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318-779-1451 ~ rocksolidathletic@gmail.com
rocksolidimpactcenter.com

Dear Prospective Leaders-in-Training and Parents,

Thank you for your interest in the L.I.T. program. I hope that you are truly excited about this opportunity and are ready for a summer of fun, friendship and growth. This program is not for everyone as it will be a camp experience that you likely have never had before. This packet has been designed to help you determine whether this program is right for you.

The L.I.T. program is an amazing course that has been shaped based on the experiences of the past 12 years. It is designed to build leadership and job related skills, teaching fun ways to serve the community, have fun and also learn what it takes to be a tremendous counselor. This is not a guarantee for a job in the future, but is meant to train and help you learn what it means to be a leader in all environments.

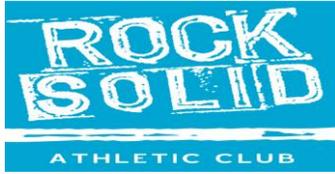
I should make it clear from the beginning that if you are interested in the L.I.T. program only because it is the next progression in camp and it provides more “freedom” throughout the summer, you may be disappointed. Yes, the L.I.T. program is considered the next jump up from traditional camp, and yes L.I.T.’s have more independence than traditional campers, but the goal of the L.I.T. program is to challenge the camper to grow as a leader and as a person. It is my goal that by the end of the summer, L.I.T.s will have made some lifelong friends and developed skills that will last well past the end of summer.

Some of the L.I.T. program this year include:

- L.I.T.s will be paired with a counselor every week. They will help the counselor and lead activities as well as build relationships with the campers in that group. L.I.T.s will be placed with younger aged campers to ensure an adequate age gap.
- L.I.T.s will have their own time part of each day. Activities will be led by the L.I.T. Group Leader and will focus on team building, growth and development.
- L.I.T.s will have various speakers and service opportunities throughout the summer. There will be learning sessions, service projects and fun activities planned for just the L.I.T.s.
- L.I.T.s will take an active role in planning and implementing All Camp activities every Friday during camp.

Attached you will find the requirements to apply for Leaders-In-Training program, as well as, an application and FAQs. Thank you for taking the time to consider the L.I.T. program. If you have questions as you go through the process, please do not hesitate to contact me. Seeking to make an impact, one life at a time,

Shelley McMillian
Rock Solid Athletic Club, CEO



LEADERS-IN-TRAINING INFORMATION SHEET

Requirements

- Must be 13-15 years old
- Must complete L.I.T. application, to be turned in no later than May 20th
- Must have a letter of recommendation from a coach, teacher, minister, etc.
- Must attend the L.I.T. portion of staff training (time TBA)
- Must attend a minimum of three weeks of camp throughout the summer
- Must meet with L.I.T. Director before camp starts to discuss expectations and Goals
- Must pay registration fee for program (\$85/week)

Expectations

- Always give your best
- Take responsibility for your actions—you control what you do or don't do
- Learn from your mistakes
- Learn from others
- Be honest
- Show you care
- Respect everyone and everything
- Be a role model—for campers, for family, for friends
- Participate in activities
- Be responsible, but have fun
- Communicate—with each other, with the L.I.T. Director, with your supervising Counselor, with the Camp Director. L.I.T.s have more freedom to move around Without direct supervision, but this freedom must be earned and communication Must take place

**Please mail applications to 718 Professional Dr. N., Shreveport, LA 71105
or email to rocksolidathletic@gmail.com.**



LEADERS-IN-TRAINING INFORMATION SHEET

What is an L.I.T.?

The L.I.T. program is a way for Rock Solid to assist the camper that desires, in the future, to apply for a paying job whether with Rock Solid as a counselor or with some other organization. The L.I.T. program at Rock Solid, we believe, is the best in the area in assisting you in becoming a dynamic leader.

Why does it cost to participate in the L.I.T. program?

Many programs around the United States charge as much as \$600 per week for such programs. Not only does Rock Solid have some of the most dynamic leadership teachers in the country, but we have also learned that when you make an investment in such a program you are much more likely to walk away having grown and learned more, thus preparing you quicker for a future opportunity on the Rock Solid staff.

Why must L.I.T.s apply for this program?

The application process allows the applicant to find out more about the program and determine whether it suits his/her needs. It also allows the director to inform the parent and L.I.T. of the expectations.

I was an L.I.T. last year, do I still need to apply?

Yes. L.I.T.s need to apply every year. This allows the Director to reinforce expectations and also to see where the applicant has grown in the last year and what areas may need more attention throughout the summer.

Can I pick which group I am with?

We will certainly take into account special requests, but we cannot guarantee certain placement. Ultimately, the L.I.T. Director and Camp Director will make the final decision as to placement.

Can L.I.T.s sign themselves in and out?

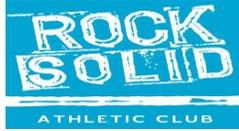
No. Technically, L.I.T.s are still campers and therefore Rock Solid is still responsible for their safety. We need to know who is at camp on a given day and at a given time and the sign in/out process gives us these checks.

Are all applicants accepted into the program?

While we make every attempt to provide a program for every applicant, we cannot guarantee a spot in the program due to limitations in the number of supervisory staff we can provide.

How old do I have to be to work at Rock Solid?

On rare occasions, we hire few fifteen year olds, but typically, a staff member must be 16 years old with a worker's permit.



Leaders-In-Training Application
(To be completed by teen, not the parent)

Name: _____ Age: _____

Address: _____ Birth Date: _____

City: _____ State: _____ Zip: _____

Phone: _____ School: _____

Circle: Male Female L.I.T. email: _____

Parent/Guardian Name(s): _____

Number of Years as Rock Solid Camper: _____ Other Camp Experience _____

Why do you want to be an L.I.T.?

What do you enjoy most about the Rock Solid Camps?

What does it mean to you to be a good role model?

What is you use of social media like? _____

What do you hope to learn as an L.I.T.?

Why do you feel it is important to be a leader?

In what areas do you feel you need to grow?

What do you think are your talents?

What attribute do you bring to a team?

If this is your second year as an L.I.T., what would you do differently this year?

List one person who will be providing your letter of recommendation.

Must be someone different from last year if this is your second year.

Reference: _____

Relationship: _____ **Phone:** _____

Return this application along with a reference from a coach, teacher, pastor, etc to:
Rock Solid Athletic Club, 718 Professional Dr. N., Shreveport, LA 71105