

CedarS Guide to Congressional Award Goals

STEP 1: Pick a CedarS program!

Quick Overview:

- **Summer Programs:**
 - Camper programs and service crew program - [click here](#)
 - Counselor-In-Training program - [click here](#)
 - Junior Counselor staff position - [click here](#)
- **Service Weekends:**
 - Spring - [Click here for more information](#)
 - Fall - [Click here for more information](#)

STEP 2: Enroll for camp at cedarscamps.org/programs or register for the specific event!

STEP 3: Email kaetlyn@cedarscamps.org to collaborate on your CA goals!

- Kaetlyn will communicate your goals to your Program Director, so they can help you achieve your goals.

STEP 4: Attend CedarS, work on your goals, and track your hours!

- Recommendation: Keep a journal to track your progress and hours so you can add it to your NLC logs after camp.
- Following camp, submit your electronic form to the CedarS office for a supervisor's signature verifying your goals and hours. (Crew members will automatically receive a 40-hour certificate for each week of volunteer service.)
- For interns, complete a self-evaluation and exit interview with your CIT supervisor.

STEP 5: Share your learning with your class and mentor, and submit hours to CA!

- Your class and mentors would love to hear about what you learned at camp!
- Collaborate with your mentor to make sure your hours match your goals when you fill out your NLC logbook.
- Submit your hours on Submittable (Congressional Award Portal)

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VOLUNTEER OPPORTUNITIES - SPRING 2025

Program	Voluntary Public Service	Personal Development	Physical Fitness	Expedition / Exploration	Grade Requirements & Notes
<u>Spring Service Weekends</u>	8-24 hours (Active) <i>See notes</i>	3 hours <i>Daily Bible Lesson Study (BLS) and project "Mets"</i>	8-24 hours <i>Physical labor</i>	n/a	Leaders . . . arrive early to pitch in. Support the opening of camp by serving on the maintenance, housekeeping, food service, horse care, or special project crew. For ages 12 & up Must be accompanied by an adult.
<u>CedarS Trails Project</u>	2-20 hours (Active) <i>See notes</i>	1 hour <i>Participate in morning "Mets"</i>	2-20 hours <i>Physical labor</i>	n/a	Leaders . . . are conservationists. Learn how to construct and maintain our trail system through hands-on experience. For rising 9th-12th graders Must be accompanied by an adult.
<u>Special Projects at the St. Louis Camp Office</u>	2-20 hours (Active) <i>See notes</i>	TBD <i>Case by case</i>	2-20 hours <i>Applies to grounds & heavy lifting</i>	n/a	Leaders . . . are organizers. Support special projects at the St. Louis Camp Office such as grounds, receptionist duties, and mass mailings. For rising 9th - 12th graders

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SIGNATURE SERIES - CAMPER PROGRAMS - SUMMER 2025

Program	Voluntary Public Service	Personal Development	Physical Fitness	Expedition / Exploration	Grade Requirements & Notes
<u>Junior Leadership (JL)</u>	7+ hours/2-week session (Active) <i>Clean up at public campgrounds and water park. Substitute for the Crew in the kitchen or on the grounds.</i>	18+ hours/week <i>Bible Lesson Study, Hymn Sings, reader for Testimony Mtg, Leadership & Teamwork Curriculum, etc.</i>	7+ hours/week <i>Participate in high energy activities such as high ropes course, wake surfing, and sports.</i>	TBD <i>Contact program directors before summer if you are interested in planning and leading something.</i>	Leaders . . . are peacemakers. Overcome limitations and develop essential life skills with the support of the Junior Leadership family. Grow as an inclusive team player, thoughtful planner, and compassionate listener through purposeful activities. For rising 9th-11th graders
<u>Junior Leadership Ski Camp</u>	7+ hours/ 2-week session (Active) <i>Clean-up at the public boat dock at Lake Pomme de Terre. Substitute for the Crew program in the kitchen or on grounds.</i>	9+ hours/week <i>Bible Lesson Study, Hymn Sings, journal reflections, leadership lessons</i>	20+hours/wk. <i>Participate in high energy activities including watersports, cable ski, sports, etc.</i>	TBD <i>Contact program directors before summer if you are interested in planning and leading something.</i>	Leaders . . . are disciplined. Grow in humility, teamwork, and grit through lessons learned from water skiing, wakeboarding, and wakesurfing. Take responsibility for care of program equipment, boats, and vehicles and share your skills with younger campers. For rising 8th-11th graders
<u>CedarS Crew</u>	50 hours/week (Active) <i>Facilities support</i>	9+ hours/week <i>Bible Lesson Study, Hymn Sings</i>	50 hours/week <i>Physical labor</i>	TBD <i>Contact program directors before summer if you are interested in planning and leading something.</i>	Leaders . . . are hard workers. Gain life skills in teamwork, creative problem solving, and hospitality through hands-on experience. Show your love for camp through work ethic and selfless service. For rising 9th-12th graders

