



Bow Parks & Recreation

Bow Rec Day Camp Leader-In-Training Program (LIT)

Bow Parks & Rec will offer a Leader-In-Training (LIT) program for youth entering 8th grade. Selected participants will help the administrative camp staff and camp counselors in various activities. LIT's will work with campers of all ages. The LIT program will provide a positive camp experience for participants to attain the skills needed to succeed in the work field for future employment opportunities.

LITs must serve a minimum of two weeks of camp, a total of 10 days minimum with no exceptions. LITs will arrive promptly at 8:00 am Monday through Friday and stay until 3:00 pm daily. The fee for the LIT program is \$115 (per summer). The LIT program includes pre-camp training, hands-on experience, and leadership opportunities! LITs will also receive individual and group training instruction each week of camp.

LIT Program Objectives

- To help facilitate personal growth.
- To have fun and develop positive relationships with administrative staff and camp counselors.
- To enhance leadership skills and increase understanding of leadership concepts and practices.
- To institute BRC program policies and philosophies.
- To increase understanding of the camper.
- To develop knowledge of communication and problem-solving skills.
- To provide thought provoking opportunities and discussions.
- To gain increased understanding of teamwork and team-building practices.

Program Outcomes

-LITs will become confident members of the camp community, preparing them to become a potential future CIT and then a camp counselor.

-Each week the group of LITs will create and facilitate an all-camp activity, based on an understanding of the camp program needs.

LIT duties include:

- Participating in team-building and training
- Assist administrative staff and camp counselors with daily camp activities
- Help supervise campers
- Help set up and clean up camp activities
- Be a great role model for all campers!

Expectations

- **Be helpful:** Ask staff, “How may I help you?” when unsure of your next role or task.
- **Join in:** Be a participant, not a spectator in camp activities.
- **Be Safe:** Play so the campers can win, never be competitive.
- **Be a role model for campers:** Kids look up to you.
- **Be kind & polite:** Show respect for campers, parents, staff, and other LITs.
- **Work hard:** Give 100% at all times.

LIT benefits include:

- Fun!
- Making friends in a team setting
- Learning real job skills
- Opportunity to provide community service hours
- Position yourself for future camp employment
- Enjoy the great outdoors

Camp Week Opportunities for LIT's

*Note – The school calendar lists June 15, 2026 as the last day of school. If the school year is extended, then camp will begin the weekday after the last day of school.

2026 Camp Week Dates

Week 1	June 16 – June 19	Week 6	July 20 - 24
Week 2	June 22 – June 26	Week 7	July 27 – July 31
Week 3	June 29 – July 2 (closed 7/3)	Week 8	Aug 3 - 7
Week 4	July 6 - 10	Week 9	Aug 10 - 14
Week 5	July 13 - 17	Week 10	Aug 17 – 21



BOW PARKS AND RECREATION | BOW REC DAY CAMP

Leader-In-Training Application

LIT Application Process: Please complete this application and mail to *Bow Parks & Recreation Department, 10 Grandview Rd, Bow, NH 03304*. Submitted applications will be reviewed and selected candidates will be contacted via phone to schedule an interview. Once all interviews have been conducted LIT's will be contacted to notify them of their acceptance, which weeks they will be assigned and to discuss other requirements with parent/guardian.

Full Name: _____ Date: _____

L.I.T. Email: _____ L.I.T. Cell Number: _____

Parent Name: _____ Parent Phone Number: _____

School: _____ Grade entering in Fall 2026: _____

T-Shirt Size: (check one) Adult Small Adult Medium Adult Large Adult XL
one shirt included with registration

Would you like an additional t-shirt for \$15 each? Yes How many? No

Bow Rec Day Camp weeks are listed below. Please check at least two weeks that you can participate.

June 16-19		July 20-24	
June 22-26		July 27-31	
June 29-July 2 (closed 7/3)		August 3-7	
July 6-10		August 10-14	
July 13-17		August 17-21	

Please tell us what activities or clubs that you have participated in or been a member of:

Name of Club(s): _____

Describe any volunteer or community service experience:

What are your core values?	What core values do you like about yourself?

What leaders do you know or relate to? _____

What are their leadership qualities that you like? _____

Do you have any experience working with children (may include family): _____

Tell us why you are interested in the position as an LIT for Bow Rec Day Camp: _____

References required – must be adults and non-family members (Club leaders, Coaches, Teachers, etc)

Name	Email	Phone	Relationship