



Counselor / CIT application

Name: _____ Age on July 6, 2026: _____

Address: _____

Phone Number: _____ Email: _____

An average day at Sokol Camp may include any number of the following items as well as some not listed. As a Counselor / Counselor in Training (CIT), you are expected to take part in or supervise camper activities including chores, sports, crafts, swimming, games, meals. If you feel that for any reason you may not be able to perform any expectations, please speak to the Camp Director prior to submitting your application.

Being on your feet all day
Limited sleep time
24 hours/day responsibility
Scheduled meal/sleep times

Temperatures in excess of 90 degrees
Exposure to nature (bugs/bites/sun/grass/poison ivy, etc)
Walking up/down the driveway to the gate up to 2x/day
Limited phone access / minimal personal down time

Are you currently certified in (check all that apply, must be able to provide copy of license if asked)

- First Aid
- CPR
- Lifeguard
- First Responder
- Other (explain) _____

Why do you want to be a Sokol Camp Counselor?

Please list previous camp counseling experience:

Please list any other experience working with children that would be beneficial in a camp setting:



Identify any special skills that make you uniquely qualified to be a counselor (play instrument, knowledge of a specific hobby/topic, tree/plant identification, etc):

What do you think our camper should get out of attending Sokol Camp?

What are two things you would change about Sokol Camp (if you have been previously involved) and what steps would you take to make it happen?

Think of yourself in the role of a Camp Counselor/CIT. Identify four strengths that will benefit you as a Counselor and 4 areas that need improvement.

How will the Campers describe you to their parents when they get home from Camp?



Scenarios – please read the following situations and answer how you would handle each instance.

A camper is getting ready for bed and can't find her shampoo. What do you do?

You are with a group of 20 campers for an activity in the back field and notice you are missing a camper and did not give anyone permission to leave the activity. What do you do?

You disagree with how a fellow Counselor is handling a situation and feel you could do a better job. How do you proceed?

When supervising campers upstairs cleanup, you notice that a camper has a cell phone charging under his cot. What do you do?

How would you handle a child who is repeatedly misbehaving and refusing to follow instructions?

What would you do if you have a homesick camper that wants to go home?

By signing this agreement and pending selection of my application, I acknowledge and accept this volunteer position. I understand and agree that any action on my part that contradicts this agreement or the Rules and Regulations of Sokol Children's Camping will be grounds for termination of my volunteer position. If I accept this position and become unable to fulfill my responsibilities, I will notify the Camp Director immediately.

Applicant Name: _____

Applicant Signature : _____ Date: _____

All Camp Volunteers must pass a background check with the Family Care Safety Registry
Signed application must be returned by April 15, 2026.



Counselor / CIT expectations

Sokol Children's Camping is run entirely by volunteers. In order to provide the highest level of programming and safety for our Camp, we ask that each potential Counselor or Counselor in Training (CIT) complete an application that will be reviewed and approved for selection before the Camping period. If you have an interest in volunteering as a Camp Counselor or CIT, please submit the required forms by the deadline to be considered for selection.

