



## **Volunteer Position: Coach in Training**

### **About True North Sports Camps**

True North Sports Camps offers year-round sports programming for boys and girls ages 4 to 14 in Toronto and Etobicoke. We offer baseball, flag football, basketball, soccer and multi-sport summer day camps as well as after-school and weekend programs during the fall, winter and spring. At True North, we believe that recreational sports are an important part of every child's development and we make it our top priority to deliver a truly memorable experience.

### **The True North Philosophy**

At True North Sports Camps we are committed to creating the best possible experience for every camper and great staff are vital to achieving that goal! While developing the campers' athletic skills is certainly important, our core focus is creating a positive environment for our participants, allowing them to have fun and forge lasting friendships.

### **Summer Camp Details**

Camp operates weekly in July and August from 8:15am – 4:00pm Monday to Friday. In Toronto, we offer camps at five different camps locations (Memorial Park, Cedarvale Community School, Glenview Senior Public School, Bond Park and Bennington Heights Elementary School). We also offer camps in Etobicoke at two locations (Rosethorn Junior School and Bloorlea Middle School).

### **About the CIT Program**

At True North Sports Camps, we believe that summer camps provide youth with the opportunity to develop the skills necessary to succeed as leaders both at camp and beyond. The mandate of the Coach in Training program is to provide participants with the opportunity to develop communication, coaching and organization skills and to take on a leadership position in a supportive and inclusive environment.

### **Expected Outcomes**

By the end of the program, all CITs will have:

- A strong understanding of the True North Philosophy and our values
- Experienced teaching different skills while accounting for individual differences
- Shadowed, observed and assisted an assigned senior staff member
- Actively participated in CIT discussions/seminars with fellow CITs and Directors
- Completed mid-session and final evaluations – receiving feedback from peers, supervisors and self

### **How We Will Meet These Outcomes**

As a CIT at True North, you will:

- Participate in pre-camp training
- Be paired with a senior coach at camp:



- Coaches and CITS will set and review weekly goals
  - CITs will observe and assist senior coach instructing
  - CITs will be provided with increasing amount of teaching responsibility throughout the program and receive feedback
- Participate in discussions with fellow CITs, coaches and directors to discuss different aspects of leadership and teaching techniques. Some examples of topics include:
  - How to deal with individual differences
  - How to set goals and objectives
  - How to speak to a group
  - Different teaching styles
  - Disciplinary techniques
- Senior coaches will complete mid-session and final evaluations for each CIT

### **Fee**

There is no fee to enroll in the CIT program. Please note that CITs do not receive a salary. Participants will be eligible to receive community service hours for their time at camp – please check with your guidance department in advance to ensure that your school will recognize the volunteer hours toward your high school requirements.

### **Application Process**

To apply for a 2023 CIT position at one of our camps please send the following ([jobs@truenorthcamps.com](mailto:jobs@truenorthcamps.com)):

1. Completed CIT Application Form
2. Letter of Interest: outline why you want to be a CIT and what qualities you possess that will make you a successful coach at True North Sports Camps in the future
3. One reference with contact information

If selected, applicants will be contacted to set up session dates for the upcoming summer. CITs will be assigned two-week sessions at one of our sports camps. Please note staff training is mandatory for all CITs and is tentatively scheduled to take place on June 24 & 25 at Branksome Hall.

Please note that applicants must be 15 as of December 31<sup>st</sup>, 2023 to apply.

*We welcome applications from people with disabilities and will provide accommodation as required by law upon request.*