

Knighthood CIT Training Preparation

Well Met! Congratulations on being ready to explore the exciting path of becoming a Knight CIT! You have defeated some of the most shadowy denizens and most treacherous schemes of Orania, amassing many tales and treasure in the process. But before you lies a far greater challenge – becoming a leader & guide for a pack of excited Questers! Renaissance Adventures welcomes you into the ranks of other Teens and Quest Leaders who craft adventure and fun all summer long!

I have consulted with Scry-soariis, a Grandmaster Mystic, and she has channeled a prophetic vision for you and Renaissance Adventures. You are about to embark upon a quest of great importance and significance. You will be called upon to hold in one hand a crystal of clarity and form, and in the other hand a swirling orb of chaos and mystery. You will be the juggler, the dancer, and the master craftsman – weaving colorful visions and intriguing mysteries into a tapestry of enchantment and self-discovery. You will be the knight, allying with honorable lords and ladies, learning the art of responsible empowerment, and the mastery of the sword and chivalry. You will be the peace-maker, gently guiding your young friends in learning how to express themselves, how to ask for what they need, how to see each other with love and respect, as comrades, brothers and sisters. And you will be a unique and individual brilliant being, amongst a caravan of other brilliant beings – compatriots, brothers, and sisters.

I hope that this journey we are about to embark upon will be of great significance to you, as it is to the staff and children of Renaissance Adventures. I hope that you bring your enthusiasm, awareness, and great heart to this endeavor, and tap into the huge reservoir of playfulness that is available to us all. Let's craft together, play together, learn together, and grow together, during these few precious months of summer!

~Cue for the swelling musical score~

Prepare for Training

Be well rested, arrive on time, and bring this packet and the Adventure Quest Game Book every day of training. By the end of training, we expect you to understand the role and responsibilities of the Knight, including how to watch and coach swasher dueling safety, and how to safely lead some of our popular swasher dueling games. In prep, consider creating a fun and unique merchant character to play at the Friday Bazaar and study gear and pet prices in the AQ Game Book so that you understand how to price pets, magical items, and other gear, or you have questions to ask during training to clarify these things.



Knighthood Test

At the end of training, participants are given the opportunity to test to become a Knight. This test is based on how well the teen has understood and can implement the information in this packet, as well as the topics covered in training. Those who don't pass the test cannot participate as a Knight. *Note: Passing the Knighthood Test doesn't guarantee that there is space for you as a Knight.* Space is available on a first come, first serve basis only, so be sure to register early. Parents may register their CIT for CIT training as well as for camp sessions as a CIT before training is complete. In the case that the CIT does not pass and it is felt that they may not be ready to join the program, CIT sessions can be switched to camper sessions.

What Renaissance Adventures Is Actually About

It's about playing with swords and getting powers and beating up monsters, right?!

Well, not exactly. As a Quester you probably got used to mainly focusing on dueling and using your powers and collecting treasure/pets and devising negotiation strategies and making your character super-awesome. That's fine and good. That's the way it should be.

Because while you were focused on that, something else was taking place. You were learning how to work as a team and express yourself in a group. You were learning about power and the responsibility that comes with having it. You learned that everyone has unique strengths, and that with cooperation and creativity you can solve tough problems. And you didn't even realize that you were learning things because you were so busy having fun. Tricky, huh?

And so this is the first secret of Quest Leading, which you must learn to be a good CIT:

We're not here to focus on powers and treasure and rules and defeating monsters. We're here to help kids have fun, express themselves, achieve their potential and to learn about cooperation, responsible empowerment, and creative problem solving in the process.

Our programs are designed to develop certain positive outcomes in youth through a process of experiential learning. Every quest should include challenges that focus on developing these so-called "outcomes," and the Quest Leader and other leaders (yourself included) need to facilitate the development of them. The primary outcomes of a good Renaissance Adventures program are:

- Critical Thinking
- Ethical Reasoning
- Fitness
- Social Skills
- Fun!
- Teamwork
- Self-Esteem

Think about what these outcomes mean, and how perhaps your past questing experience allowed you to develop them. What kinds of challenges or scenes in a quest would exemplify them?

So What do I Actually do as a Knight?

This is when I finally get to totally demolish the Questers with super deadly beasties/traps/magic, right? Umm... well actually, it's more like:

Knight Responsibilities

Your primary responsibility is to help the Quest Leader maintain a safe, playful environment for the Questers.

