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## Who should attend?

This course is designed for high school Juniors and Seniors who are interested in learning about leadership and who want to volunteer for a week as a counselor at Foothill Horizons Outdoor School.

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## What will I learn?

You'll spend the day with other high school students attending workshop sessions on the following topics:

- 🌲 **Child Development**
- 🌲 **Communication**
- 🌲 **Leadership**
- 🌲 **Student Discipline**

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## Why should I attend?

Once you successfully complete the workshop, you will be better prepared to sign up for a week as a counselor at Foothill Horizons. During your counselor week, you will actually get to practice what you learned during the Saturday training. You'll stay in the dormitories supervising a group of 6th grade students, serve as a teacher's aide during classes and hikes, and supervise students during meals and activities. You'll also get to share your experiences with, and learn from, our outdoor school teaching staff, visiting teachers and other high school counselors.

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## What should I bring to the training?

### Required:

- 🌲 Your completed Counselor Application Packet signed by your parents, teacher or counselor, and doctor if applicable. Get this form from our website.
- 🌲 A pen or pencil
- 🌲 A willingness to meet new people, learn a lot, and participate in the day's activities
- 🌲 School appropriate clothes for a day of being active outside.

### Strongly encouraged:

- 🌲 A Watch – cellphones are discouraged.

### Optional:

- 🌲 A water bottle & notepad for taking notes

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## Where: Foothill Horizons Outdoor School

21925 Lyons Bald Mountain Road, Sonora, CA 95370  
(Transportation is provided, see below)

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## When: Saturday, October 4, 2025 (7:30 PM – 5:00 PM)

Transportation is provided to Foothill Horizons Outdoor School by bus.

- 7:30 AM     🌲 **Meet at Ceres River Bluff Park**
- 🌲 Check in
- You must have your signed application in hand
- 8:00 AM     Buses depart for Sonora
- 9:30 AM - 3:15 PM   Counselor Training
- 🌲 Lunch provided
- 3:30 PM     Buses depart Foothill to return to Ceres River Bluff Park
- 5:00 PM     Arrive at Ceres River Bluff Park

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## How do I sign up?

Contact your high school's career center or advising office and ask how to register. They will help sign you up for the course. You may also ask them for the available dates to volunteer as a counselor. Once you are registered, we will expect you to attend and will include you in the lunch count and reserve a seat for you on the bus.

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## Do you have more questions or need to cancel?

**If you need to cancel, please call 532-6673 or email Diann.**

If you have any questions, please email Diann Rastetter at: [drastetter@stancoe.org](mailto:drastetter@stancoe.org)