

2009 Elk Rapids Cross Country Team Camp

Who: Elk Rapids Boys and Girls Cross Country Runners in grades 9-12

What: Elk Rapids Cross Country Team Camp

When: Wednesday, August 12 - Saturday, August 15

We will meet at Mill Creek Elementary at 9:00 am on August 12

Pick up will be at Mill Creek at 3:00 pm on August 15

Where: State Park Camp Ground in Traverse City

Why: Build Team Unity, Improve Running Fitness, and Have Fun

Cost: \$120 per runner due no later than August 7th (Need based scholarships are available)

* We must have proof of a sports physical and an emergency release form turned in before participants will be allowed to attend camp.

The first day we can begin official practice for the 2009 cross country season is August 12th. To kick off the season we would like to hold a four day camp at the State Park Camp Ground in Traverse City. The focus of the Camp is to set the ground work for a great season. A successful season is not only marked by effort and performance, but also by growth as human beings. For this reason, we will emphasize effort over performance, team work, sportsmanship and character. These will all be stressed at camp where all team members will be responsible to help around camp, cooperate during activities and put forth their best effort during workouts. In order to achieve this, we feel it necessary that students do not use cell phones while at camp unless in case of an emergency. If parents need to contact their child or the coaches they can call **970-390-0276**.

Each day we will have two workouts. One will be a harder workout which will take place in the morning after breakfast and camp duties and a second easier run in the afternoon before dinner. Because we will be required to drive a short distance each day for our hard workout, seniors only will be allowed to drive to camp to help shuttle runners to our morning runs. They will not be able to drive unless authorized by one of the coaches.

If you are uncomfortable with this, let us know and your child will ride with coaches each day.

Breakfast and Lunch will be provided and will consist of fruit, bagels, cereals, sandwiches etc. We will make sure there is a variety of foods to choose from. On the first and second nights we are hoping to have parents sign up ahead of time and provide dinner that will be delivered to camp. We request that only parents helping with dinner attend camp and only during the designated dinner time. This ensures that each child is able to focus on the team camp goals. A sign up sheet will be passed around during the parent meeting on Monday, July 27th. On the third night, dinner will be provided.

Below you will find an itinerary for a typical day at camp:

7:30- Breakfast, morning chores and the Day's Goal

9:30- Morning Workout at the Vasa Trail or other designated location. (This will be the hardest workout of the day)

12:00- Lunch and Clean up duties

1:30- Free Time and/or Structured Team Activities (During free time runners will be able to hang out at the campsite or at the beach)

4:00- Afternoon Run (This will be an easy run that ends with a strength component)

6:00- Dinner and Evening Chores (Runner of the Day will be announced after dinner)

7:30- Down Time (Camp fire, cards, volley ball, ultimate frisbee etc.)

9:00- All runners are required to be at camp for the remainder of the night.

10:30- Lights Out

* Campers will be required to travel in pairs.

What to bring:

- Sleeping bag
- Toiletries
- Running gear for four days of running/two pairs of running shoes if you have them
- Swim Suit and beach towel
- Casual clothes
- Water bottle with name on it
- Watch with stop watch if you have one
- Calendar or log book to keep track of workouts/pen
- Rain coat

Optional:

Flashlight or headlamp

Book

Cards

Pillow

Folding Chair