

Time Block	Session Title	Session Description	Speaker
Opening-9-10:15am	Teamwork & Communication	This training focuses on developing adaptability and problem-solving abilities to navigate challenges and adjust strategies in real time. Emphasis is also placed on teamwork and collaboration, encouraging clear communication and shared responsibility to achieve common goals through actionable steps.	Melissa Bennett Counseling
Session 1 10:30-11:15am			
Director's Track	Leadership Development	The training promotes leadership and initiative by empowering individuals to take ownership, guide others, and proactively contribute to positive outcomes. The training will also touch on providing meaningful communication to stakeholders.	Melissa Bennett Counseling
	Navigating Challenging Behaviors	Understanding proactive strategies, reactive strategies, and problem-solving when facing challenging behaviors. The training aims to provide adaptable strategies that can be used across all campers.	Melissa Bennett Counseling
	The Inclusive Play Workshop	This workshop is dedicated to ensuring every child feels they belong and can participate meaningfully, regardless of their physical or cognitive abilities. It covers Universal Design for Learning (UDL), strategies for supporting neurodiverse campers (such as those with ADHD or Autism), public speaking techniques for clear instructions, and collaborative practice in designing inclusive camp games.	Adina McCollough, Recreation, Parks & Community Health of Park Forest
	Sports Based Games	Kids getting bored of the same few games and sports? Having trouble finding ways to implement new ideas? Then this session is for you! This will be a hands-on session with maximum participation from the audience. In this session we will be playing a few games that require minimal equipment that most camps can easily get their hands on or already currently have. We will also be going over ways to alter traditional games to make them more fun and appealing to the kids, so they don't get bored with the same old!	Reily McTeague, Oak Lawn Park District Sports Camp
	Sunshine & Structure: Preschool Camp Made Simple	Help your youngest campers shine while keeping your day running smoothly! This session is perfect for both new and experienced counselors who want to build confidence working with preschoolers. Learn how to create simple routines, manage group behavior, and keep little learners engaged—whether you're running a half-day or full-day camp. You'll walk away with a "sunshine toolkit" full of easy strategies, transitions, and go-to tricks to make your day successful and stress-free.	Karen Cooper, Joliet Park District
	No Prop Songs & Skits	Learn classic and new songs, sticks and games that require no props, small spaces and are a ton of fun for campers (and staff!)	Kimmy Flannigan, Palos Park Recreation & Parks Department
	Leadership-The True Role of a Camp Counselor	This session will teach participants how to be a leader who can effectively motivate people of all ages. We will focus on ten important themes that will help create a balanced and enriching environment that will foster leadership. We will also discuss six important factors in determining a counselor's effectiveness as a leader, coach and positive mentor. Learn leadership techniques that will help build self-esteem in every person under your direction.	George Shimko, Owner GSBS Basketball & Evergreen Park High School Girls Head Basketball Coach
	Mental Health Overview	Participants will learn about the most common mental disorders, with signs and symptoms that frequently co-occur, along with strategies for symptom management. <ul style="list-style-type: none"> <li>• Understand basic information on anxiety, depression, bi-polar, and psychosis</li> <li>• Understand the symptoms and risk factors for each disorder discussed</li> <li>• Learn coping strategies for each disorder and how to assist someone who is symptomatic</li> </ul>	Seretoma Star Services
	Difficult Conversations Made Easy		Jacqueline Canty, Special Recreation Supervisor, Oak Lawn Park District
	Sid's Scrap Creations: Crafts For Teens	Teen campers acting like Sid? Here are some craft ideas that will get every teen camper to create something!	Ewa Koziol, Oak Lawn Park District
	Day Camp Success Toolkits	Boredom busters and transition tools guaranteed to keep behavior problems away with an elimination of "I'm bored" comments coming your way. Make your own day camp toolkit to survive the summer day camp months in this interactive session.	Sara June, Club Rec Supervisor, Lombard Park District

<b>Session 2</b>			
<b>11:25-12:10pm</b>			
