

# 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 26-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.

## LEADER-IN-TRAINING PROGRAM 2023

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 26 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 – La Verendrye 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 2007 or earlier; having completed grade 10 or 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, 2023.