

C.I.T. Program

Viking Sports Camps will be offering a Coach In Training (C.I.T.) program during the summer of 2026. An extension of Viking Sports Camps, the C.I.T. program aims to give future coaches an opportunity to experience the many intricacies of becoming a sport leader. C.I.T.'s may choose to be in our Brookline or one of our suburb sites (C.I.T.'s must provide their own transportation). Applicants will be selected based on their application, interview, and references.

While in the C.I.T. program, participants will be paired with seasoned Viking coaches, and will be assigned to a group of campers. Under the supervision of Viking staff, C.I.T.'s will learn, practice, and independently demonstrate many skills required of the youth sport coach. C.I.T.'s will be taken through a cumulative coach and leadership education curriculum specifically tailored for high school students. Following Monday training sessions, C.I.T.'s will receive rubrics outlining specific goals and objectives for the week. Viking coaches, the Camp Director, and the C.I.T. Coordinator will evaluate the C.I.T.s' performance using the weekly rubrics as evaluation tools. Friday meetings will be held to "debrief" the C.I.T.'s on their weekly goals and objectives.

Please note that a position as a Viking C.I.T. is NOT a guarantee for future employment.

The Viking C.I.T. curriculum has four goals:

- € Participants will develop a personal coaching philosophy and a list of personal coaching objectives. Participants will learn about various coaching "styles" and will begin to hone a style that fits their goals and objectives.
- € Participants will learn about and practice principles of teaching and coaching.
- € Participants will learn about and practice areas of sport leadership, including (but not limited to): conflict resolution, giving and receiving feedback, motivation, and communication.
- € Participants will learn about the importance of character education and its beneficial role in youth sport. Participants will review and practice ways to implement character education into everyday coaching interactions with youth sport participants.

Program details.

Age: Applicants must be aged 13-16.

Fee: The fee for the program is \$900/6 weeks*. If you wish to add additional weeks, it is \$150/week.

*Viking can not prorate the fee if the CIT is unable to participate for six weeks.

Cancellation Policy

Refunds will not be issued unless a medical condition prohibits an applicant's ability to participate in the program (MD note required). Medical refunds will be issued in full, minus a \$45 processing fee.

Deadline

Positions will be filled on a first-come, first-serve basis. Please inquire (info@vikingcamps.com) to see if positions are open.

Time Commitment

C.I.T.'s are asked to make a 6-week commitment to the program (may be a combination of weeks, i.e. 3 weeks in July, 3 weeks in August) and are required to remain at camp from 8:30am-3:30pm. **The February and April Vacation Camps are options as well***. C.I.T.'s will have weekly meetings (typically on Monday and Friday) from 3:30pm-4:30pm. C.I.T.'s will have occasional take-home assignments. The 6-week commitment is a recommendation and NOT a requirement.

*If the CIT would like to participate in one or both of the vacation camps, they may still participate in six weeks of summer camp without an additional fee. In fact, we recommend that our CITs work at least one of the Vacation Camps to get experience prior to the start of summer camp (but it is not required).

General Participant Requirements

Dress Code: All Viking Sports Camp staff members are required to wear: a Viking Sports Camp t-shirt, athletic shorts, sneakers, a whistle, and watch. C.I.T.'s will be given two Viking Sports Camp t-shirts at the start of camp. Sweatshirts/light jackets may be worn on rainy or cold days.

Snack/Lunch: There is no "downtime" during the camp day. The day begins at 8:30am and ends at 3:30pm for coaches and C.I.T.'s. There is a snack and lunch period during the day, during which coaches and C.I.T.'s must remain with the campers.

Daily Tasks: While C.I.T.'s are assistants to the coaches, they hold the same authority in the eyes of the camper and must create a relationship with the children accordingly. In addition to helping and guiding campers throughout games with tips on game-play and strategy, there are other duties that a C.I.T. must perform to show commitment to the program.

These duties will include, but are not limited to:

1. Setup and breakdown of goals each day
2. Teaching and assisting campers with the rules of all sports and games
3. Escorting campers on bathroom breaks
4. Setup of playing fields as needed
5. Assisting in the game or sport as a referee
6. Assisting the Head Coach of their group and tournament day team

Extended Opportunities

There are many ways for a C.I.T. to progress quickly through the program. If a C.I.T. shows that he or she can handle the responsibilities of being a coach and expresses an interest in doing more, they may be offered opportunities to show their commitment to the program. C.I.T.'s are highly encouraged to show that they are ready and able to handle the responsibilities of a coach and should not await these opportunities but express their desire to take on these new challenges.

"This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health"

Sponsored by the Brookline Recreation Department. Non-Brookline residents are welcome.

C.I.T. Application for an interview (to be completed by C.I.T)

Last Name:	First Name:	Middle Initial:	Today's Date:
Address:			
Permanent Address (if applicable):			
Phone (H):	Phone (C):	Email:	
Grade:		School:	
Are you CPR certified? <input type="checkbox"/> Yes <input type="checkbox"/> No	Are you First Aid certified? <input type="checkbox"/> Yes <input type="checkbox"/> No	Date of birth: ____/____/____	
I would like to be a Viking Sports Camps C.I.T. because:			
The best memory I have from playing sports is:			
Three goals I would set for myself as a C.I.T. are:			
1. _____			
2. _____			
3. _____			
I have been to (check all that apply):			
<input type="checkbox"/> recreational day camps <input type="checkbox"/> overnight ("sleep away") camps <input type="checkbox"/> sports camps <input type="checkbox"/> sports clinics			
My three favorite sports are: 1. _____ 2. _____ 3. _____			
If I had to describe myself in four words, they would be: _____, _____, _____, and _____.			
Is there anything else you would like us to know?			

Please list three non-family references:

1. Name:

Phone Number:

Relationship:

2. Name:

Phone Number:

Relationship:

3. Name:

Phone Number:

Relationship:

I am available to be a C.I.T. the following weeks this summer:

The C.I.T. program is \$900 for 6 weeks*. Each additional week after six weeks is \$150/week. Acceptance to the C.I.T. program is contingent on the application, reference reviews, and interview. Participation in the C.I.T. program is not a guarantee for future employment.

*** Viking can not prorate the fee if the CIT is unable to participate for six weeks.**

Viking Sports Camps

143 Cypress St.

Brookline, MA 02445

www.vikingcamps.com • info@vikingcamps.com

2026 Viking Summer Camps In Brookline

C.I.T Application Checklist

All materials MUST be sent in TOGETHER
(incomplete applications will be returned to sender)

1. Completed application
2. Current (within past 12 months) physical exam record
3. Additional medical forms if child will be bringing an inhaler, epi-pen, or other medications to camp (forms available on www.vikingcamps.com)
4. Immunization record
5. Full payment (\$900 for six weeks, \$150 for each additional week)

Cancellation Policy: Refunds will not be issued unless a medical condition prohibits an applicant's ability to participate in the program (MD note required). Medical refunds will be issued in full, minus a \$45 processing fee.

6. Send application materials to:
By Mail or at the Viking Activity Center Mailbox in Brookline

Viking Sports Camps
143 Cypress St.
Brookline, MA 02445

By Email: cit@vikingcamps.com