



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. 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:

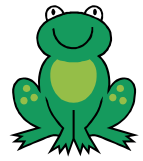
Handle ANY discipline problems yourself

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 .

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.

Dates:	Check here if you are available to work.
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:

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

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.

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Please list any certifications or awards you may have received

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

Name	Email	Phone	Relationship