

Marion High School Cross Country Team Camp

Information Sheet

Need a jumpstart for your summer training? Looking to have some fun? Just interested in getting in shape? Look no further than the Marion Cross Country Team Camp. Our focus will be on all these things and promoting TEAM unity along the way.

Date/Location

Camp will take place from Monday, 7/21 - Thursday, 7/24. A portion of the camp will take place at the high school while the remainder will take place at Sleeping Bear Dunes.

Tentative Schedule

Tuesday/Wednesday

8:00 am - 9:00 am: Morning run / workout at the high school
9:00 am - 10:00 am: Shower/Eat (breakfast provided @ school)
10:00 am - 11:00 am: Run School (information session)
11:00 am - 12:00 noon: TEAM building games and challenges

Thursday

8:30 am - 10:30 am: Leave from school and travel to Sleeping Bear Dunes (D.H. Day Group Campground)
10:30 am - 11:30 am: Run / workout at Dunes.
11:30 am - 12:00 noon: Check in and eat lunch. Set up camp if time.
12:00 noon - 12:30 pm: Sleeping Bear Dunes Welcome and Service Project Introduction
12:30 noon - 4:30 pm: Service Project Work
4:30 pm - 6:00 pm: Dune climb :)
6:00 pm - 7:00 pm: Eat dinner / explore time.
7:00 pm - 8:00 pm: TEAM building games and challenges
9:00 pm - 10:30 pm: Group activity / campfire

Friday

8:00 am - 9:00 am: Morning run/workout
9:00 am - 10:30 am: Eat
10:30 am - 11:30 am: Run School (information session)
11:30 am - 12:00 noon: Pack up / check out
12:00 noon - 4:00 pm: BEACH TIME
4:00 pm - 5:30 pm: Eat lunch/dinner (Pizza!)
5:30 pm - 7:30 pm: Leave from Sleeping Bear Dunes and return to school

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Camp Cost:

All runners attending camp must pay \$10 at sign-up to reserve their spot. Camp will cost each runner \$30 and can be partially paid for if parents volunteer to drive and/or chaperon on the trip. See Mr. Keeler if you have any questions or would like to volunteer your help. To keep costs down, a portion of the camp costs are being paid for with funds earned during last year's fundraisers!

Equipment to bring:

Proper workout clothes incl. shoes, water bottle, sleeping bag/pillow, bathroom supplies, and spending money if desired. Swimwear, towel, tent, camera, sunscreen and bug repellent are recommended.

What you will get:

All runners who attend camp will receive an Eagle Cross Country T-shirt, tons of information, a good start on conditioning for the upcoming Cross Country Season, and a lot of fun memories.

Please fill out and return the attached parent waiver to Mr. Keeler with your \$10 deposit by ***Sunday, July 12th*** to reserve your spot!