophy and equips them with skills for group work and the essential skills associated with camping. The program offers a progressive experience in leadership work. Our program runs for 23 days and provides the L.I.T.s with certification in lifesaving and first aid. Besides the ongoing leadership training, there is also a group canoe trip, a practicum with younger campers and a solo experience. The program is limited to 10 participants and 2 leaders.

THE PROGRAM

Segment 1 - In Camp Training

While in camp, L.I.T.s have the opportunity to get to know the other participants and the leaders through group initiatives. They begin theoretical and practical applications of their certification courses -- Bronze Medallion, Wilderness First Aid and Cardio-Pulmonary Resuscitation. The L.I.T.s work on the canoeing, campcraft, and orienteering skills necessary for the canoe trip.

Segment 2 - LaVerendrye Canoe Trip

This is an eight day trip focusing on the participants' canoe tripping skills, and application of the leadership and decision making skills already learned in camp. For this reason, the trip will not be just a matter of getting from point A to B, but will instead consist of a series of leadership situations providing many instances for the participants to think and lead for themselves.

Segment 3 - Practicum

During the practicum, the L.I.T.s put their new skills into practice with the younger campers. Each participant is assigned to a tent group. However, they will not live in the tent, but will be present to observe and to assist the tent counselor with many of the day to day duties, including wake up, tent inspection, quiet hour, and bed time. The L.I.T.s also learn how to teach an area of instruction. The camp's instructions are divided into three sections under the headings: Land (riflery, archery, golf and tennis), Water (kayaking, sailing, windsurfing and swimming), and Tripping (canoeing, campcraft, orienteering and nature). They will choose their area of specialization and will be taught how to effectively instruct these skills to younger campers. L.I.T.s will also have practice in assisting as leaders in general camp programs.

Segment 4 - The Solo

The solo trip has 2 goals. The first is to provide each L.I.T. with 24 hours of solitude to assess their place in the program and evaluate their experience. The second component is the chance to use their canoe tripping skills to build an adequate shelter, get a fire going and cook their own food without the benefit of a group. Their leaders will evaluate their campsites for safety and environmental concerns.

THE L.I.T. APPLICATION PROCESS

Please, do not delay in sending in your application. Due to the intense nature of the program, there are only 20 spaces available, 10 in each session.

Each participant **must** meet the following **prerequisites** to be considered:

- born in 1996 or earlier and having completed grade 10 or its equivalent
- Deep Water swimming ability, or equivalent (Red Cross AquaQuest Level 6)

The L.I.T.'s completed Application and Information forms must be received by the camp's office, as well as the necessary deposit. Upon receipt, the applicant will be granted provisional acceptance into the program. Official acceptance will be finalized on January 31, 2012.

Please print clearly and use separate application for each boy.

LIT	First Name			Last Name		
	Date of Birth Day		Month	Year	Age as of Sept. 30, 2012	Years at Nomingue
	School Attending					Grade Completed June 2012
	Please indicate first language if other than English		If so how well does he speak English? Fluently <input type="checkbox"/> A Little <input type="checkbox"/> Not at All <input type="checkbox"/>		Camper's feelings about attending camp this summer Enthusiastic <input type="checkbox"/> Neutral <input type="checkbox"/> Reluctant <input type="checkbox"/>	

Please indicate the session desired. Please refer to Rates & Dates page for complete fee information.

SESSION	Period	Length	Begins	Ends	Fee until Dec. 15, 2011	Fee as of Dec. 16, 2011
	LIT J <input type="checkbox"/>	23 days	June 30th	July 22nd	\$3,200.00 (\$3,679.20)	\$3,365.00 (\$3,868.91)
	LIT A <input type="checkbox"/>	23 days	July 25th	August 16th	\$3,200.00 (\$3,679.20)	\$3,365.00 (\$3,868.91)

FAMILY	Name of Father or Guardian: (Please circle) Dr. Mr.				Father's Email	
	Father's Address					
	Apt		Street			
	City		Province	Country		Postal Code
	Home Phone ()		Business Phone ()		Cell Phone ()	
	Vacation Home ()					
	Name of Mother or Guardian: (Please circle) Dr. Mrs. Ms.				Mother's Email	
	Mother's Address (If different from above)					
	Apt		Street			
	City		Province	Country		Postal Code
	Home Phone ()		Business Phone ()		Cell Phone ()	
	Vacation Home ()					
Camper lives with (Circle one): Both parents father mother 50/50			A group photo is taken at the beginning of each session, the cost is 20.00 plus taxes would you like a print sent home with your child? Please check your choice. YES <input type="checkbox"/> NO <input type="checkbox"/>			
Person to whom financial statements should be mailed. Please add SIN # to receive RL-24 (For Quebec residents only.) Father <input type="checkbox"/> Mother <input type="checkbox"/> Other (Specify Address): SIN#:						

OFFICE USE ONLY

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Please turn over...

ADDITIONAL INFO

Have other family members attended Nominique? If so, please complete information below.

