



Counselor Training Program

Major Requirements

JC MAJOR HANDBOOK



Counselor Training Program

Major Requirements

ARCHERY MAJOR

(One Year Major)

1. Complete Archer 1st class requirement (passing with acceptable shooting form as well as points needed)
2. Demonstrate ability to be in charge of the following (minimum 5 mods)
 - a. Archery Closet
 - b. Understand the procedures of distributing equipment
 - c. Storage of equipment
 - d. Recommending replacement or repair of worn equipment
3. An Archery Notebook will be given to you, which you must maintain. You are responsible for the information in the notebook and will be tested on it, orally and in a final written test
 - a. Detailed, written outline of a beginner dry lesson
 - b. Detailed, written safety rules
 - c. Detailed, written proper techniques for shooting
 - d. Keep a record of teaching experiences on the range (errors and corrections, teaching techniques, etc.)
4. Demonstrate to the Archery department head or head of JC Archery majors a beginner dry lesson
5. Demonstrate a working knowledge of safety rules of the range
6. Give commands on the range in proper order and manner for a minimum of 2 periods
7. Demonstrate a working knowledge of proper shooting techniques
8. Demonstrate working knowledge of repair of equipment
 - a. Repair of equipment will be on a weekly basis. The archery majors will make ALL repairs during their assigned periods or “free” time
9. Candidate will instruct for a minimum of 12 periods on the range
10. In the morning and afternoon, generally B and E Mod, Archery majors will be scheduled to do maintenance and repair of archery equipment. If you are scheduled for this duty, you should report to the archery shed where maintenance is performed



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Major Requirements

ART MAJOR **(One Year Major)**

Statement of Purpose – Art majors will work toward a dual goal – developing their personal vision through the creation of their own artwork and improving their teaching skills by supporting the work of campers involved in art activities.

Criteria for Evaluation – Creation of one project (total of 5) from each of the following basic craft processes. These projects should be well designed and carefully executed. These projects represent basic craft processes found in most camp programs.

Clay – slab, coil, pinch, wheel-thrown

Paper – marbling, bookmaking, printmaking, paper mache, papermaking

Fiber – baskets, weaving, knotting, felting, embroidery

Leather – tooling, sewing

Jewelry – wire, copper enameling, beading, polymer clay

1. Completion of two (2) artworks completed in a creative, well-crafted and self-expressive way
2. Participation in a group critique
3. Ongoing consultation with art department head counselor to critique progress of artworks and support teaching efforts
4. Teaching of art activities for a minimum of five (10) hours. An instructional visual aid should be created as part of teaching the art making process involved
5. Demonstration of clean-up skills during all art mods attended as well as five (10) maintenance hours
6. Participation in the planning, set-up and closing of the JC Art and Media Arts Majors Annual Art Show

Media and Technique Options

Media – charcoal, pastels, watercolors, ink, clay, metal, glazes, leather, dyes, linoleum, yarn, reed, wire, beads, plaster, fiber, paper, glass

Techniques – sculpture, ceramic processes, glazing, basket making, printmaking, enameling, embossing, weaving, batik, drawing, painting, bookmaking, calligraphy, marbling, sewing, embroidery, beading, papermaking, leather tooling, candle making, felting, jewelry making, glass cutting



Counselor Training Program

Major Requirements

DRAMA MAJOR (One Year Major)

JC's can sign up as a Drama Major with a focus on ACTING or a focus on TECHNICAL THEATRE.

ACTING FOCUS

- Take *Intro to Theatre* Mod (Week 1, Mod E)
- Take *Basic Acting* Mod (Week 2, Mod E)
- Take *Movement for Actors* Mod (Week 3, Mod E)
- Take *Final Camp Show Music* Mod (Week 3, Mod C)
- Take *Final Camp Show Dance* Mod (Week 4, Mod C)
- Take *Final Camp Show Rehearsals* Mods (Week 5 and 6, Mods A and B)
- Take *Final Show Clean Up* Mod (Week 7, Mod A)
- Take at least one *Tech Theatre* Mod or the *Costume/Set Construction* Mod (See Schedule)
- Be at all Final Camp show rehearsals scheduled during rest time, evening activity, or Sunday activity periods.
- Assist as needed for Sat. Night Alive, One Acts/Fun Acts, or Talent Shows. (Including post show clean up.)