- Counselors will be at least 18 years of age, a Sokol Member in good standing, can pass a background check, complete Safesport Certification, possess a high school diploma or GED, and have one year of experience supervising and working with children (explain in your application.) Preferred but not required qualifications: previous Sokol Camper, counseling or teaching experience, CPR certification, first aid skills/training.
- Counselors in Training meet the minimum qualifications for Counselor but are lacking the year experience supervising and working with children.
- Counselors in Training will work under the supervision of the Camp Director and Counselors. CITs are not to be alone with campers at any time.
- Counselors will possess the ability and willingness to plan, prepare and lead activities as assigned.
- Counselors/CITs will be available to assist other staff members in the execution of their activities.
- Counselors will supervise and mentor all Counselors in Training.
- Counselors/CITs will set an example for campers and fellow staff members and provide an environment free from verbal and physical intimidation. The use of physical force is inadmissible except in extreme circumstances.
- Counselors/CITs must be able to communicate with the wide age range and skill levels of all campers.
- Counselors/CITs will be available to be on-site for the duration of the Camping period beginning at 4:30 PM Sunday concluding at 10:30 AM the following Sunday unless otherwise arranged.
- Counselors/CITs will submit information for a background check through the Family Care Safety Registry.
- Counselors/CITs will be awake and present before morning wake up calls each day and be available through the nightly staff meeting (10:30 PM).
- Counselors/CITs will be able to supervise and assist camper's daily responsibilities including but not limited to hygiene needs and camp chores.
- Counselors/CITs will supervise camper behavior and interactions and be aware of any potential safety or disciplinary issues and respond accordingly.
- Counselors/CITs will be knowledgeable about and willing to enforce all Camp Rules and Regulations.
- Counselors/CITs will work cooperatively with other staff members and volunteers.
- Counselors/CITs will assist in the kitchen if the Head Cook deems necessary.
- Counselors/CITs will make every effort to attend any pre-Camp meetings/calls.
- Counselors/CITs who are related to campers will not give special preference, perks or attention to their relatives during the Camping period.
- The use of alcohol and drugs is prohibited at any time while Sokol Children's Camping is in session. Use of any kind will result in expulsion from Sokol Children's Camping.

Special Consideration if an applicant wishes to counsel but does not meet all the minimum requirements:

A Sokol Member in good standing must recommend the applicant. Applicants must explain their qualifications in depth and provide any additional information that the Director should consider if they lack the above indicated requirements. Passing the background check and SafeSport certification are non-negotiable.

Please keep this page. Complete and submit the following pages by April 15th for consideration. Applications will be reviewed and those accepted will be notified by May 15th. Submission of this application does not guarantee a position as a 2026 Counselor or CIT. Depending on the number of volunteers accepted, some part-time positions may be offered. In this event, you would be required to be present for the times you are assigned.



Camping Information and Expectations

Children's Camping will start the Sunday after July 4th each year. This year Children's Camping will begin 6 PM Sunday July 5th through 10 AM Sunday July 12th. There will be one week of Camping for 2026. Campers must be between ages 5 and 16 during the time of Camping. All Camping fees listed are due at time of registration.

Weekly Rates

- | | |
|-------|----------------------------------------------------------------------------------------------------------------------------|
| \$150 | Child of Sokol Member(s) that attends gymnastics classes. Parent(s) must be a Sokol member for at least six months. |
| \$200 | Child of Sokol Member(s) that does not attend gymnastic classes. Parent(s) must be a Sokol member for at least six months. |
| \$300 | Child of non-member(s) |

(space permitting – will be placed on a waiting list and may be offered an opportunity to camp after Sokol member registration officially closes).

Rates include all meals for one week, Monday morning through Sunday morning. Parents are responsible for their children by 10 AM on Sunday. Parents should not pick up campers before 9 AM on Sunday morning so that each child has time to eat breakfast and complete morning chores before leaving.

Day Campers

- | | |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| \$30/day | Day campers are ages 3 – 8 whose parents are volunteering at Camp that day.
Day campers arrive between 6:30 AM and 7:30 AM and be picked up between 5 PM and 6 PM
All campers must be able to attend to their own bathroom/hygiene needs.
Day camper registration forms must be submitted within the deadlines.
Day campers who are not dropped off during the indicated times will not be allowed to stay.
Day campers not picked up on time will not participate in activities beyond 6 PM. |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Refunds: There are no refunds for campers that are sent home or decide to leave for whatever reason. This also applies to campers who register for two weeks and decide to only attend one one.



Early Bird Discount for Sokol Members

- Campers will receive a \$20 discount off their weekly rate if their completed forms AND FEES are submitted within the first 30 days of registration window.
- Campers may use this discount once per year
- Each camper in a family is eligible for the early bird discount if forms and fees are received in the first 30 days of registration period. (There is no limit to the number of family members for which this will apply.)

Mandatory Camping Workdays

May 16th

June 20th

Report to Sokol Camp at 9 AM – Lunch is provided and work concludes mid-afternoon

ALL FAMILIES (MEMBER AND NON-MEMBER) MUST ATTEND A WORKDAY. If you do not attend, your work deposit will be forfeited.

