For many Winona residents, Lake Lodge offers a chance to get their feet wet — literally — in the water of Lake Winona. For the staff at Lake Lodge, it’s also an opportunity to get their feet wet — figuratively — in the recreation field.

Lake Lodge employees, almost entirely college students majoring in recreation and tourism, get a chance to learn the skills they need firsthand and make a little money in the process. Lake Lodge recreation coordinator Zack McKinney, who graduated from Winona State in 2010, landed his job after interning with the city of Winona. “It’s great. I get paid to be outside helping people do some of the things I’m passionate about,” he said.

Joe O’Brien, another Winona State student, recently changed majors from political science to recreation and tourism, when he realized his calling was to help people enjoy the outdoors and be active. “Working here is rewarding and you can see your impact on the community,” O’Brien said.

Link: http://www.winonadailynews.com/in-focus-lake-lodge-recreation-center/article_04ff5c84-cb63-5fee-a7a7-e664cc9308db.html
Unfortunately, it's not every day you find an internship that you gain valuable experience from.

Most of the time, interns get left doing all the side work no one else wants to do and they simply are not utilized to the best of their abilities. However, internships are just another step in most college student's curriculum that they must complete, so they will take any "experience" they can get.

Thankfully for me this summer, interning for the Rochester Amateur Sports Commission has been quite an experience. From day one I was thrown into working at the Rochester Cup Volleyball Tournament and learned right away that this summer was going to be hard work. To date, I've got two more tournaments under my belt, which included the Star of the North Games and Rochester Rundown Jr. Legion Baseball.

By the time my internship is finished, I will be able to add Firecracker Legion Baseball, MBT State Baseball and ASA Fastpitch Northern Nationals to my list.

The best part about this internship is that each day is something new. Some days I am in the office answering calls, working on different youth sports registration systems, creating tournament gift bags, managing RASC's social media accounts — and the next day, I am at a tournament registering teams, running the gate, setting up and taking down, announcing and taking book, organizing hospitality, updating brackets, site coordinating or simply doing any job that needs to get done.

RASC really has faith in me and gives me quite a bit of responsibility. Currently, I am working on planning the opening ceremony for the ASA Northern Nationals Tournament and I'm excited to be able to have the opportunity to run my very first event.
This industry is definitely fast-paced and you have to be able to keep up, but once a tournament ends and you get to reflect on the final product, the experience is so rewarding.

I couldn’t ask for a better group of people to work for and I am so thankful for all that they have taught me so far. I have never seen an organization put as much time and effort into teaching and trusting an intern as the RASC has done.

Through all the long hours and great memories, I will be truly sad once my time here with RASC is over. I feel so grateful to have been given this amazing opportunity and that I can say I actually gained tremendous knowledge and experience at my internship.

-Linsy Hoosier, new Rochester Amateur Sports Commission staff member

http://www.postbulletin.com/sports/localsports/amateur-update-the-on-interning-for-rasc/article_9975b417-9ad7-5add-91f1-3f310b5b0d9.html
The MRPA Annual Conference will be held October 6 through the 9 at the Verizon Wireless Center in Mankato. The conference brochure information is included within the July magazine, which will arrive in members' mail boxes soon. We hope you enjoy reading about all the great speakers and sessions scheduled for the conference, and will plan to join us in October!

[Click here](#) for the Annual Conference delegate brochure.

[Click here](#) for the Annual Conference registration form.

Fax your forms to the MRPA office (763) 571-5204. Or [click here](#) to register online.

*Students who want to attend should contact Dr. Riley – we will be there for two days of the conference. Dr. Riley will be accompanying the group and driving the van.*
Dear WSU Recreation, Tourism & Therapeutic Recreation Department,

I am seeking volunteers for our Adaptive Kayaking event August 8th at Lake Park Lodge.

SEMCIL is collaborating with Winona Parks and Recreation and CreatingAbility and hope to make this an annual event.

Volunteers would be needed at 8 am, participants will arrive at 9 am and then our event will officially end at noon when Lake Lodge opens to the public - although we may stay later if needed.

Kevin will work with those persons with physical disabilities that may need to utilize his adaptive equipment. Some volunteers may be needed to assist with that group.

Other volunteers will be needed to assist with other persons with disabilities to use the paddling equipment provided by Winona Park and Rec – kayaks, stand on paddle boards, canoes, liberty boats.

All volunteers would need to contact me as soon as possible as they need to fill paperwork out and we must run a background check.

Amy Sixty | Independent Living Coordinator
Southeastern Minnesota Center for Independent Living, Inc. (SEMCIL)
Camp High Hopes Internship

About Camp High Hopes:

Camp High Hopes’ recreational facility is located in Sioux City, Iowa on 90 acres of wooded land with a beautiful 8-acre lake.

Our facility offers program activities throughout the year to thousands of individuals with disabilities from the Midwest. Children or adults who participate in program activities might have a diagnosed disability or chronic condition such as: ALS, amputee, asthma, autism, brain injury, blind, blood disorder, burns, cancer, cerebral palsy, cleft palate, cognitive disorder, craniofacial, crohn’s disease, cystic fibrosis, diabetes, Down syndrome, epilepsy, heart disease, hemophilia, Hodgkin’s disease, kidney disease, leukemia, liver disease, mental disability, multiple sclerosis, muscular dystrophy, physical disability, sickle cell anemia, spinal cord injury, spina bifida, and stroke. Each child and adult will be cared for by specially trained staff and nurses while spending a day, weekend, or week at Camp High Hopes.

All of the year-round activities are adapted for each individual participant. Archery, arts and crafts, canoeing, creative dramatics, farm experience, fishing, gym activities, hiking, horseback riding, nature education, outdoor living skills, rock-wall climbing, snow sledding, sports and games, swimming, and overnight camping are just some of the activities that a camper may choose to participate in while at Camp High Hopes.

About CHH Internships:

Camp High Hopes offers recreational/camp based internships in 3 primary seasons: September-December, January-April, and May-August, for a 14 week internship period designed to meet the requirements for NCTRC. Interns will assist in assessment, planning, implementation/facilitation, and evaluation during CHH activities which are goal oriented and directed toward rehabilitation, amelioration, and/or modification of specific physical, emotional, cognitive,
Camp High Hopes Internship

and/or social functional behaviors. Responsibilities may include: client assessments, progress notes, discharge plans, activity analysis, and leisure education among others. Interns will receive room and board during sessions and monthly stipend of $100 to offset additional food costs. Shared staff housing may be available and is assessed based on intern needs and housing availability.

All internships are full time commitments without time for outside work or part-time jobs and may require a commitment to be away from home during holidays depending on the program schedule. Interns are an integral part of the Camp High Hopes team, providing camper support and care, along with program planning and implementation with scheduled time off between programs. Potential interns must take these financial and personal burdens into consideration when applying.

All interns must be at least twenty-one years of age, have First Aid and CPR certification and the ability to commit to an entire season. Camp High Hopes strives to create an intern staff that is self-motivated, takes initiative, and has some experience working with people with disabilities and special needs. It is helpful to have outdoor recreation skills and must have the ability to work well with people. All interns must have a strong sense of hard work, flexibility, a love of the outdoors, an open mind and a love for working with people.

Camp High Hopes • 5804 Correctionville Rd • Sioux City, IA 51106 • 712-224-2267 www.camphighhopes.com