Name 1	Camper <input type="checkbox"/>	Staff <input type="checkbox"/>	Years
Name 2	Camper <input type="checkbox"/>	Staff <input type="checkbox"/>	Years

How did you hear about Camp Nominique?

Friend/Relative <input type="checkbox"/>	OCA/QCA <input type="checkbox"/>	Internet <input type="checkbox"/>	Alumni <input type="checkbox"/>	Newspaper/Magazine Advertising (Specify) <input type="checkbox"/>	Other (Specify) <input type="checkbox"/>
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Has your son attended other camp(s)?

Camp 1	Year(s)	Camp 2	Year(s)
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If you would like us to mail camp information to your friends, please list name and addresses here:

Name	Address	City	Province	Postal Code	Age
Name	Address	City	Province	Postal Code	Age

USA / INTERNATIONAL CAMPERS

We are pleased to offer an **outgoing email service** for our campers from outside of Canada. The boys may write one email per week.

Please register my son for **outgoing email service** **Send emails to:**

All campers are required to have a Personal Floatation Device (PFD) for water-based activities. International campers may rent PFD's from camp for a cost of 1\$/day:

Please provide my son with a PFD Camper's Height _____ Camper's Weight _____

All foreign campers are required to have **Emergency Medical Insurance** during their stay at camp. Camp Nominique offers this service to our campers at cost (varies depending on the length of stay).

If you choose to opt out of this service, please read, sign and return the Campers with Private Insurance form with application.

Please enroll my son with the camp insurance plan We choose to opt out of the plan and have filled in the form

AUTHORIZATION

I have read the "**Rates & Dates 2012**" page which also applies to the LIT program and agree to all the conditions listed therein.

Enclosed please find my cheque or credit card authorization form in the amount of **\$600.00** to apply towards camp fees. I agree to pay the balance of fees due, on or before **May 1, 2012**.

Signature of Parent or Guardian _____

Date _____

Please send completed LIT applications to:

<p>Winter Address 112, rue Lippée, Les Côteaux, QC J7X 1J4 (450) 267-2555 • Fax: (450) 267-2556 info@nominique.com</p>	<p>Summer Address 1889 ch. des Mesanges, Nominique, QC J0W 1R0 (819) 278-3383 • Fax: (819) 278-3107 info@nominique.com</p>
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Visit us on the web at www.nominique.com



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LEADER-IN-TRAINING INFORMATION FORM - *Please Print or Type*

NAME: **HOME PHONE:** (.....).....
 First Name Family Name

EMAIL:

PREVIOUS CAMPING EXPERIENCE:

Numbers of summers in any camp as a camper: ____ as a staff: ____

Camp Attended:	During the years:	As a Camper or a Staff:
_____	_____	_____
_____	_____	_____

SPECIAL SKILLS: CAMP NOMININGUE offers instruction every morning. Check one of the General Groups of activities in which you feel you would like to become proficient as an assistant instructor.

____ TRIPPING (Canoeing, Campcraft, Orienteering, and Nature) ____ WATER (Kayaking, Sailing, Windsurfing, and Swimming)
 ____ LAND (Tennis, Riflery, Archery, Mountain Biking, and Golf)

What specific two **INSTRUCTIONS** of your selected Group would you like to concentrate on and why:

First Choice:
Second Choice:

Do you hold a current Swimming or Lifesaving Certificate? No ____ Yes ____

If "YES", specify:

How do you classify your swimming ability? Strong ____ Average ____ Weak ____

Do you hold a current First Aid or CPR Certificate? No ____ Yes ____

If "YES", specify:

List any certification you have in other activities, ie. canoeing, sailing, windsurfing, etc.

Are you interested in Canoe Tripping? No ____ Yes ____

If "NO", why not?

Do you play a musical instrument? No ____ Yes ____

If "YES", what instrument?

Which languages do you speak? English ____ French ____ Spanish ____ Other: _____
Please circle your "First or Maternal Language"

Are you involved in other Youth Organizations (such as Scouts, YMCA, etc.)? Yes ___ No ___

If "YES", which ones? _____

Do you have any related work or volunteer experience? Yes ___ No ___

If "YES", briefly explain? _____

Are there any reasons you may have difficulty performing any of the essential elements of the LIT Program?

Yes ___ No ___ If so, please explain: _____

REFERENCES: Former employer, teacher, coach, etc. having knowledge of your character, experience and ability.
(NOT A RELATIVE)

1. Name: Relationship: ..
Mailing Address: Daytime Phone:
..... Nighttime Phone:
2. Name: Relationship: ..
Mailing Address: Daytime Phone:
..... Nighttime Phone:

What contributions do you think you can make at camp?
.....
.....

What contribution do you think a well-run camp can make to children?
.....
.....

BIOGRAPHICAL SKETCH:

On a separate sheet of paper write a brief biography telling us of any experience or special training you have had working with children, camping, canoe tripping, sports or any related field of activity that might have a bearing on this application.

Date: Signature: