

Time Block	Session Title	Session Description	Speaker
Opening-9-10:15am	Camp Staff May Madness Motivation!	Get fired up for summer with a high-energy workshop led by Life Coach Lisa Lombardi! Learn life-changing skills that not only make camp unforgettable for kids but also benefit you beyond the season. This dynamic session covers essential topics like enthusiasm, teamwork, confidence, creativity, stress management, professionalism, and more.	Lisa Lombardi, Lisa Lombardi Coaching, INC
Session 1		You are facing blank slate this summer, are you going to just get by or lead a summer full of excitement, this workshop will equip you to lead with purpose and passion. Plus—watch out for flying beach balls! After this session, it'll be hard to tell who's having more fun: the campers or the counselors!	
10:30-11:15am	Director's Track		
	Games for Rainy Days and Small Spaces	In the day camp world, it is always tough when we have those days where it rains. Usually space is limited and more importantly equipment availability can also become an issue. Come to our session where we will talk about games that you can play on a rainy day that can be done in a smaller space and played with very little equipment for all ages.	Brian Cerney, AERO Schools
	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!	Reilly McTeague and Erin Moran, Oak Lawn Park District Sports Camp
	Safety Best Practices for a Successful Summer	Even the best laid plans can become astray in an instant. Learn the importance of Proactive Head Counts with hands-on demonstrations to really bring the point home.	Trainers and Risk Management Consultants from PD/RMA
	Camps & Pool-A Collaborative Relationship	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.	Olga Viano, Deputy Director of Recreation, New Lenox Community Park District, Mandi Vinson, Aquatics Supervisor, Tinley Park-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. • Understand basic information on anxiety, depression, bi-polar, and psychosis • Understand the symptoms and risk factors for each disorder discussed • Earn coping strategies for each disorder and how to assist someone who is symptomatic	Seretoma Star Services
	Tips & Tricks for successful inclusion services in your camp!	During this session, you'll hear some stories of inclusion from past summers, effective tools to implement in your own programs & plenty of time for questions and answers.	Jacqueline Canty, Special Recreation Supervisor, Oak Lawn Park District
	Teen Crafts	Our teen campers don't want to make crowns or maracas so what do they want to do? Come find some fun crafts that all teen campers will enjoy doing!	Ewa Kozioł, Oak Lawn Park District
	Crafty Preschool Campers	Our Preschool campers love staying busy and making cool crafts! Create a great camp environment designed to keep your campers using their creative brains, sharpening their fine-motor, and loving camp this summer with budget-friendly and engaging craft activities. Resources and visual samples will be provided to assist with easy planning throughout the summer months.	Sara June, Club Rec Supervisor, Lombard Park District

Session 2 11:25-12:10pm					
Director's Track	Don't Let History Repeat Itself- Learning From Past Camp Claims	True stories of summer camp claims, stressing risk tolerance, the importance of vigilant supervision, headcounts and inspections can make a great difference. In the day camp world, it is always tough when we have those days where it rains. Usually space is limited and more importantly equipment availability can also become an issue. Come to our session where we will talk about games that you can play on a rainy day that can be done in a smaller space and played with very little equipment for all ages.	Trainers and Risk Management Consultants from PDRMA		
	Games for Rainy Days & Small Spaces	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!	Brian Cerney, AERO Schools		
	Sports Based Games	Learn classic and new songs, sticks and games that require no props, small spaces and are a ton of fun for campers (and staff!) 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. •Define conflict and understand the nature and sources of conflict •Identify the impact that conflict can have on the workplace •Identify their individual conflict management styles •Discover and practice alternative approaches for preventing or managing conflict	Reily McTeague and Erin Moran, Oak Lawn Park District Sports Camp Kimmy Flannigan, Palos Park Recreation & Parks Department		
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	Conflict Resolution	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.	Seretoma Star Services		
	Leadership-The True Role of a Camp Counselor	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. Being an effective communicator with fellow counselors, supervisors, campers and parents is a true struggle these days. Becoming more aware, actively listening, and absorbing key communication concepts will set you up for an enjoyable and successful summer. Resources and important communication takeaways will be provided.	George Shimko, Owner GSBS Basketball & Evergreen Park High School Girls Head Basketball Coach Jacqueline Canty, Special Recreation Supervisor, Oak Lawn Park District		
	Behavior Management	Tired of the same boring crafts each year or crafts that every camper will need help with? Come and find crafts that your campers can do independently, and mom or dad will definitely share on Facebook!	Sara June, Club Rec Supervisor, Lombard Park District		
	Communication in Camp				
	Crafts That Deserve the Likes!		Ewa Kozioł, Oak Lawn Park District		

Session 3 12:20-1:05pm				
Director's Track	Site Director Round Table	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 questions, share experiences and learn!	Recreation Supervisors and Site Directors from various Agencies	
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	Camp Genius: Unleashing AI to Power Up Your Summer Games!	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!	Adina McCollough, Park Forest Recreation, Parks and Community Health	
	Playground Safety	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.	Ryan Veldman, Supt. Of Parks, Tinley-Park-Park District	
	Setting up Your Schedule for Success	Learn the art of planning for an amazing camp day! Remove the headaches of a rough camp experience by planning and preparing your summer camp activities that both you and your campers will enjoy. Sample schedules, camp activities and key tips to ensure a successful summer camp experience for all will be shared with the group.	Sara June, Club Rec Supervisor, Lombard Park District	
	Behavior Management	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.	Jacqueline Canty, Special Recreation Supervisor, Oak Lawn Park District	
	The Sensory Toolkit for Camp Professionals	Elevate your camp programming by understanding and implementing impactful sensory opportunities! This dynamic workshop is designed to create richer, more engaging, and inclusive experiences for all campers. In this interactive session, you will delve into the critical role that sensory engagement plays in camper development, learning, and well-being. We will move beyond traditional activities to explore how intentionally incorporating diverse sensory experiences to benefit your preschool age campers.	Devin Frendreis, Recreation Supervisor, Homewood-Flossmoor Park District	
	Staff Self-Care and Preventing Burn-out	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.	Seretoma Star Services	
	Crafts That Deserve the Likes!	Tired of the same boring crafts each year or crafts that every camper will need help with? Come and find crafts that your campers can do independently, and mom or dad will definitely share on Facebook!	Ewa Kozioł, Oak Lawn Park District	