REGISTRATION CLOSES MAY 15, 2026

After June 1, 2026, a \$50 per child late fee will apply to any incomplete registrations (outstanding fees or paperwork).

NO REGISTRATION WILL BE ACCEPTED AFTER JUNE 1, 2026.

No exceptions. All monies and forms are due at this time.

At the close of registration, confirmation notices will be sent to each family

Parental Requirements and Expectations

1. Children's Camping is run completely by volunteers. All families must submit a \$100 check dated August 1, 2026. This check will serve as a work deposit and will be returned upon completion of mandatory camping workday AND required volunteering day during the camping period by signing up to counsel, cook, or night watch. All volunteers will be expected to comply with expectations for their roles at Camp and will follow the instructions of senior staff members in charge. If a family does not complete their requirements, the check will be cashed August 1, 2026.
2. Parents will instruct their children on proper behavior. The camper agreement will be signed by the camper and the parent before Camping. Failure to comply with registration requirements or camping regulations will result in dismissal without a refund and at the expense of the parent. The Director and Staff have the final ruling in determining if behavior warrants dismissal.
3. All campers are to be signed in and out of Camp by a parent or guardian beginning with a formal check-in process at 5 PM Sunday prior to 6 PM lineup. If you pick up your child at any time during the week, they must be signed out with a counselor before they leave and signed back in upon their return. Campers will also be signed out at the conclusion of Camp between 9 AM and 10 AM on Sunday. Failure to comply will result in the camper being sent home at the expense of the parent.
4. **NO VISITORS will be allowed during the Camping period.** If you need to come to Camp for any reason during the Camping period, previous arrangements must be made with the Director. This includes picking up/dropping off a camper, delivering medication/clothing, etc. If you come to Camp to volunteer, you are expected to abide by the scheduled times for your role.
5. ALL campers will submit a completed health history information form. Information including but not limited to conditions such as ADHD, allergies, psychological diagnoses, and past or chronic injuries should be included on the form. Failure to disclose information will result in dismissal.
6. Any medication that is to be administered during the Camping period will be brought in its **original packaging with a prescription label, completed medical form and documentation from a physician** stating possible side effects, etc. Campers will not be allowed to medicate themselves – this includes Tylenol, Midol, allergy medication, etc. Failure to comply will result in dismissal.
7. The Staff reserves the right to request additional information about any camper's medical conditions including but not limited to specific documentation releasing the camper to attend. If the Staff does not feel adequately equipped to handle the medical situation of any camper, the camper may be asked to leave or make other arrangements.
8. If a child is sent home due to illness, they may not return to Camp until fever free for at least 24 hours. Campers showing symptoms of illness may be sent home at the discretion of the Staff. Parents will be responsible for arranging transportation. The camper's temperature will be taken upon return.
9. If a camper must leave the Camp, they can be picked up at any mealttime but may not return until the following morning between 6:30 AM and 7:30 AM. After a second absence, the camper will not be allowed to return. If a child needs to leave, prior notice must be provided to the Staff on Sunday during check-in. All campers must always be signed in and out of the Camp with a Counselor. Do not drop off your child at the top of the drive and leave without signing them back in with a Staff member.

Rules and Regulations in Effect During the Camping Period

THE FOLLOWING RULES AND REGULATIONS WILL BE ENFORCED BY THE COUNSELORS. GYMNASTIC ASSOCIATION SOKOL WILL NOT BE RESPONSIBLE FOR ANYTHING LOST OR STOLEN DURING CAMPING.

