

**2023 ALLEN PARK CROSS-COUNTRY CAMP**  
**AUGUST 20<sup>th</sup> - AUGUST 24<sup>th</sup>**  
**ISLAND LAKE STATE RECREATION AREA**  
**12950 GRAND RIVER AVE.**  
**BRIGHTON, MI 48116**  
**(810)-229-7067**

**THE PURPOSE OF THE CAMP IS TO GET YOU TO DEVELOP A SENSE OF TEAM SPIRIT, WHILE LEARNING HOW TO DEDICATE YOURSELF TO THE SPORT OF CROSS COUNTRY.**

**PAUL VOCKLER & TIM COLLINS WILL BE PRIMARY SUPERVISION**

**COST OF THE CAMP:**

**The tentative cost of the camp will be \$160.00 which goes to cover all necessary expenses which include:**

1. Cabin Rental
2. Food while at the camp
3. Pizza Hut & Movie
4. Camp T-shirt

**\*\*\* Please make checks payable to: APHS Cross Country \*\*\***

**WHAT TO BRING:** Remember this is Michigan! You must be prepared for anything.  
The cabins do **not** have any electricity. We would recommend the following:

**CLOTHING:**

- |  |                        |
|--|------------------------|
| 1. 1 pair of running shoes (at least)          | 9. At least 5 T-shirts |
| 2. One other pair of shoes (not running)/boots | 10. Shower towel       |
| 3. 4 pairs of shorts (good for running)        | 11. Bathing suit       |
| 4. 6 pairs of underwear                        | 12. Beach towel        |
| 5. At least 6 pairs of socks                   | 13. Jeans              |
| 6. At least 1 pair of sweatpants               | 14. Sleeping bag       |
| 7. At least 1 heavy sweatshirt                 | 15. Pillow             |
| 8. Rain gear/bug spray                         | 16. Teddy bear         |

**OTHER ITEMS:**

1. Necessary toiletries (Ivory Soap or natural / eco-friendly soap **ONLY!**)
2. ***A large reusable cereal bowl & spoon...***
3. Baseball mitts, Frisbees, Volleyballs, etc....
4. Kayak (*if transportation method available*)
5. Small amount of spending cash.

We will be using paper plates, cups and plastic silverware this year.

**Paul Vockler can be reached at 313-629-6449**

**Tim Collins can be reached at 313-258-8834**

Cell phones are allowed, but are subject to blackout times during the day  
and they may be used to contact parents only.