TECHNICAL THEATRE FOCUS

- Take *Intro to Theatre* Mod (Week 1, Mod E)
- Take *Basic Acting* Mod (Week 2, Mod E)
- Take *Costume Design/Set Construction* Mod (Week 4, Mod E)
- Run Tech for *One Acts/Fun Acts* Mod (Week 3, Mod B)
- Take *Technical Theatre* Mod (Week 5 and 6, Mod E)
- Take *Final Camp Show Rehearsals* Mods (Week 6, Mods A and B)
- Take *Final Show Clean Up* Mod (Week 7, Mod A)
- If requested, be at Final Camp show rehearsals scheduled during rest time, evening activity, or Sunday activity periods.
- Assist as needed for Sat. Night Alive, One Acts/Fun Acts, or Talent Shows. (Including post show clean up.)



Counselor Training Program

Major Requirements

LANDSPORTS MAJOR

(One Year Major)

1. Select two landsports and participate in one week of instruction in each (minimum 10 mods):
 - a. Baseball
 - b. Basketball
 - c. Field Hockey
 - d. Lacrosse
 - e. Soccer
 - f. Frisbee
2. Participate in one inter-camp competition in basketball, soccer, or baseball.
3. Demonstrate skills proficiency, knowledge of game, safety considerations and knowledge of rules in selected landsports.
4. Demonstrate ability to teach skills (at all levels) of the two selected landsports.
5. Officiate a minimum of two intra-camp competitions in each of the two separate landsports.
6. Assist with planning and implementation of a minimum of one special event, as determined by department head.
7. Complete three (3) hours of maintenance
8. Compile a notebook, to include information on the two selected landsports, as follows:
 - a. Written safety rules
 - b. Outline of lesson plans
 - c. Self-evaluation/reflection of teaching strategies, strengths and weaknesses



Counselor Training Program

Major Requirements

MEDIA ARTS MAJOR

(One Year Major)

Subject Areas Included in Major

Art and Photography
Maintenance Hours

Five (5) Hours

Teaching Hours

Five (5) hours must be arranged with the appropriate department head in advance

Progress Meetings

Each major will meet twice with Media Arts program director and JC Staff liaison before final review.

Final Reviews

Final reviews will be with Media Arts program director and JC Staff liaison.

Participation and production of final art show. To include work from Special Event Project

Media Arts Major – Photography Requirements

Final Project

Four photographs (JC chooses sizes, creativity should be reflected in choices) showing good camera technique, composition, exposure, contrast and overall printing skills.

Subjects of Photographs to Include

All photographs to be mounted or matted for display in Art Show

- 1 demonstrating depth of field choice with aperture priority
- 1 portrait, self of other
- 1 showing movement or stopping motion with shutter priority



Counselor Training Program

Major Requirements

- 1 use of digital resources to alter image – distort effect or other. Must have a purpose and be methodical.

Lab Work and Assisting

Demonstration of clean up and material maintenance skills during all photography mods attended.

Meetings

A series of required meetings will be held with the department head for familiarization and training in the use of equipment and techniques in photography.

Final Critiques

All work will be exhibited in a final individual and group critique with department head.

Media Arts Major – Arts Requirements

Criteria for Evaluation

Completion of a Special Event Media Project for the purpose of promoting a Camp-Wide Special Event. The criteria will include the successful planning and implementing of this project using resources available in the Photo and Art Department.

(PMC, SUMMERFEST or other Camp Community Campaign- banners, flags, camper participants)

Participation in two critiques during the course of the summer. The first one will be a group critique and the second will be with the Media Arts program director

Assisting in the teaching of art activities for a minimum of 5 hours.

Demonstration of clean up and material maintenance skills during all art rooms mods attended.