1. Roll Call will take place promptly at 6 PM on Sunday. All campers must be present at this time. Check in will begin at 5 PM. **All Campers are to be signed in by a parent/guardian at this time.**
2. Cot assignments will be posted Sunday after Noon. The oldest campers will be on the porches, the younger campers will be in the interior rooms.
3. The daily schedule will be as follows:

Wake Up	7:00 AM
Campers Dressed and Ready	7:30 AM
Breakfast	8:00 AM
Lunch	12:00 PM
Dinner	5:00 PM
Bedtime (younger)	8:30 PM
Bedtime (older)	10:30 PM
4. There will be no loud talking in sleeping quarters following lights out. Once the lights are out, campers are to remain in their own beds unless they go to the bathroom.
5. Campers will not be allowed to use cell phones during camping. Counselors will confiscate any cell phones that are found. Cell phones will be locked in a lockbox until parents pick up. The Camp Staff highly recommends that campers should not have their phones during Camping. The Director has final discretion on the consequences if a camper's cell phone is found, up to being sent home.
6. Electronic games (PSP, Nintendo, etc) and iPads/MP3 players should not be brought to Camp. Counselors will confiscate any electronic devices that are found. If a camper wants to bring an MP3 player for the Dance, they may turn it in to a Staff member at the beginning of the week to be used at an approved time.
7. No weapons of any kind are allowed at Camp.
8. All campers must be capable of attending to their own bathroom needs.
9. Daily showers are scheduled for each camper.
10. Attire should be appropriate for physical activity. No tube tops/halter tops, etc. should be worn. Appropriate sleepwear should also be brought to Camp. (Is attire appropriate for an outdoor assembly in case of emergency?)
11. Swimwear should be modest and in good taste for swimming/diving/jumping and other water activities (water balloon, relays on field, etc.)
 - a. Swimsuits should fully cover every intimate body part in entirety.
 - b. Consider Camp activities when choosing swimwear – activities include but are not limited to running, jumping, bending.
 - c. Undergarments are not appropriate swimwear
 - d. No strapless swimsuits, tube one-piece swimsuits or men's/boy's speedos allowed.
 - e. If a camper's swimsuit is deemed to be inappropriate, parents will be asked to deliver an appropriate swimsuit at the mailbox. Until the appropriate suit arrives, a swim shirt/shorts will be worn.
 - f. **Volunteers:** All volunteers are expected to comply with swimsuit policy.
12. Campers will clean their sleeping area, bathrooms, cabanas and stairs each day.

13. Campers will eat what is served for meals.
14. No chewing gum is allowed at Camp. No coolers with soda or drinks are allowed. Any snacks or drinks found will be confiscated. This is in the interest of cleanliness (cleaning up after themselves and/or things melting in the heat) prevention of bugs, and safety of other campers (potential allergic reactions).
15. No smoking, alcohol or drug use by campers will be allowed under any circumstances. This will result in immediate expulsion from Camp. This includes possession of any lighters, matches or other smoking paraphernalia.
16. No fireworks are allowed on the grounds.
17. The Camp Staff reserves the right to conduct a search of Campers possessions if deemed necessary.
18. Children should ask permission before using athletic equipment or any other equipment and keep away from all machinery.
19. Camp Boundaries are as follows:
 - a. No one is allowed on the Rock Garden, on top of the rocks or on any roofs.
 - b. No one is to go past any of the playing fields.
 - c. No one should be at the playground without a Counselor.
 - d. No one is to be in the upstairs sleeping quarters during the day unless given permission by a Counselor.
 - e. Boys and Girls will use their assigned stairways.
 - f. Boys and Girls will not be allowed in the sleeping quarters of the opposite sex.
 - g. Access to the Lodge building will be limited to restrooms and craft area during daytime hours.
 - h. Campers are not to be in the kitchen or dining room area unless the current activity requires.
20. Swimming Pool Rules are as follows:
 - a. No one is to be in the pool area without a counselor.
 - b. Everyone will go to the pool area during swimming time even if they do not wish to swim.
 - c. No one will leave the pool area without permission.
 - d. Running in the pool area, throwing/pushing one another into the pool and other horseplay will not be permitted.
 - e. Campers must swim the length of the pool twice to be allowed into the deep water. (Unassisted and without floatation devices)
 - f. If a camper needs/wants anything special for swim time (life jacket, floaties, goggles, earplugs) they need to be provided by the family and should have name/initials written on them.



Waiver of Liability and Medical Release

I, (participant's name) _____, hereby give consent to participate in the program offered by Gymnastic Association Sokol otherwise referred to as Sokol St. Louis. I recognize that potentially severe injuries, including but not limited to sprains, strains, broken bones, permanent paralysis, or death can occur in any activity. I understand and accept that risk.

