

# **JAGUAR CROSS-COUNTRY CAMP 2023**

## **Sunday 8/20/23**

- 12:00 pm Meet in the school parking lot to load up and organize vehicles.
- 1:00 pm Leave for Island Lake Recreation area (directions available on Stack app).
- 2:00 pm Arrive at Camp and unload/setup
- 4:00 pm **45 – 60 minute run**
- 5:00-6:30 Take a dip in the lake?
- 7:00 Dinner – Rice Bowls
- 8:00-10:30 Get settled into camp and have 1<sup>st</sup> campfire. We will discuss team goals, discuss how to make personal goals, PMA, make s'mores.
- 10:30 Lights out.

## **Monday 8/21/23**

- 7:00 Wake up
- 7:30 **Kilometer Repeats + 20 – 40 minutes (on South Lyon Invite course).**
- 9:00 Pancakes & Syrup, hash browns, cereal...
- 10:00-12:00
- 12:30 Lunch
- 1:00-4:00 **TEAM TIME:** Journal Entries, Disc Golf, Frisbee, volleyball, lake...  
*MUST BE DOING SOMETHING AS A TEAM!*
- 4:00-5:00 **40-minute Easy Run**
- 5:00 Lake
- 6:00 Dinner-Coach Vockler's Famous Made-to-Order Pasta
- 8:00 Campfire, s'mores, Leadership direction/discussion. Discuss our own personal goals.
- 10:30 Lights out

## **Tuesday 8/22/23**

- 7:00 Wake up
- 7:30 **Famous Jaguar "Half-Marathon"** (Actual distance depends on Running Experience)
- 9:30 Breakfast
- 10:30-1:00
- 1:00 Lunch
- 2:00 **TEAM TIME:** Ultimate Frisbee Tournament
- 4:00 Lake
- 6:00 MOD Pizza, Target, and Movie
- 10:00 Campfire
- 12:00 Lights out

## **Wednesday 8/23/23**

- 7:00 Wake up
- 7:30 **Sandy Hill Repeats**
- 9:30 Breakfast
- 10:30-12:00
- 12:00 Lunch
- 12:30 Begin Camp break-down
- 2:00 **TEAM TIME:** Blake's Apple Orchard activities
- 3:30 Lake
- 4:30
- 6:00 Dinner – Taco Bar

Schedule ALWAYS subject to change...

10:00	Campfire
12:00	Lights out

**Thursday 8/24/23**

7:00	Wake up
7:30	<b>40-Minute Run</b>
8:30	Finish off Breakfast items
9:00	Finish Pack up, cleaning, and be ready for parents to arrive.
10:00	Check out and congratulate yourselves for a job well done.
11:00	Back at Allen Park Parking Lot