

## Trojan Cross Country 2020 Cross Country Camp Information

We are fortunate to be able to pull together a cross country camp this season. Due to COVID 19 restrictions it was not looking possible until about 2 weeks ago. This is always an important part of our season and all of us are looking forward to "getting away" for 2 days to train and spend time together, set goals, and have some fun.

The Leelanau Outdoor Center (right next to Pyramid Point) has always been our camp and they have generously helped us set up camp once again. Hopefully next year we are back to our overnight plan, but the name of the game this year is flexibility AND we do get to go!

### Basic Information

- Camp will be held on Wednesday, August 26 and Thursday, August 27.
- We will meet at CHS at 8:00 a.m. for temperature checks and screening, and then depart for camp by TCAPS busses. Boys will ride on one bus, the girls on another.
- We will return to CHS by 5:45 p.m. both days.
- Masks must be worn on the bus, at camp when not in an activity, etc.
- Do not bring your cell phone. Coach Burns also will be checking bags to ensure that nothing is brought that should not be at camp. See the list below for what items to bring.
- Eat breakfast before you come to school. We will not run until approximately 9:30-9:45.

### What To Bring (pack your gear in a duffle bag)

- Running gear (come dressed to run)
- Towel
- Bathing Suit
- Regular clothes to change into after running
- Shoes/sandals for beach, walking around, canoeing
- Sunscreen and sunglasses
- WATER BOTTLE WITH WATER IN IT.
- Snack
- Some money in case we sneak into Glen Arbor for ice cream.
- ***A pack of crayons or colored pencils***

### Schedule for Both Days

8:00 a.m.	Temp check/screening at CHS
8:20 a.m.	Leave CHS
9:15 a.m.	Arrive at Leelanau Outdoor Center
9:30 - 11:30 a.m.	Running and Core
11:30 - 12:30 p.m.	Lunch
12:30 - 4:30 p.m.	Afternoon Activities: Over the two days these will include canoeing, goal setting, video, hike, Captain activity, Team Building with Leelanau Outdoor Center staff, swimming, Coach Houghton activity, Coach Burns activity
4:45 p.m.	Clean Up and Load for return to CHS

**In Case of Emergency Contact Information:** Coach Bryan Burns 231-649-0843, Coach Lisa Taylor 231-631-2195 Leelanau Outdoor Center 231-334-3808