I further understand that while the payment of the registration fee and/or membership dues constitute a part of the consideration due to Sokol St. Louis, an additional important part of the consideration due to Sokol St. Louis and the Children's Camping Program is this signed release form.

Therefore, in consideration to use Sokol St. Louis' equipment and facilities, I hereby forever release Sokol St. Louis, its owners, officers, instructors, counselors, coaches, and volunteers for any and all damages and injuries suffered while volunteering or under the instruction, supervision or control of Sokol St. Louis, its owners, officers, instructors, counselors, coaches, and volunteers.

As a participant, I hereby agree to personally provide for the possible future medical expenses why may be incurred a result of any injury sustained while participating at, for, or under the direction of Sokol St. Louis. This acknowledgement of risk and waiver of liability, having been read thoroughly and understood completely, is signed voluntarily as to its content and intent.

Release, waive, discharge and covenant not to sue **THE AMERICAN-CZECH EDUCATIONAL CENTER, GYMNASTIC ASSOCIATION SOKOL, SOKOL ST. LOUIS or its affiliated clubs**, their respective administrators, directors, agents, coaches, and other members of the organization, other participants, sponsoring agencies, sponsors, and if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as "releasees," from any and all liability to each of the undersigned, his or hers and next of kin for any and all claims, demands, losses, or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise.

Subject to the provisions of this Agreement, each signing party has remised, released and forever discharge and by these presents, does himself and herself and his or her heirs, legal representatives, executors, administrators, and assignees remise, release and forever discharge Gymnastic Association Sokol of all cause or causes of action, claims, rights or demands whatsoever in law or in equity, which said party hereto ever had or now has or may have against Gymnastic Association Sokol.

Printed Name of Participant: _____

Signature of Participant: _____ Date: _____

Signed form must be returned by June 1, 2026.



Volunteer Background Checks

Thank you! Thank you! Thank you! Without you there would be no Sokol Children's Camping!

In order to provide the highest level of programming and safety for our campers and fellow volunteers, we use the Family Care Safety Registration (FCSR) to process background screenings for all volunteers – cooks, nightwatch, counselors and counselors in training as well as a bank of alternate volunteers for last-minute needs. **No exceptions will be made!**

The FCSR searches the following databases:

- State criminal history records maintained by the Missouri State Highway Patrol
- Sex Offender Registry maintained by the Missouri State Highway Patrol
- Child abuse/neglect records maintained by the Missouri Department of Social Services
- Employee disqualification list maintained by the Missouri Department of Health and Senior Services
- Employee disqualification list maintained by the Missouri Department of Mental Health
- Child-care facility licensure records maintained by the Missouri Department of Health and Senior Services
- Foster parent licensure records maintained by the Missouri Department of Social Services

Please complete the Family Care Safety Registry background screening. In order to protect your private information, most volunteers will have the option to run their own screening and submit the results with their paperwork.

Complete your background check using one of the below options:

Option 1 – I have volunteered at Sokol Children's Camp in the past 5 years and will run my own background check

Call the Family Care Safety Registry at 866.422.6872 Mon-Fri 8 AM – 3 PM. Press 0. Tell them that you are running a background screening for yourself. They will ask for your social security number and date of birth. Forward the emailed results to camping@sokolstl.org. The email you receive will be an encrypted document with instructions to retrieve your results. Download the results to send with your paperwork, do not just forward the encrypted email.

Option 2 – I have volunteered at Sokol Children's Camp in the past 5 years and would like someone else to run the background check via a phone call with me.

Call or text Dana Evans 314.392.1228 and provide your name and indicate that you need assistance completing your background check. The background screening will be run while you are on the phone together.

Option 3 – I have never volunteered at Sokol Children's Camp or have not done so in the past 5 years.

If you are registered with the FCSR, you can attempt to follow Option 1 first. If you are not registered, Call or text Dana Evans 314.392.1228 and provide your name and indicate that you need assistance completing your background check. We will register you with the FCSR while you are on the phone and process the background screening once you are registered.

