



2025 4-H CAMP OVERLOOK LEADERSHIP IN THE OUTDOORS



Camp Overlook's Leadership Experience Outdoors (aka LEO Program) has been re-vamped for 2025 to offer more opportunities, more time at camp, more learning and more fun in the outdoors for teens!

2025 SESSIONS	NEW LEOs LEADERSHIP (AKA LIT & CIT) AGES 13+
MINI CAMP 1 JULY 1-3	Lifeguard Mini-Camp (age 15+ with pre-req)
WEEK 1 JULY 6-11	LIT* (age 13+) CIT 3 (age 16+)
WEEK 2 JULY 13-18	CIT 1 (age 14+) CIT 2 (age 15+) CIT 3 continues
WEEK 3 JULY 20-25	LIT* (age 13+) CIT 2 continues CIT 3 continues
WEEK 4 JUL 27-AUG 1	CIT 1 (age 14+) CIT 2 (age 15+) CIT 3 (age 16+)
WEEK 5 AUG 3-8	LIT* (age 13+) CIT 2 continues CIT 3 continues
WEEK 6 AUG 10-15	CIT 1 (age 14+) CIT 3 continues

Geared towards those interested in developing their leadership skills for success at school, in a career, or for a future job at camp, LEOs take the lead as they learn skills in communication, teamwork, program planning and facilitation. Each level provides campers with more responsibility and opportunities for leadership.

- **LEO Level 1:** (age 13-15) **LIT/Leader in Training** is offered as a Camper's Choice Class during select Traditional Camp weeks- campers engage in fun workshops that focus on teambuilding & cooperation, communication and creative problem solving. To participate, register for Traditional Week 1, 3 or 5 and choose "LIT" as one of your class choices. Fee: \$497, 1 week
- **LEO Level 2:** (age 14-16) **CIT 1/Counselor in Training** is offered as a 1-week camp experience where campers begin to focus on skills specific to the camp environment such as leading songs & games, planning and facilitating evening programs, practicing outdoor skills, and mentoring younger campers. To participate, register for the CIT 1 program during weeks 2, 4 or 6. Fee: \$497, 1 week
- **LEO Level 3:** (age 15-17) **CIT 2/Counselor in Training** is a 2-week program. During week 1, campers hone their skills in planning & leading programs, outdoor skills, and the basics of child development and risk management. During week 2, they will be assigned to a staff mentor and cabin and complete hands-on training with a group of younger campers. To participate, register for the CIT 2 program during weeks 2 and 3 or weeks 4 and 5. Fee: \$547, 2 weeks
- **LEO Level 4:** (age 16-17) **CIT 3/Ambassador** is a 3-week program for campers who have successfully completed the CIT program and with staff recommendation, or who have applicable leadership experience and have been nominated. Ambassadors participate in either Weeks 1-3 or Weeks 4-6. Fee: \$150, 3 weeks, includes cost of SUNY internship credit!

Lifeguard Training Mini-Camp



Lifeguard Camp (ages 15-17 by July 1) is a new program in 2025 that provides training in American Red Cross lifeguard training right here on-site at Camp Overlook from trained instructors. This is the perfect opportunity for campers interested in applying for a position at camp in the future to complete their training in a safe and fun environment. Pre-requisite: Campers must complete online coursework prior to on-site training and must be able to pass the pre-skills swim assessment. To participate: Register online for the Lifeguard Camp program. Spaces are limited. Fee: \$265

Have questions or wonder which program is best for you? Reach out to campoverlook@cornell.edu