- Role modeling safety:
 - Physical safety
 - Emotional safety
 - Forgive quickly and easily any safety breaks that happen to you
- Communicate by:
 - Asking your Quest Leader how you can help
 - Interacting with Questers with kindness and patience
 - Seeking to understand the Knight CIT Evals and how you can improve
- Engage in the game by:
 - Offering suggestions to the Quest Leader
 - Playing creatures and characters with enthusiasm
 - Dueling and presenting reasonable challenges with fairness and honor
- Handling day-to-day help
 - Be available most lunches to lead games and watch for safety
 - Help with character sheet updates, using the Adventure Quest game book to make sure your assumptions are correct
 - Take care of yourself – drink water, take breaks, and ask for help
- Enjoy making mistakes and learning from them

Renaissance Adventures' Responsibilities

Renaissance Adventures provides supervision and guidance for you. RA staff will work with you to ensure that you are having fun doing work that you enjoy while learning a tremendous amount about leadership and team-building. You will always have an adult supervising them and the children; you are never alone with the children.

What It Means to Be a Leader

Knights are learning to become a leader. Even if you never learn to be a great dueler or storyteller or actor, you can still be a great leader and a great Knight.

Service

A good leader is also a good servant. The meaning of Samurai is "One who serves." Knights and Quest Leaders are all in service to the Questers, to help them be safe, have a great time, and reach their potential.

With Power Comes Responsibility: As a Quester, you may have amassed great power and treasure. As a Knight, you have the ability to help craft the story and affect the Questers. You could go mad with this power! But hopefully you won't. You'll help others discover their own power and potential. This power you are entrusted with comes with the responsibility to use it well, keeping in mind how it affects other people. If the way you use power makes people upset, stop and examine your role.

Role Model: The best way to reinforce good behavior for everyone in the group is to *lead by example*. They look to you as a role model, and will copy things that you do. If you want people to be honest about getting tagged, you have to be honorable when it happens to you. This applies to so many aspects of Quest Leading that you will soon find out that it is much more fun and easy to simply be honest and a

Empowerment: It's not about telling people what to do. And it's not about doing it for them either. It's about giving them the tools and the inspiration to do it themselves. You are making them the heroes, giving them the spotlight, while you stand on the sidelines and say "Good job!" even if you think that your character could have done it better.

Oh Yeah, That Other "Leader": It's vitally important that you keep in good communication with your Quest Leader – that's how you find out how you can best fit into the quest, and how you can improve as a Knight and Leader. Quest Leaders have a lot to keep track of. If you feel like they're not giving you anything to do, maybe you should ask them, "What can I do to help?" Several times a day. Really. They'll appreciate it.

Specific Times to Check in with Your Quest Leader

Sign in and out: Touch base with your Quest Leader or the Site Supervisor, signing yourself in for the day. Make sure that all of your needs for the day are communicated to the Quest Leader(s) that you'll be working with. Always sign in and out!

Lunchtime: Before lunch begins, ask your Quest Leader and potentially any other Quest Leader in the area what you can do to help during lunchtime.

Tuesday Discussion: On Tuesday after the Questers have been picked up, you and your Quest Leader will spend some time looking at the Knight CIT Evaluation (found at the end of this packet) and talking about how you have been doing thus far in the week. Make sure you understand what areas you are doing well in and especially what areas you need improvement. Ask questions of your Quest Leader, such as what you can do to improve.

Thursday Evaluation: On Thursday after the Questers have been picked up, your Quest Leader will fill out the CIT Evaluation with you present, giving you feedback about your scores and improvement. Take it seriously and in good humor – everyone has a lot to learn, and we all have areas to improve upon! Let your Quest Leader know what feedback you have for him or her as well, especially in regards to working with a Knight.

How to Lead a Scene, Tell a Story, Play a Monster....and do it Really Well!

Descriptions

When describing a scene or encounter, read over the description in the written quest, visualize it and internalize it. Make sure you understand the important points that the quest is making (such as room furnishings that should be investigated, traits of monsters, or other crucial details). Then, **after reading the description, put the written quest away and describe it to the Questers using your own words**. The most important things to remember are to visualize the setting first, take your time, and get into it yourself as if you were a narrator from the "first

person” perspective. **The descriptions should be brief yet vivid** – too many words will bore campers.