<b>Director's Track</b>	<b>A Study of Headcounts-Counting on Safety</b>	Headcounts are a simple but essential tool for keeping campers safe, especially during busy transitions and group movement. This session explores real-life camp scenarios—like activity changes, waterfront rotations, and pickup—to show how small lapses can lead to bigger risks.  Participants will learn quick, reliable headcount routines, when to use them, and how to involve campers in the process. Walk away with practical strategies to improve accountability, reduce uncertainty, and keep your group safe and on track.	<b>Bill Hooker, PDRMA</b>
	<b>Behavior and Empathy Masterclass</b>	This session is a deep dive into communication and understanding camper needs. It focuses on building active listening skills, recognizing age-appropriate behaviors so counselors don't overreact to normal developmental stages, delivering empathetic rather than sympathetic responses, and practicing hands-on conflict mediation.	<b>Adina McCollough, Park Forest Recreation, Parks and Community Health</b>
	<b>Sports Based Games</b>	Kids getting bored of the same few games and sports? Having trouble finding ways to implement new ideas? Then this session is for you! This will be a hands-on session with maximum participation from the audience. In this session we will be playing a few games that require minimal equipment that most camps can easily get their hands on or already currently have. We will also be going over ways to alter traditional games to make them more fun and appealing to the kids, so they don't get bored with the same old!	<b>Reily McTeague Oak Lawn Park District Sports Camp</b>
	<b>Sandy Toes &amp; Busy Hands: Crafts, Games &amp; Camp Fun</b>	Get ready to fill your days with creativity, movement, and FUN! This hands-on session is packed with easy crafts, interactive games, and engaging activities designed just for preschoolers. We'll talk about how to plan differently for half-day and full-day camps, how to pace your schedule, and how to keep kids excited without overwhelming them. Leave with a "bag of summer tricks" full of flexible ideas you can use right away!	<b>Karen Cooper, Joliet Park District</b>
	<b>From Chaos to Cohesion: Effective Group Management in Camp Settings</b>	This workshop focuses on building strong transitions and effective group management strategies within camp settings. Participants will explore practical techniques for organizing groups, creating smooth transitions between activities, and maintaining engagement for all campers. Staff will gain tools to improve structure, reduce downtime, and create a positive, inclusive environment where campers can thrive.	<b>Heather Specht, SSSRA</b>
	<b>No Prop Songs &amp; Skits</b>	Learn classic and new songs, sticks and games that require no props, small spaces and are a ton of fun for campers (and staff!)	<b>Kimmy Flannigan, Palos Park Recreation &amp; Parks Department</b>
	<b>Conflict Resolution: Camper to Counselor</b>	Participants will explore the sources and nature of conflict and complete various exercises designed to identify their individual conflict management styles and increase their repertoire of conflict management strategies.  <ul style="list-style-type: none"> <li>• Define conflict and understand the nature and sources of conflict</li> <li>• Identify the impact that conflict can have on the workplace</li> <li>• Identify their individual conflict management styles</li> <li>• Discover and practice alternative approaches for preventing or managing conflict</li> </ul>	<b>Seretoma Star Services</b>
	<b>Leadership-The True Role of a Camp Counselor</b>	This session will teach participants how to be a leader who can effectively motivate people of all ages. We will focus on ten important themes that will help create a balanced and enriching environment that will foster leadership. We will also discuss six important factors in determining a counselor's effectiveness as a leader, coach and positive mentor. Learn leadership techniques that will help build self-esteem in every person under your direction.	<b>George Shimko, Owner GSBS Basketball &amp; Evergreen Park High School Girls Head Basketball Coach</b>
	<b>Behavior Management</b>	Bad kids? Kids that won't follow directions? This session will assist with that and so much more. In this session, you will learn what behavior is, behavior management techniques and time-out tips.	<b>Jacqueline Canty, Special Recreation Supervisor, Oak Lawn Park District</b>
	<b>Planning for Success</b>	Games, arts and crafts, themes and more are what we will explore! This session will include sample crafts, fun games, and theme ideas to keep your campers engaged all summer long for all ages.	<b>Sara June, Club Rec Supervisor, Lombard Park District</b>
