



JOHN AUSTIN
CHELEY FOUNDATION

CAPSTONE PROGRAM GUIDE



Dear Capstone Campers, Parents and Mentors,

Welcome to the Capstone Program! Through this program, older campers are given the opportunity to extend the care and concern they experienced at camp to their own communities. During the school year, campers work with their mentor to design, plan, implement, and evaluate a local service project.

Last year's projects included a book drive for a women's shelter, growing fruits and vegetables for a food shelf, a neighborhood trash clean up, assembling care packages for a homeless shelter, collecting cleaning products for a food pantry, and teaching music to preschool children.

We have many resources and support available for you. ATS Staff and volunteer Capstone Coaches as well as your mentor will be guiding you through the process. Our goals are to enable personal insight, encourage connectivity to others, and extend leadership skills.

We look forward to a great experience creating change in your local community!

Karen Smith

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PROGRAM INFORMATION

WHAT IS THE CAPSTONE CAMPERSHIP PROGRAM?

The Capstone Program gives the 15 year old returning ATS camper the opportunity to give back and grow. Experienced campers have received the benefit of camperships to high end summer camps where they have had life changing experiences. ATS believes they have much to offer both their camp and home community. The Capstone Program Workbook guides them through planning, implementing, reflecting on, and reporting on a school year service project in their local community. Lessons learned become the foundation for leadership training the following summer at camp. *Participation is not mandatory but highly encouraged.*

WHAT SAFETY CONSIDERATIONS SHOULD BE MADE THROUGHOUT THE CAPSTONE PROGRAM?

When deciding upon a Capstone Service Project please take notice of all relevant guidelines relating to COVID-19 and pay attention to ensure you and your camper's health and safety as well as that of any people the project is intended to serve. A Thousand Summers does not endorse Capstone Service Projects that breach current health and safety guidelines.

WHAT CAMP FUNDING DOES THE CAPSTONE CAMPERSHIP OFFER?

Capstone Camperships offer the same camp funding support as previous camperships per family qualifications.

WHY PARTICIPATE IN THE CAPSTONE PROGRAM?

- Capstone Program service projects strengthen the camper's community and provide an opportunity to give back
- Capstone Program service projects promote personal growth and civic responsibility
- Capstone Program service projects give campers professional experience and an opportunity to sample a potential career
- Capstone Program service hours accrued may count towards school community service requirements
- ATS shares Capstone Camper Program outcomes and accomplishments with the camper's Associate Camp to enhance their leadership program application (CILT/CIT/JC/Pathfinding).

ROLES AND RESPONSIBILITIES

WHAT IS THE CAMPER'S ROLE?

The Capstone Camper, with the guidance of their Mentor, will:

- Complete the Capstone Program Workbook.
- Implement a service project in the camper's home community
- Create a digital presentation of the service project to present at the Capstone Open House.

WHAT IS THE MENTOR'S ROLE?

The Capstone Mentor will support the Capstone camper with the following, as needed:

- Service project development
- Service project implementation
- Reflection
- Service project digital presentation production
- All Mentor contact with the Capstone Camper (email, phone or video calls, text or in person) will be conducted with at least one Parent/Guardian present.

WHAT IS THE CAPSTONE COACH'S ROLE?

The Capstone Coach will support the Mentor with all aspects of the following, as needed:

- Contact Mentor in fall to establish relationship
- Support Mentor through all aspects of the Capstone Project
- Serve as the first point of contact for Mentor for all Capstone questions, concerns, etc.

WHAT IS THE CAPSTONE PARENT/GUARDIAN ROLE?

The Capstone Parent/Guardian understands:

- The Capstone Service Project is camper focused - the CAMPER is to do the work, not the parent.
- Parent/Guardian will be on all phone and video calls.
- Parent/Guardian will be copied on all email, texts, etc.
- Parent/Guardian will always be present for in person meetings.
- Talk with ATS Programs office with extenuating circumstances.

PRINCIPLES OF REFLECTION

A key piece of the Capstone Service Project is requiring the Capstone camper to regularly reflect on the process of creating and implementing their ideas through weekly prompts given by their mentors.

- Reflections serve as a record of work completed, challenges overcome, personal characteristics that were identified as helpful or a deterrent to progress, etc. They may also evaluate if project planning and implementation are on track.
- Guided reflection is best for teenagers, therefore, questions/prompts are provided to which campers respond. Mentors are welcome to create additional prompts that address specific interests or needs of the camper.
- Getting kids to complete reflections may be a challenge! Adapt the format as needed to get desired responses. For example, share a Google doc, set up a blog, verbally ask the question and take notes on the camper's response, start a text stream where the mentor sends prompts and the camper responds or send pictures of written responses to Mentor, etc.
- Reflections will serve as a resource when preparing final presentation