Act It Out!

Don't *tell* them what Balooga the Swamp Troll does... **DO IT!** Don't just describe the environment to them, “set the stage” by using the actual environment to aid you...a tree becomes a doorway, an extra sword is a fallen friend, a rock is the throne of the Titan King, the path is a river, etc. Don't let the children just tell you what their characters do, have them show you. Have them Act It Out! This is also a great way to handle a group where everyone wants to talk at once.

Characters & Monsters

There are a few things to remember when acting out characters. Give the characters **a unique voice, a suitable posture, a facial expression, and a well-founded motivation**. The first three are obvious, and as far as motivation is concerned, this is one of the most important aspects of role-playing. Every bad creature has a spark of light, and in general, it is good to show this light off to the Questers so they don't see a black-and-white world.

Partial Success

The best way to make unique, empowering scenarios and combats is to **respond to what the Questers do**. If a Quester uses *Fascinate**, even if all of the opponents have Willpower, it would be best to have at least one or two foes be affected. That way the Quester is empowered, and it doesn't seem like a waste of a power. Opponents should be absolutely resistant only when it is absolutely necessary (or logical).

Be Enthusiastic

If you are enthusiastic, the Questers will be too, and that makes everything more fun. Even if you forget the rules go way off the plot, or whatever, the Questers will still have a fun time as long as you are having fun with them. That is the key: enthusiasm is about having fun, and the more fun you have, the easier story telling is, and the more fun the Questers have. Enthusiasm is difficult to have when you don't have enough energy. That means that, to be an effective Knight, you should get plenty of sleep the night before, and during the day, drink more water than you think is necessary and eat more food than you think is necessary and we're not talking about drinking soda and eating chips. Real food!

Play... and be ridiculous!

A great Quest Leader once said, “I love my job. I get to make a fool of myself in front of children!” When you embrace this part of the role, you have a lot more fun, and the kids do too. The rules can sometimes be too complex for the younger children. The quest can also sometimes be a little overwhelming for them... so just play. Make up a quest about a wizard who took a fairy tear, or a giant who lost his bedtime story book. Jump around and make faces and be silly and the kids will love it.

What Do You Mean, “Watch for Safety?”

Knights get asked to watch for safety all the time. Like during lunch, or when the Quest Leader needs to give their attention to something else. It's important for the Quest Leader to know that you can supervise some Questers dueling, and can trust you to intervene in the event of an unsafe situation.

Physical Safety and Supervision

Safety: Know all of the safety rules, both for Swasher safety and for site safety. Safety should be on the top of your mind at all times. Constantly ask yourself: Is what the Questers are doing safe? Safety is Renaissance Adventures' #1 priority. Model these rules yourself, even when you are interacting with other Knights.

Morning drop off and pick up: Watch for safety during this time, especially with traffic. Interact with your group and be alert. Keep kids from wandering away without first notifying the Quest Leader.

Lunchtime boundary watching: If you're off-duty, feel free to join a game or hang out with your friends. If you're on-duty, you will be called upon to play games with other Questers or "watch for safety." Part of this is staying at the edge of the boundary and making sure no Questers leave the boundary.

Emotional Safety

What is emotional safety: Emotional safety is very important at camp so everyone feels respected and taken into consideration.

Behaviors that are emotionally unsafe are: Name-calling/put-downs, derision/not showing respect, swearing, breaking the rules, cheating, and lying.

Signs that a situation has become emotionally unsafe are: crying, anger and angry shouting, running from the group, "giving up," withdrawal, seeking prolonged distance.

Often, people act out in emotionally unsafe ways because they themselves have gotten hurt by another behavior. We do not punish behaviors – we ask for and agree to support an emotionally-safe environment. If need be, we provide consequences for breaking the agreement with the purpose of helping the rule-breaker with his expression in a healthy way.

Heart to Heart talks: A heart-to-heart talk is a communication about your concern about the Quester's behavior and asking if there is anything they would like to express. Your goal is to make sure the Quester agrees with the rule of safety and that they will uphold safety. Often a simple "Please don't shout at me, I don't appreciate it, okay?" will do. Be honest, be friendly, and also try to listen to them and help them feel heard.