THOUGHT FOR THE MONTH: **“Voting is not only our right—it is our power.” – Loung Ung, Human Rights Activist**

Risk Management

HOW TO TAKE SAFESPORT TRAINING

We are now required by American Sokol SafeSport Protocol to take the full SafeSport certification plus have a valid background check on file on an annual basis. This is required for those who are interactive with minors on an ongoing capacity for their Unit, District or American Sokol. Since it has been over a year since the original protocol has been in place, I thought I would resubmit the following information.

Perhaps there is still some confusion on how to properly get to the SafeSport training if not going through USAG. Hopefully this will make it a little simpler for all of us.

1. Go to www.athletesafety.org. Google Chrome or Firefox are recommended for the best user experience.
2. Click on “**Training**” from the **homepage** or from the “**Menu**” in the upper left corner of the screen.
3. Scroll down until you see “**SafeSport™ Trained**” click on it and “Add to Bag”. It will then show you a cost of \$20.
4. Scroll to bottom to and click on “**Checkout**”.
5. You will then select “Register” to create your account and profile. Fill out the required information. (NOTE: select “**Not Affiliated**” for Membership as American Sokol is not listed in the dropdown menu because we are not designated as a National Governing Board.)
6. An email will be sent to you to confirm your account. Open the email and click “Confirm Email Address”. This email will come with heading of “**SafeSport ASO: Account Created**” and comes from athletesafety.org. Once you confirm, you can sign in.
7. Once you’ve signed in, you can purchase the course from your shopping bag in the upper right corner.
8. Once you’ve successfully purchased the course, you will be able to complete it from your Learning Dashboard (it’s the smiley face). There are three modules to complete which should take approximately 90 minutes total.

If you experience any technical difficulties while taking the training, please contact the SafeSport Help Desk at help.desk@safesport.org or call 720-676-6417. The Help Desk hours are: Monday–Friday 8:00am–9:00pm EST; Saturday–Sunday 12:00pm–5:00pm EST.

Remember to **download and save your SafeSport™ Trained certificate** upon completion of the course. This is the certificate that needs to be turned in for reimbursement. Please **DO NOT** send in copy of the three individual modules. Proper reimbursement form, certificate, and background check information must be turned in by your unit and signed either by Unit President or their designate.

HOME GYMNASTICS AND FITNESS ACTIVITIES

Please “*Like*” our American Sokol Facebook page for access to pictures, videos, updates, and much more! Bro. Dan Bajek from Sokol Naperville Tyrs is sharing different home gymnastics and fitness activities for our athletes to do until our units re-open. This is a great opportunity to share this information and provide our gymnasts with many ways to stay in shape. The page is found by typing www.facebook.com/americansokol/ into your internet browser. **Follow us on Facebook!**  **@americansokol**



Volunteer Medical Record and Contacts

In an effort to hope for the best and plan for the worst during Camping this year, please complete the following Volunteer Registration form. This document will only be used in case of a serious medical emergency and will accompany you to the hospital. Please be as thorough as you prefer. If for the sake of privacy, you would prefer to seal the form in a separate envelope labeled "(Name) Emergency Form," please feel free to do so. We will only open the envelope should an emergency occur. All forms will be shredded at the conclusion of Camping 2026.

Name: _____ Date of Birth: _____

Height: _____ Weight: _____

Allergies and Reactions:

YOU MUST ADVISE THE DIRECTOR AND HEAD COOK IF YOU HAVE A SEVERE OR ANAPHYLACTIC ALLERGY AND ARE SUBMITTING THIS FORM IN A SEALED ENVELOPE.

Medical Conditions / Health History:

Medications / Dosages:

Medical Insurance Provider: _____ Policy Number: _____

Primary Care Physician: _____ Phone Number: _____

In case of Emergency, please contact:

Name: _____ Relationship: _____

Phone Number: _____ Alt Phone Number: _____

Name: _____ Relationship: _____

Phone Number: _____ Alt Phone Number: _____

Completed form must be returned by June 1, 2026.