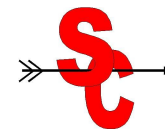




Swartz Creek Cross Country 2009 Team Camp



August 16 - 21

Over the years, camp has been an important component in the success of Swartz Creek Cross Country teams. While attending camp is not mandatory, the benefits to your training and the experiences with teammates that camp provides are invaluable.

Here are the details:

Where: Timber Wolf Lake Cross Country Camp
Young Life
4909 N. Morey Rd.
Lake City, MI 49651
(213)839-7552

When: Sunday, August 16 through Friday, August 21
We'll meet at the high school at noon on Sunday, run, shower, swim at the Middle School, eat, and then take off. We plan to return to the high school around 2:00 p.m. on Friday.

Emergency Phone: (231) 839-7552 - ask for Swartz Creek Cross Country Camp.
Coach Wiens' cell: (810) 730-9442, Coach Murphy's cell: (810) 845-7298.

Cost: \$265.00 (includes room, board, and T-shirt). Due by **Monday, August 10th**.

For **checks**, please make them payable to **Swartz Creek Community Schools** and bring them to practice no later than **Monday, August 10th**. The actual price for this camp is \$265.00, but this price will be lower for athletes that participated in cross country fund raisers this year.

Spending Money: Enough for three fast food trips and any other food from vending machines at camp.

Activities: Running, game room, volleyball, swimming, cards, ping pong, movies, etc.

Requirements for Attending Cross Country Camp (Girls):

1. Completed log sheets from June 15 to August 9 (8 weeks) totaling at least **225 miles**.
2. Returning team members: Run 8 miles in under **76 minutes**.
3. Rookies team members: Run 6 mile in under **57 minutes**.

What to bring with you:

1. Team pride and enthusiasm!!!
2. **Training Log and Heart Monitors or Watch!**
3. Personal medicines, toiletries, bug spray, sun screen, contacts solution, etc.
4. Towels for running/beach – pillow and linens are provided.
5. Running gear for **6 DAYS** - socks, **2 pair of shoes**, shorts, rain gear (yes we run in the rain!) Remember: We will be running **twice a day!**
6. One nice outfit.
7. Heavy clothes for cool temperatures in the evening.
8. Insurance card/medical authorization from parents
9. Snacks ... the meals are great so don't overdo the junk food. They will feed us well!
10. Dirty laundry bag, alarm clock, and fan.
11. **SIGNED PERMISSION SLIP / RULES SHEET.**

We will be cramped for space so please limit yourself to one medium size (24x18x10) suit case or 2 medium size (18x10x10) gym bags.