The biggest priority when dealing with issues is to get to the root of the issue. Get back to the heart and feelings that are being expressed by the behavior. Anger and frustration come out in different ways. Find a way to express anger, fear, frustration, and other "negative" emotions that is healthy and safe.

Whenever you do a heart-to-heart talk with a camper, let the Quest Leader know afterwards. If the problem persists, **don't try to give out consequences** – the Quest Leader is the one to set boundaries for the safety talk and call in help for the asking-for-help talk. But they can do that much better if you've let them know about the situation ahead of time – i.e. "I just gave Billy his second talk about tagging too hard."

Ask for help: When in doubt, ask for help. This usually means letting the Quest Leader know of the situation, though this can work for the Questers as well.

Knights Are.....(from the point of view of a six year old)

Imagine you are six. Maybe it is your first week and you are really excited (and a little nervous). You see all of these other kids, most of them a lot bigger than you. The Knights are asked to stand up – you are told that they are here to help you, your group, and the Quest Leaders. After the meeting, you go off with

your Knight and your Quest Leader. You get a cool swasher to play with and are just as excited as the others in your group. What happens from there?

My Knight made my week so much better!

- My Knight was fun to duel! She made scary monster noises and the battle was hard. She was running and stomping like an ogre and I liked it a lot!
- My Knight did such a good job acting this wizard that I forgot it was him!
- My Knight duels me and talks to me about things I like at school – like digging big holes.
- My Knight smiles and makes me laugh with silly voices. She plays characters that are expressive and silly!
- My Knight always listens to me and I feel important.
- My Knight is a really good sword dueler. He teaches me tips and follows the rules. When I get him I feel so good because he smiles too and says “good job!”
- My Knight is great! She drew a cool picture of my character. Now I put it on my fridge with a magnet and I can’t wait to go back to Renaissance Adventures!
- My Knight leads really fun games at lunch. I hit too hard on accident one time and he reminded me to tag lighter. He wasn’t mad at me and just wanted me to be safe.
- My Knight is always there in the morning and helps get our group ready for the day. They ask me questions about the adventure and I tell them funny and cool things that happened yesterday.

My Knight was okay – or NOT very fun.

- My Knight looked like she was bored during our ogre battle. She told me that she was supposed to lose on purpose. It made me feel weak.
- My Knight was a wizard, I guess. He talked the same and just used a lot of powers and I don’t know what they are or what they really did.
- My Knight checks their phone a lot and says that the quests he gets to go on are a lot harder and more fun than mine.
- My Knight tells us that one of their favorite things about being a Knight is killing Questers.
- My Knight is always telling jokes that my Quest Leader tells them not to tell. They talk about someone called Cartman and Stewie, but say I’m not old enough to hear.
- My Knight is a really good sword dueler but she is too hard in every battle I always get knocked out. Sometimes she hits too hard. Sometimes I tag her and she says I didn’t.
- My Knight keeps talking about his character. His character seems powerful, and sometimes he talks about him when my Quest Leader is telling the story.
- My Knight has a big bag of Doritos and a 2 liter of Mountain Dew. He gets really grumpy in the afternoon.

So How Do I Become a Great CIT?

Below are some examples of what we look for in the various levels of Knights. The best way to succeed and advance is to put all these things into practice. Pay attention to these lists. They’re the sort of things we look at when evaluating Knights and deciding who will become a Knight, Master Knight, or Grandmaster CIT.

A Good Knight Does:

- Shows up on time, with enough rest, prepared for the day
- Follows all safety rules, both physical and emotional



- Gives kind and patient attention to the Questers, making eye contact
- Plays safely and fairly with children, modeling honor, humor, and responsibility

- Takes good care of themselves, drinking water, eating enough, taking breaks and asking for help when needed.
- Asks how they can help, several times a day
- Knows the game system well enough to help a child create a character, and understands all the common powers
- Keeps an eye out for safety and can give a simple heart-to-heart talk, and let the QL know what happened
- Can set and maintain clear safety boundaries
- Can lead several different games, and will happily support other Knights or QLs who lead games
- Plays and acts as different characters and creatures
- Makes time to ask for and listen to feedback and makes necessary changes
- Follows the requests of the QL, or explains why they can't/won't follow the request
- Smiles, plays, and has fun!

