

# AC FOUNDATION TRAINING - PART 1 THE FOUNDATION

SDT DAY 1: 4-4:50PM

4:00  
PM

## NAME WHIP + ICEBREAKERS

Name Whip - Ask group to share their names and a question for all to answer  
EX. *What is your name and favorite ice cream flavor*

Icebreakers - 1 or 2 games to get them up and moving and meeting the AC Team  
EX. *Dance Your Name (non-repetitive), Whompum, Name Juggle*

4:10  
PM

## BREAKDOWN OF TRAININGS AND ACTIVITY COUNSELOR 101 OVERVIEW (PP.64-66 IN STAFF MANUAL)

**Breakdown of Trainings** - what to expect during the next 3 trainings

1. Foundation Training - lay the groundwork for being a great AC. Where we will build on for the rest of the trainings. Get your questions answered and you ready to learn!
2. Hard skills Training - where you will actually get to do / learn / get your hands on your activities you will be leading this week.
3. Facilitation Training - we will explore the important components of facilitating a successful activity session - all the necessary and expected components. And you will have the chance to plan all the facilitation pieces for your activity.

4:20  
PM

## CHARACTERISTICS OF AN IMPACTFUL, OUTSTANDING, PHENOMENAL ACTIVITY COUNSELOR

We are going to spend some time thinking about what makes a stellar Activity Counselor. What characteristics do you think ACs should have?

- Think about...
  - Would any of these qualities make a stellar AC?
  - Would anyone like to share? How can those qualities be effective this week as a stellar AC?

4:40  
PM

## OVERVIEW OF ACTIVITIES AND CHOICE CARDS

- Pass out the Activity choice cards and explain how they will be ranking their choices.
- Explain how we pair activities and 2-3 counselors will be in charge of that pair of activities all week. You will help facilitate BOTH of those in the pairing at different points in the week.
- NO guarantees that people will get their top choice. We will do our best to co-up folks based on their preferences, and we will also have to make sure all the activities are covered! So flexibility is much appreciated. That being said, we have AMAZING activities this year!
- Describe each activity and answer questions.
- Have the counselors fill out the cards, and collect them when you are done.
- Remind them of free time now until dinner...see you at dinner lineup in longs. If you are the KP Cabin, be sure to come early for set up.

# AC FOUNDATION TRAINING- PART 2 AC HARD SKILLS TRAINING

SDT DAY 1: 6:45-8:30PM

6:45  
PM

## FIND OUT ACTIVITIES & CO'S & SUPPORT STAFF

- Come up with some fun way of announcing who will be cos and leading which activities. Make it also clear who will be supporting them.
  - o Ex. Famous pairs

6:50  
PM

## MEET YOUR CO(S) & ACTIVITY INTRODUCTION AND INTERACTION

- Have the ACs stay in Fellowship Hall and go sit with their co(s). Let them know they have 5 minutes to get to know each other. After 5 minutes their director will come by to talk to them about their activities...AND learn about each of them. This will be done by having one AC introduce the other. Besides their name, they must also know 3 facts about their co they can share in the introduction.
  - o Before you send your staff off to their activity, let them know once they get comfortable with their activity to start thinking about HOW to lead and facilitate the activity (opening, closing, how to teach it / break it down, etc). We will be going over this tomorrow, but early thinking will only make it easier!
  - o Let them know you will come around to check on them and answer their questions / see what supplies they might need / want.

8:15  
PM

## GOAL SETTING

- YOU as a support director would go over briefly (planting the seed) goal setting and OD's with your AC's you are supporting
- o Give them some time to think about their goals for the week.
  - o Let them know they will receive the formal Goal setting paperwork tomorrow and they will turn in their goals tomorrow night but they should go ahead and start thinking about their goals now!
  - o You will have time to check-in with them at some point on Arrival Day to go over goals. (Quick conversation about goals)

8:30  
PM

## CAMPFIRE

Be sure to be at Pond Campfire in longs by 8:30

# ACTIVITY COUNSELOR TRAINING. PART 3 FACILITATION SKILLS

SDT DAY 2: 10:45AM-12:00PM

10:45  
AM

## OPENINGS (APPETIZER)

### (10 min) Start with an Example Opening

- Gather all in a circle immediately and approach this like you would open an activity - enthusiasm, intentionality, etc. **Think of this as your appetizer**
- “Alright ACs, welcome to Facilitation Skills training. Today we are going to cover how to properly facilitate YOUR activities. To kick off this activity I would love to begin with a name whip to make sure we all know each other’s names...which is super important to us here at Camp. So what I want you to do since this is about impactful & intentional facilitation, I would like you to tell the group your name and what type of learner are you?”
- Thank them for sharing and continue the opening activity
  - o Explain the opening...preparing them to facilitate...discussing openings, closings and how to break things down...ask them to think intentionally about their activities over the next hour.
  - o Ask them to continue to treat each other and the ideas they hear with respect as we go as there will be a few times they will be planning with their cos
  - o Then ask for questions...