2024 Capstone Program Meeting Schedule

December 7, 2023	5:30pm MT	Information Meeting <i>ATS Staff, All Coaches, campers & mentors</i>
January 4, 2024	5:30pm MT	Session 1: <i>ATS Staff, 1-2 Coaches, & campers</i>
January 18, 2024	5:30pm MT	Session 2: <i>ATS Staff, 1-2 Coaches, & campers</i>
February 1, 2024	5:30pm MT	Session 3: <i>ATS Staff, All Coaches, campers & mentors</i>
February 15, 2024	5:30pm MT	Session 4: <i>ATS Staff, 2+ Coaches, & campers</i>
February 29, 2024	5:30pm MT	Session 5: <i>ATS Staff, 2+ Coaches, & campers</i>
March 14, 2024	5:30pm MT	Session 6: <i>ATS Staff, 1-2 Coaches, & campers</i>
April 4, 2024	5:30pm MT	Session 7: <i>ATS Staff, 1-2 Coaches, & campers</i>
April 25, 2024	5:30pm MT	Capstone Open House: <i>ATS Staff, All Coaches, campers & mentors</i>

Meeting Login Information

Join Zoom Meeting:

<https://us06web.zoom.us/j/84641876857?pwd=1p1wJlXkMBVzUZVUUrLsJq1jTOTk3oG.1>

ID: 84673748832

Passcode: 350088

CAPSTONE PROGRAM WORKBOOK OUTLINE

- Section 1: Investigation
- Section 2: Passions & Community Resources
- Section 3: Project Idea
- Section 4: Project Plan
- Section 5: Action!
- Section 6: Reflection
- Section 7: Demonstration

Program Workbook Due Date

By **April 23rd**, the Capstone Camper will submit the Capstone Program Workbook to the ATS office in the Google Drive, PDF or hard copy. You may share/email to karen.smith@athousandsummers.org or upload to [Dropbox HERE](#).

You can also mail hard copies to:

A Thousand Summers
Attn: Karen Smith
1420 N Ogden Street, Suite 102
Denver, CO 80218

CAPSTONE OPEN HOUSE

The Capstone Open House is an opportunity for the Capstone Coaches, Mentors, Campers and their families to get together remotely and celebrate the accomplishments of the year. Capstone Campers will each have 5 minutes to deliver their service project presentations and the audience will give brief feedback. This will be a great opportunity for the campers to practice speaking to a group and share the ways they served in their communities. Campers are not required to present but are encouraged to participate.

CAPSTONE PROGRAM FOLLOW-UP

- ATS requests that the Capstone Mentor complete an evaluation of the service project. This document will be sent to you at the conclusion of the Capstone Program.
- ATS will forward camper's Final Presentation and highlights to Camper's Camp Director and will copy the Mentor and Coach.
- ATS will feature Capstone Project Presentations on the ATS website and other social media.

APPENDIX:

Project Ideas

(Adapt to conform with your local and CDC Guidelines)

1. Regularly tutor students younger than yourself in your area of expertise.
2. Recruit some fellow musicians to play a concert or during recreation or meal time for a local senior center.
3. Make birthday or holiday cards for senior center or homeless shelter residents over a period of time.
4. Organize Park Clean Up Days in a neighborhood park.
5. Organize the collection of food, toys or clothing donations for a specific organization in your community.
6. Collect unused make-up, perfume and other cosmetics for a center for abused women
7. Collect and donate used eyeglasses to an organization or place that recycles them for the needy.
8. Set up recycling programs at your school or church.
9. Organize a group to paint a mural over graffiti at your school or in your neighborhood.
10. Organize a community dog wash to raise money for your local animal shelter.
11. Organize a Bake Sale and donate the proceeds to an organization in your community.
12. Coordinate an art show/workshop for kids in your local elementary school or community.

Low or Non-Contact Project Ideas

(Adapt to conform with your local and CDC Guidelines)

1. Adopt an elderly person or retirement community and coordinate a pen pal program with your peers.
2. Video interview veterans or nursing homes residents about the history they lived through or skills they might share.
3. Create a video lesson or ‘Ted Talk’ on a topic you are interested in for young kids or your peers.
4. Create a video journal of COVID time experiences from adult perspectives and kid’s perspectives, etc.
5. Coordinate musicians and drive around playing music and/or singing for people or perform a video concert.
6. Coordinate a ‘reservation only’ dog wash.
7. Virtually volunteer to read a book or newspaper to a classroom of students or a quarantined person.
8. Create a YouTube video demonstrating a craft or skill such as how to bake bread, how to separate recycling with collection points in your community, or how to start an indoor/patio garden.
9. Volunteer to be a disinfectant cleaner for an organization.
10. Lead a remote physical education or movement lesson for youngsters or oldsters.
11. Coordinate a remote mask sewing “Bee” with others and then do a remote collection/distribution of the masks

To view past projects that former Capstone Campers have completed, go to athousandsummers.org and select Programs then Capstone Program.

