

Rocky River Ranch Trainee Program Overview

Welcome to the Rocky River Ranch Leadership Program! We are so excited to grow and learn with you.

Our three-year Leadership Program begins with the Trainee level. Campers who are rising ninth graders are automatically placed in this level. As these campers enter their teenage years, Trainees are at an ideal age to spread their wings in a controlled, active, hands-on environment. We consider it an incredible honor to play a pivotal role in nurturing a girl's growing sense of independence and interest in taking care of herself and assisting younger campers.

Training

- Effective communication
- Decision-making
- Problem-solving
- Setting up and running activities for campers
- Group facilitation
- Peer mentorship
- Team building/personal growth exercises (High Ropes)
- Group initiative games

The camp directors have an ongoing training and evaluation plan for each Trainee. Included are these steps:

- Post-camp Self Evaluations
- Trainees are monitored and feedback is provided on their development as they work with their camp Little Sister.
- Periodic check-ins may be held with each Trainee and focus on the Trainee's progress in working with their cabin group, comfort in leading activity programs, relationships with staff members and other Trainees, and any other concerns or challenges the Trainee might have.

Programming

Each Trainee is assigned to one or two of our youngest campers in the Big Sister/Little Sister program. The Trainees are an integral part of facilitating a smooth transition into camp life for these small and sometimes anxious campers. The Trainees will walk their Little Sisters to their classes on the first day, check in with them throughout the day, and plan and host a Big Sis/Little Sis party for the girls to enjoy.

It is important that the Trainees arrive at camp with the understanding that they are now role models at camp. They will attend regular classes but may be asked to assist their counselors when appropriate to do so. Their responsibilities include interacting with their Little Sisters, planning and facilitating the Carnival Capers evening program (deciding on and leading game stations), leading the camp in songs, attending Trainee meetings, participating in Counselor for a Day (shadowing a staff member), and participating in High Ropes at the Texas State GOAL Ropes Course (going to the course and participating in the team building aspect is required; participating on the high ropes elements is optional).

Housing

Trainees are housed with their "Trainee Moms"- staff members who have been specifically chosen by the Camp Directors to help coordinate the program. The cabin sometimes houses both eighth graders and ninth graders, with the Trainees being pulled out for special activities or meetings.

Promotion

Once campers enter the Leadership Program, they must be invited back each year. Trainees who actively participate in the program and follow camp policies (specifically staying camp appropriate - using only clean language, staying positive, etc.) will be encouraged to return the following summer for their SIT 1 year. Each Trainee will have the support of the Trainee Moms and will be given every opportunity to succeed. Promotion letters are mailed in the fall. Attending camp as a Trainee is required to be able to continue in the program.

Benefits

The benefits of this program are hard to number. Not only is it an asset on college applications, but the independence and confidence the girls gain will help them in every aspect of their lives. We are proud of our program and proud of the wonderful young women who are part of it.