Counselor Training Program

Major Requirements

PRACTICAL ARTS MAJOR, WOODWORKING **(One Year Major)**

1. Shop Knowledge

- a. Knowledge of the use, care and maintenance of all shop hand tools
- b. Knowledge of the use, care and maintenance of the following tools:
 - ✓ Cordless Drills
 - ✓ Palm Sanders
 - ✓ Stationary Sander
 - ✓ Drill Press
 - ✓ Scroll Saw
 - ✓ Sabersaw
- c. Knowledge of the application and general use of all shop woods, including hardwood, softwood, and plywood
- d. Knowledge of the application and general use of all shop paints, stains, finishes, glues, and fasteners (nails and screws)

2. Work In Shop

10 Teaching Mods

- ✓ 5 Maintenance Mods (work to be agreed upon with department head)
- ✓ Major Project (requires approval by department head and should take approximately 20 mods to complete)
- ✓ 3 Clinics (one hour each with specific instructions on tool use and maintenance)



Counselor Training Program

Major Requirements

RIFLERY MAJOR

(One Year Major)

1. The Expert designator in Standing must be achieved with the following:
 - BB gun
 - Air Rifle
2. In the order listed, the following skill levels must be achieved with a .22 smallbore rifle:
 - Expert designator in Prone
 - Expert designator in kneeling
 - Expert designator in Standing
3. Majors are encouraged to achieve the Blue Star Expert Award in one or more of the disciplines (optional)
4. Clean and maintain a .22 smallbore rifle. A rifle will be as assigned to each riflery major by the department head. The rifle should be cleaned weekly on a Friday or Saturday
5. Teaching responsibilities are as follows:
 - A. BB Gun (ten hours)
 - Conduct new shooter orientation (must be done on a Monday) x 2 (one hour each), including:
 - Having new shooters complete a progress record
 - Determine dominant eye and encourage cross dominant shooters to shoot from the side of their dominant eye and shoulder the rifle from that same side
 - Explain range rules and range commands (giving each shooter a range card to follow)
 - Determine stock length and record in upper right hand corner of progress record
 - Teach operation of the rifle, standing position, and sight alignment, in that order
 - Personally coach a seven, eight or nine year-old shooter (three hours, one hour for each mod) on the firing line in the standing position.
 - Run the range as needed (no more than two hours)
 - Grade targets as needed (no more than two hours)
 - B. 22 Smallbore Rifle Range (seven hours)
6. Read the *Shooter's Guide to Position Air Rifle* and pass a subsequent exam on its contents



Counselor Training Program

Major Requirements

SAILING MAJOR **(Three Year Major)**

First Year Requirements: (JC 1)

1. Earn Novice Ashore and Afloat awards
2. Earn Beginner Ashore and Afloat awards
3. Participate in 5 races; participate in at least 1 spinnaker race.
4. Do 5 maintenance hours
5. Attend all clinics and seminars
6. Obtain 3 learning evaluations

Second Year Requirements: (JC 2)

1. Earn Intermediate Ashore and Afloat awards
2. Participate in 5 races; skipper at least 3 of them, spinnaker in 2 races.
3. Do 8 teaching hours
4. Do 2 maintenance hours
5. Attend all clinics and seminars
6. Obtain 2 teaching evaluations

Third Year Requirements: (JC 3)

1. Earn Advanced Ashore and Afloat awards
2. 5 powerboat hours
3. 15 teaching hours
4. Skipper 5 races; spinnaker at least 3 of them
5. Design and implement a lesson plan on an approved topic
7. Attend all clinics and seminars
6. Obtain 3 teaching evaluations

AC Year Requirements: (JC 4)

1. All instructional teaching of sailing. Assigned on a weekly basis by Sail Master to help assist activity levels.

**Participation in the Race Team is considered a privilege. Teaching and maintenance hours will not necessarily be reduced because of participation and hours documented should be applicable to 420 racing program.*



Counselor Training Program

Major Requirements

LG MAJOR (Three Year Major)

Pre-requisite: Level V: Stroke Refinement

First Year

1. Must pass a personal water safety course
2. Must attend a clinic in pool maintenance
3. Must complete fifteen (15) hours as follows:
 - a. Five (5) hours lifeguarding
 - b. Five (5) hours CCSC swim team organization and preparation
 - c. Five (5) hours assisting with instruction
4. Must meet proficiency and attitude standards set by department head

Second Year

1. Must pass Level VI
2. Must pass a basic water rescue course
3. Must complete fifteen (15) hours as follows:
 - a. Five (5) hours lifeguarding
 - b. Five (5) hours CCSC pool maintenance
 - c. Five (5) hours assisting with instruction
4. Must meet proficiency and attitude standards set by department head

Third Year

1. Must pass a lifeguarding course (35) hours
 - a. First Aid – included in Lifeguard course
 - b. CPR – included in Lifeguard course
2. Must participate in waterfront management activities – 2 Sundays at Bay Swim
3. Must complete one week of lifeguarding at Long Pond (swim/sail)
4. Must meet proficiency and attitude standards set by department head