	<b>To Craft and Beyond: Crafts For All Ages</b>	Tired of the same paper plate crafts? Here are some ideas to make your campers creativity soar to infinity and beyond!	<b>Ewa Koziol, Oak Lawn Park District</b>

<b>Session 3</b>			
<b>12:20-1:05pm</b>			
<b>Director's Track</b>	<b>Site Director Round Table</b>	Running a camp site is a fun,exciting, tiring and daunting task. Bring your questions, tips and tricks to this informative roundtable. Be ready to ask question,share experiances and learn!	<b>Recreation Supervisors and Site Directors from various Agencies</b>
	<b>Camp Genius: Unleashing AI to Power Up Your Summer Games!</b>	Get ready to level up your camp game! In this hands-on, high-energy session, we'll explore how artificial intelligence can be your secret weapon for creating unforgettable camp games and activities. Whether you're planning wild relays, theme days, or rainy-day rescues, AI tools can spark new ideas, remix classics, and personalize fun for every camper. Come ready to play, learn, and leave with a toolkit of AI-powered strategies that make game planning faster, smarter, and way more fun. Let's turn tech into your camp creativity partner!	<b>Adina McCollough, Park Forest Recreation, Parks and Community Health</b>
	<b>Camps &amp; Pool-A Collaborative Relationship</b>	Every year 3,000 to 4,000 people drown in the U.S., with most of those occurring during the summer months. Even if you're not a trained lifeguard, as a counselor you have a crucially important role in protecting kids during swim time this summer. This pool safety training contains footage of an actual drowning and explains how counselors can work together to make swim time safe all summer long. In this session we will watch a 30 minute Aquatic Safety video from NEOGOV and answer any questions you may have.	<b>Olga Viano, Director of Recreation, New Lenox Community Park District, Mandi Vinson, Facility Manager, Tinley Park-Park District</b>
	<b>Playground Safety</b>	Playgrounds can be very hazardous to your day camp program. This session will make you aware of some of those hazards. Furthermore, you will be able to foresee any hazards and protect your campers from any harm. It is recommended to send staff to this session that have not had this important playground safety training! Additional summer Safety tips will be shared.	<b>Ryan Veldman, Supt. Of Parks, Tinley-Park-Park District</b>
	<b>The Good, the Bad and the Impact!</b>	The Summer season is an overwhelming time at a lot of park and recreation agencies. Discover how you can problem solve to ensure the summer is a success for campers, parents, staff and the community, by being aware of what could happen, and discussing the many successful outcomes of camp operations you can prepare for the best summer ever!	<b>Sara June, Club Rec Supervisor, Lombard Park District</b>
	<b>Behavior Management</b>	Bad kids? Kids that won't follow directions? This session will assist with that and so much more. In this session, you will learn what behavior is, behavior management techniques and time-out tips.	<b>Jacqueline Canty, Special Recreation Supervisor, Oak Lawn Park District</b>
	<b>Campfire Magic: Songs, Stories &amp; Smiles</b>	Turn everyday moments into camp magic! In this session, you'll learn how to use songs, fingerplays, and storytelling to capture attention, ease transitions, and create meaningful connections with your campers. Perfect for circle time, calming moments, or boosting energy, these tools are especially helpful for first-time counselors. You'll build your own "camp magic toolkit" to use in both half-day and full-day settings—keeping your campers happy, engaged, and smiling all summer long.	<b>Karen Cooper, Joliet Park District</b>
	<b>Compassion Fatigue</b>	Compassion fatigue is a state of exhaustion and dysfunction- biologically, psychologically and socially, as a result of prolonged exposure to caregiver stress and all it invokes. When untreated, it can cause emotional distress or apathy resulting from the constant demands of caring for others. This course will explore how compassion fatigue affects both caregiver and client. Participants will learn how to recognize the symptoms of compassion fatigue in order to help someone experiencing it or to prevent its onset.	<b>Seretoma Star Services</b>
	<b>Woody's Sheriff Academy: New Counselor Help</b>	If you have never worked camp before, this is the place to be. Learn tips and tricks from an experience camp sheriff!	<b>Ewa Koziol, Oak Lawn Park District</b>