



**ERIC RAYMENT**

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Depuis/since 1998

## **2018 C.I.T. Program**

We are offering a new program for 14 to 16 year olds, you can book 1 week or up to 6 weeks. The program is filled with new learning, challenges, responsibility, friendships and personal development. All 6 weeks are at the Glenn J. Chamandy arena (LCC arena).

### **What is the HMI-CIT Program?**

The Hockey Montreal International, Counselor-in-Training Program (or C.I.T.) is designed for youth from 14 to 16 years old, hoping to one day become a camp counselor. During the program, the future counselors will be trained in all aspects of hockey camp life: the role of the counselor, working with children, on ice teaching, the planning of activities off-ice, safety, coworker relations, etc. Over the course of the six weeks, the C.I.T.s will take on responsibilities around camp, and at the same time, train and prepare for their own hockey season.

### **What do the CIT's do all day?**

The CIT's have their own personal coach who guides them through the day and helps them adjust to their new responsibilities. Each day the C.I.T. will have a half day of Hockey Specific off-ice training and a half day of work. All CIT's shoot on the goalies from 12-13pm and the day ends with an on ice training session from 4-5pm.

Over 90% of our summer staff consists of kids who were once campers, then CIT's. This is the strength of our program, everyone understands what we are about.

**TRAIN HARD...THINK FAST...HAVE FUN !!!**

Interested in being part of this unique opportunity, you can book 1 week or 6, please email me for all inquiries.

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See you in the rinks.

Eric Rayment