A Good Knight Does NOT:

- Does not feel the need to compete with the Questers, nor the need to punish them if they are acting up
- Does not try to take the spotlight for themselves – rather, looks for ways to empower the Questers
- Does not talk about their quest character, how powerful it is, and how easily it could get through this scene
- Does not tell the children what to do, rather, asks questions and looks for agreements
- Does not sell items at a discount or made-up items without first getting them cleared by the head merchant or Quest Leader.
- Does not duel with all their strength in a competitive way with the younger kids
- Does not distract the Questers or the QL while questing is taking place
- Does not get so caught up in the game rules & powers that they forget how to *play*
- Does not put down, shout at, or ignore the Questers when feeling frustrated
- Does not complain – rather, expresses their needs and offers solutions
- Does not talk about drugs, alcohol, sex, or other subjects inappropriate for children while at camp
- Does not curse while at camp – they make up clever goblin curses when they need to

A Master Knight:

- Is/does all the things that a good Knight does, without needing reminders
- Plays and interacts with the children with *enthusiasm*, whether as a character, a creature, leading games, or outside of questing
- Knows how to lose a battle or duel without making it look like the loss was intentional
- Relies on acting skills more than powers when playing characters and creatures
- Watches the children's energetic and emotional state, looking for ways to give them what they need at that moment
- Offers ideas to the QL for how they could be helpful at that moment
- Actively engages and connects with the children to find out what they're enjoying, what could be better, etc.
- Can be firm and have strong boundaries while still being lighthearted and supportive
- Can keep a group of kids entertained, at a moment's notice, if the QL needs to attend to something that requires their full attention
- Helps kids to *smile* and *laugh*, whether in-quest or out-of-quest
- Can demonstrate the outcomes and actively seeks to develop them in and out of quest

- Is always ready to support the QL or group with a wide variety of tasks & activities
- Understands that they play a supporting role and happily puts others in the spotlight

- Loves being challenged to go beyond their comfort zone, and be more silly, playful, responsible, etc. than they are in regular life
- Is a paragon of responsibility and honor demonstrating safety & fairness with the children
- When on lunch duty, is reliable with their responsibilities

A Grandmaster Knight:

- Is/does all the things that a good and Master Knight does, without needing reminders
- Is capable of working independently
- Is interested in learning behind-the-scenes duties of camp logistics and administration
- Wants to support not just one Quest Leader but the entire camp
- Can exemplify high standards and outcomes at all times without being asked

Set your Personal Goals

Finally, set personal goals. What is it you want to get out of this summer? Do you want to get some good exercise and master your sword dueling skills? Would you like to become a better storyteller or actor? Is your personal goal to mentor younger children in expressing their imagination? Think on this, as your personal goal is just as important as the responsibilities that Renaissance Adventures requires of you.

Not sure how you're doing? Ask for feedback from QL's and higher ranked Knights! Practice! Look to Master and Grandmaster to see how they do things.

Knighthood CIT: Status and Ranks

Knights

Ages: 14 – 18

Cost: 50% of an Adventure Quest program of same length.

Program Schedule: Same as the corresponding Adventure Quest program that the Knight assists with, except that Knights stay up to 30 minutes later on Tuesdays and Thursdays so that Quest Leaders may discuss and complete their evaluations.

Admission Requirements: Pass the “Knighthood Training” & “Knighthood Test”

Knights are group mentors that work one-on-one with Quest Leaders to assist individual Questing groups. Knights get the opportunity to help with activities, characters, safety, and leadership. Only one Knight may serve at a time per group. Knights may often choose which age group they mentor.

Squires

These are would-be Knights that are not yet full Knights because:

1. They are not yet 14 years old;
2. They did not pass the knighthood test; or
3. The would-be Knight lives far from the training location and is unable to attend the training. In this case, the teen must have been a Quester at least twice, and the Quest Leaders must verify that the teen makes a good candidate. The Squire may undergo a one-week trial period to prove that they would make a good Knight, after which a decision is made. Note that you must be 14+ to take advantage of this system and the cost is the same as a Quester.

Once a Squire has enrolled for a week and been approved by a QL, then they can sign up for the 50% off CIT weeks.

Apprentice Knights

Ages: 14 – 18

Cost: 50% of an Adventure Quest program of same length

Program Schedule: Same as the corresponding Adventure Quest program that the Knight assists with, except that Knights stay up to 30 minutes later on Tuesdays and Thursdays so that Quest Leaders may discuss and complete their evaluations.