### (5 min) Explain the Opening Example

- Explain how this is your Appetizer
- Then explain how this was an example of an opening & why we do openings
- o Tone setting, rules, etc.
  - Some key components included :
    - o Name game related to the activity
    - o Brief description of what they will be doing & can expect
    - o Rules & safety (nothing physical in this training, but asked you for emotional safety by treating each other with respect)
    - o What are other key components to openings?

### (10 min) Plan Openings with Co(s)

- Have them break out with their co(s) and spend some time thinking about openings for their activities...and write them down!
- Come back together as a group and share ideas.

11:10  
AM

## FACILITATING & LEARNING STYLES (MAIN COURSE)

**\*\*DISCUSS WITH ADVENTURE PRIOR TO TRAINING\*\***

### (15 min) Learning Styles

- You have now opened the activity, now you need to provide the Main Course – facilitate your activity. Part of facilitation is making sure you are getting through to everyone AND everyone learns a different way. We are going to do an activity around learning styles and specific instructions to help show this.

### Monkey See, Monkey Do (Adventure will Lead)

- Create 3 teams (preferably based on who is supporting them/what unit they’re in. Adventure can help out any team that is smaller/less people than the others)
  - Have each group choose 1 person to be blindfolded and another to be their spotter.
  - Once they have chosen, you will give each team something to “retrieve” and the other members of the team are going to have specific jobs in relation to how they are going to communicate to their blindfolded teammate. (ex. Chad is blindfolded, Brian is his spotter and is only in charge of his safety throughout the game, no helping from Brian, while Shannon, Chappy and Kitty are on their team, but Shannon is only in charge of telling Chad to go right, Chappy is only in charge of telling him to go left and Kitty is in charge of telling him to go forward)
  - Give each team only a couple minutes to decide and then start the game.
  - Play for a few minutes, watch each team carefully and when you feel they have all put in some effort you can stop the game, gather them back at the seats and debrief the game.
  - Quick debrief on the activity –
    - o How was it first round vs last round? What made performing the task harder? Easier?
    - o Can you think of a way this applies to YOUR activity? Can anyone give us an example?
- Ex. One co describes how to shoot in archery while the other co performs it.

### (15 min) Facilitation

- What other things should you keep in mind when facilitating your activity?
  - o Where you facilitate - comfort for your group...in the shade, out of sun
  - o What – clear, concise words...age-targeted explanations (how you explain rules & safety should be different with 9 year olds and 18 year olds!).
- Break out with your co(s) and think about HOW you will facilitate your activities. Make notes on:
  - o How to break down and teach your activities - Address group does anyone have any best practice tips?
  - o Who will say what when leading
  - o Order of how you will present things

11:40  
AM

## CLOSINGS (DESSERT)

### 5 min) **Why Closings**

- Explain how this is the ending to your meal, the sweet Dessert Closes out the experience so that campers can move on.
- It should be a reflection on the experience at the activity
  - o Can be simple or complex; just allow them the opportunity to put words / thoughts to their experience.
- Expectation is that a closing happens after every activity!

### (5 min) **Closing Ideas**

- Allow them to brainstorm and write down ideas for closings for their activities.

### (5 min) **Example Closing**

- Have them all come together in a circle and go through an example closing for the training they just experienced.

Example closing - Mood pictures as closing. Share with your co's first then popcorn with the group.

11:50  
AM

## GOAL SHEETS, ODS & HELPERS

### (5 min) **Goal sheets & Helpers**

- PDs meet with their own staff
- Hand out Goal sheets, OD's & Helpers – explain all documents
- Write their goals in their Helper...AND write goals on Goal sheet.
- Have them review OD's, print name and session and then hand back to PD
- Ask them to have the Goal sheet ready to turn in after sometime tomorrow by dinner
- Remind them of Evac drill @ 12:20