Counselor Training Program

Major Requirements

TENNIS MAJOR

(Two Year Major)

First Year Requirements

1. Pass the first four tests out of six tennis tests
2. Demonstrate knowledge of the following information:
 - a. Give a detailed mechanical analysis of three (3) out of the following five (5) tennis strokes:
 - Forehand
 - Backhand
 - Serve
 - Volley
 - Overhead Smash
 - Proper Grip, etc. – Forehand, Backhand, Eastern, Continental, Service
 - b. List common errors in those three (3) areas
 - c. Suggest ways to correct these errors – be creative!
 - d. Participate in six (6) clinics – teaching
 - e. Assist (only) first year

First and Second Year Requirements

1. Demonstrate teaching
 - a. Teaching an instructor correct strokes, grips, stance, serve, etc.
 - b. Complete fifteen (15) hours of teaching in beginning and/or intermediate levels (1 mod = 1 hour)
 - c. Of the fifteen (15) hours of teaching obtain at least three (3) evaluations of your performance from qualified tennis counselors
 - d. Participate in six (6) clinics
2. Enter minimum of one singles and one doubles tournaments
3. Complete five (5) hours of maintenance as needed
4. Quizzes on course content (optional)
5. Display proper court etiquette and a cooperative attitude



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Major Requirements

Second Year Requirements

1. Pass the remaining tennis tests, 5 and 6 (or demonstrate acceptable skill levels as determined by department head).
2. Plan and assist with implementing a tennis tournament



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Major Requirements

WATERSPORTS MAJOR (One Year Major)

Candidates must complete the requirements of two of the following three (3) activities: Sailing, Waterskiing/Canoeing, Windsurfing

American Red Cross Level VI rating is a Pre-requisite for the waterskiing and windsurfing components of this major. A successfully completed swimming endurance test may be accepted as a substitute for this pre-requisite.

Sailing

1. Candidate must attend a clinic on:
 - a. Operational and safety knowledge of equipment
2. Candidate must be able to demonstrate competence in the following skills:
 - a. Ashore
 - i. Knot tying (square knot, bowline, figure 8, cleat, clove hitch, and round turn and 2 ½ hitches)
 - ii. Know and understand the four (4) basic right of way rules (starboard over port, leeward over windward, clear ahead over clear astern, fair sailing)
 - b. Afloat
 - i. Rigging a boat
 - ii. Getting underway
 - iii. Proper sheet and tiller adjustments (while altering a course)
 - iv. Tacking and jibing
 - v. Making a mooring
 - vi. Completing a race course
3. Candidate must demonstrate a familiarization with the following:
 - a. Man overboard
 - b. Capsize
4. Eight (8) teaching hours with two (2) evaluations



Counselor Training Program

Major Requirements

Windsurfing

1. Candidate must attend two (2) clinics
 - a. Operational and safety knowledge of the equipment and motor boats
 - b. Windsurfing sail theory
2. Candidate must be able to demonstrate competence in the following skills
 - a. Ashore
 - i. Rigging of the board
 - ii. Setting up and teaching land drills
 - iii. Knowledge and demonstration of teaching self and assisted rescue skills
 - iv. Two (2) hours of maintenance
 - b. Afloat
 - i. Participate in three (3) races
 - ii. Ability to complete a slalom course
 - iii. Ability to teach progressive windsurfing and rescue skills
 - iv. Ability to use a harness while sailing
 - v. Ability to handle heavy air (15-20 mph)
3. Candidate must have eight (8) teaching hours with two (2) evaluations

Waterskiing/Canoeing

1. Candidate must attend two (2) clinics
 - a. Safety and operation of equipment
 - b. Rules of the Road
2. Candidate must pass the intermediate level in waterskiing
3. Candidate must be able to slalom ski
4. Candidate must pass the advanced level in canoeing
5. Candidate must demonstrate the knowledge and ability to teach canoeing skills at a beginner level



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6. Candidate must attend at least one canoe trip
7. Candidate must demonstrate the knowledge and ability to teach the following waterskiing skills:
 - a. Safety and signal procedures
 - b. Dry land techniques
 - c. Beginner and intermediate skills as dictated by the National Waterski Association
8. Candidate must complete eight (8) teaching hours with two (2) evaluations