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SPECIALTY HORSE PROGRAMS - SUMMER 2025					
Program	Voluntary Public Service	Personal Development	Physical Fitness	Expedition / Exploration	Grade Requirements & Notes
<u>Adventure Riding Camp (ARC)</u>	6 hours/week (Active) Horse care	9+ hours/week Bible Lesson Study (BLS), Hymn Sings, riding activity "METs"	15-20 hours/week Horse care & riding.	TBD Contact program directors before summer if you are interested in planning and leading something.	Leaders . . . work to grow their skills. Grow in empathy, awareness, and determination through lessons learned from riding and taking care of your own horse. Further develop key horsemanship skills, and expand your love for all of God's creation. For rising 7th-10th graders
<u>Musical Theater & Stage Crew</u>	n/a	9+ hours/week Bible Lesson Study, Hymn Sings, "rehearsal "Mets," coaching in voice and stage presentation	7+ hours/week Participation in the show's choreography and physical labor during set construction would count.	n/a	Leaders . . . are storytellers. Bring God's presence to your stage presence. The cast and crew will work together to share the heartfelt story of seeking and belonging in "The Wizard of Oz." For rising 8th-10th graders (11th graders with special permission).
<u>Wilderness Exploration Weeks (WEW)</u>	5+ hours/week (Active) Clean-up at public campgrounds.	9+ hours/week Bible Lesson Study, Hymn Sings, outdoor activity "METs"	20+ hours/week Participate in a multi-day canoe trip and rock climbing excursion.	TBD Contact program directors before summer if you are interested in planning and leading something.	Leaders . . . are explorers. Join a tight-knit adventure team on a three-day canoe trip on the Current River and a three-day rock climbing and hiking trip to Arkansas. Learn to embrace wilderness experiences (see <i>Science and Health</i> p. 597). For rising 8th-11th graders

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COUNSELOR-IN-TRAINING COURSE (unpaid) - SUMMER 2025					
Program	Voluntary Public Service	Personal Development	Physical Fitness	Expedition / Exploration	Grade Requirements & Notes
<u>Pre-Camp Training</u>	40 hours/week (Mix of Inactive & Active) <i>See notes</i>	9+ hours/week <i>Bible Lesson Study, Hymn Sings, Solos (individual reflection)</i>	10+ hours/week <i>Physical labor</i>	n/a	Leaders . . . are lifelong learners. Earn certification as a Red Cross lifeguard, Certified Horsemanship Association riding instructor, or USA Archery instructor. Prepare to serve through professional development workshops. Support service projects in facilities.
<u>CIT Course-Youth Camp Sessions</u>	n/a	15+ hours/week <i>Bible Lesson Study, Hymn Sings, CIT class curriculum</i>	12+ hours/week <i>Active days, plus train during your time off...</i>	TBD <i>Contact program director if interested.</i>	Leaders . . . are good examples and role models. Share your appreciation for Christian Science with the next generation. Learn to facilitate Bible Lesson study, care for campers, host meals, and lead activities. For rising 11th-12th graders.
<u>Red Cross Lifeguard while at camp</u>	10-15 hours/week (Active) <i>Red Cross Lifeguarding</i>	n/a	1+ hours/week <i>Bi-weekly inservice training. Regular lap swimming is encouraged.</i>	n/a	Leaders . . . prioritize the safety of others. Red Cross Lifeguards provide a key service for youth to safely enjoy swim lessons and water activities. CedarS serves many campers who learn survival swim skills at camp, thus bettering the greater good. For rising 11th-12th graders.
<u>Family Camp</u>	40 hours/week (Active) <i>See notes</i>	7+ hours/week <i>Bible Lesson Study, Hymn Sings, preparing activity "Mets"</i>	7+ hours/week <i>Participate in workouts & high-energy activities</i>	n/a	Leaders . . . connect with multiple generations. Serve families and adults from all backgrounds who come to camp for personal growth, family strengthening, and their most uplifting, joyful vacation yet! For rising 11th-12th graders

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VOLUNTEER OPPORTUNITIES - FALL 2025					
Program	Voluntary Public Service	Personal Development	Physical Fitness	Expedition / Exploration	Grade Requirements & Notes
<u>Fall Service Weekend(s)</u>	8-24 hours (Active) <i>See notes</i>	3 hours <i>Daily Bible Lesson Study (BLS), and project "Mets"</i>	8-24 hours <i>Physical labor</i>	n/a	Leaders are . . . volunteers. Help prepare camp for winter by serving on the maintenance, housekeeping, food service, horse care, or special project crew. For ages 12 & up Must be accompanied by an adult
<u>CedarS Trails Project</u>	2-20 hours (Active) <i>See notes</i>	1 hour <i>Participate in a morning "Met"</i>	2-20 hours <i>Physical labor</i>	n/a	Leaders are . . . conservationists. Learn how to construct and maintain our trail system through hands-on experience. For rising 9th-12th graders Must be accompanied by an adult
<u>Giving Tuesday Thank-A-Thon</u>	1-9 hours (Active)	1 hour <i>Online training & "Met"</i>	n/a	n/a	Leaders are . . . fundraisers. Bring greater support and awareness to CedarS as a non-profit through making phone calls. For rising 8th - 12th graders
<u>Special Projects at the St. Louis Camp Office</u>	2-20 hours (Active) <i>See notes</i>	TBD <i>Case by case</i>	2-20 hours <i>Physical labor</i>	n/a	Leaders are . . . organizers. Support special projects such as grounds, receptionist duties, and mass mailings. For rising 9th - 12th graders