



## Bow Parks & Recreation Counselor in Training (CIT)

We will be offering several Counselor-in-Training (CIT) positions at our 2026 Camp Bowgie Summer Day Camp. This will be open to students entering grades 9 and up.

Students interested in applying for a CIT position must fill out the application that follows and mail it to: Bow Parks & Recreation Dept., 10 Grandview Rd, Bow, NH 03304 or email it to [dlittle@bownh.gov](mailto:dlittle@bownh.gov). After reviewing the applications, we will select candidates for interviews and from there, the CITs will be chosen. Each CIT will be given a minimum of a three-week, Monday, Wednesday, Friday commitment during Camp. The CITs will assist the counselors during a variety of activities and special events from 8:45 am to 4:00 pm each day.

**If accepted, a completed CIT Summer Camp Registration Form & CIT Fee of \$115.00 must be turned in to the Parks and Rec office.**

### Guidelines For Counselor in Training

CITs will be expected to do the following:

Arrive at camp at 8:45 am, be available until 4:00 pm, and be ready to help.

Assist counselors in the day-to-day activities held at the Summer Camp.

**This will include, but is not limited to the following:**

Assist at drop-off by escorting campers to their group.

Assist with activities throughout the camp day.

Organize equipment and supplies

Help with set-up and clean up

**We will expect CITs to:**

Arrive at camp ready to assist

Be a positive role model for the younger children

Remember that your role will be as a helper and not as a competitor

Use proper language

Keep hands to yourself at all times

Report any behavior problems to a counselor immediately

Report any damage to a counselor immediately

Be respectful to others

**You will not be expected to:**

Handle ANY discipline problems yourself

It is expected that all CITs will follow the above. Failure to do so will result in dismissal from the program (without refunds).



# BOW PARKS AND RECREATION

## Application for Counselor in Training



Candidate, please fill out the following and mail to: Bow Parks & Recreation, 10 Grandview Rd, Bow, NH 03304 or email to [dlittle@bownh.gov](mailto:dlittle@bownh.gov) .

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email Address \_\_\_\_\_ Grade as of Fall 2026 \_\_\_\_\_

Please put an X in the box next to weeks you are AVAILABLE to be a CIT.

The hours will be from 8:45 am - 4:00 pm, Monday, Wednesday, Friday.

<b>Dates:</b>	<b>Check here if you are available to work.</b>
Week 1: 6/22, 6/24, 6/26	
Week 2: 6/29, 7/1 (closed 7/3)	
Week 3: 7/6, 7/8, 7/10	
Week 4: 7/13, 7/15, 7/17	
Week 5: 7/20, 7/22, 7/24	
Week 6: 7/27, 7/29, 7/31	

Please tell us any experiences you have had helping with younger children:

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Please list activities (sports, drama, arts, scouts, etc.) that you participate in:

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Please tell us why you are interested in helping out with this program and why you think you would be a good candidate. This is your chance to tell us all about yourself.

Please list any certifications or awards you may have received

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Please list three adults as references (non-family members)

Name	Email	Phone	Relationship