Admission Requirements: Pass the “Knighthood Training” & “Knighthood Test.”

Apprentice Knights are a group of mentors that work one-on-one with Quest Leaders to assist individual Questing groups. Knights get the opportunity to help with activities, characters, safety, and leadership. Only one Knight may serve at a time per group. Knights may often choose which age group they mentor.

Skilled Knights

Ages: 14 – 18

Cost: 50% of an Adventure Quest program of same length

Program Schedule: Same as the corresponding Adventure Quest program that the Knight assists with, except that Knights stay up to 30 minutes later on Tuesdays and Thursdays so that Quest Leaders may discuss and complete their evaluations.

Admission Requirements: Pass the “Knighthood Training” and “Knighthood Test” and scored consistently in the “Skilled” rank in previous Knight CIT evaluations.

Knights are group mentors that work one-on-one with Quest Leaders to assist individual Questing groups. Knights get the opportunity to help with activities, characters, safety, and leadership. Only one Knight may serve at a time per group. Knights may often choose which age group they mentor. Skilled Knights differ from Apprentice Knights in that they show more consistent success and attention to interpersonal skills, safety skills, Adventure Quest skills, and educational outcomes.

Expert Knights

Ages: 14 – 18

Cost: 50% of an Adventure Quest program of same length

Program Schedule: Same as the corresponding Adventure Quest program that the Knight assists with, except that Knights stay up to 30 minutes later on Tuesdays and Thursdays so that Quest Leaders may discuss and complete their evaluations.

Admission Requirements: Pass the “Knighthood Training” and “Knighthood Test” and scored consistently in the “Expert” rank in previous Knight CIT evaluations.

Knights are group mentors that work one-on-one with Quest Leaders to assist individual Questing groups. Knights get the opportunity to help with activities, characters, safety, and leadership. Only one Knight may serve at a time per group. Knights may often choose which age group they mentor. Skilled Knights differ from Skilled Knights in that they have maintain a constant positive attitude, are pro-active in monitoring for safety, helping with AQ rules, example effective and positive interpersonal skills, and help promote educational outcomes.

Master Knights

Ages: 14 – 18

Cost: Free

Program Schedule: Same as the corresponding Adventure Quest program that the Knight assists with, except that Knights stay up to 30 minutes later on Tuesdays and Thursdays so that Quest Leaders may discuss and complete their evaluations.

Admission Requirements: Pass the “Knighthood Training” and “Knighthood Test” and receive three recommendations for “Master” rank in previous Knight CIT evaluations.

Master Knights have shown themselves to be an invaluable resource to the group. They can join the program at no cost. Knights are invited to become Master Knights by Renaissance Adventures, and while there is no application process, Knights that feel like they should become Master Knights can ask what their status is and how to reach their goals.

While there is a limit to having just one Knight per group, there may be one or two Master Knights in addition to a Knight in any group. While Master Knights may request to join a particular group, they are assigned to a group based upon the needs of the program. Master Knights that prefer to assist a group of their choice may register for the week as a Knight (paying the normal Knight cost) to get this preference.

Grandmaster Knights

Ages: 14 – 18

Cost: Free

Program Schedule: Same as the corresponding Adventure Quest program that the Knight assists with, except that Knights stay up to 30 minutes later on Tuesdays and Thursdays so that Quest Leaders may discuss and complete their evaluations.

Admission Requirements: Pass the “Knighthood Training” and “Knighthood Test” and receive three recommendations for “Grandmaster” rank in previous Knight CIT evaluations.

Grandmaster Knights are invaluable to a wide range of groups and ages, and at age sixteen can roam without supervision to take part in other groups, and are sometimes asked to help Interns or Quest Leaders in further responsibilities beyond group mentoring. Grandmaster Knights demonstrate a consistent Quest Leader level of talent in all areas of the CIT Knight Evaluation Sheet. Grandmaster Knights must have a parent/guardian sign a waiver to allow them to roam without supervision. All other aspects, including registration, is similar to Master Knights.

Occasionally, Grandmaster Knights who are 16 or 17 years old are hired to lead quest groups within sight and sound of another Quest Leader. If you are interested in this, contact the Mark:

Director@RenaissanceAdventures.com.