

2022 CROSS COUNTRY CAMP **Lost River, West Virginia**

What: Chantilly Chargers Cross Country Camp

Where: Lost River Retreat Center, Lost River, West Virginia

When: Monday, August 8th - Thursday, August 11th

Who: While camp cannot be a requirement for participation on the team, it is expected that EVERYONE attends.

Why: This camp is used for a number of purposes. Certainly, there is a physical benefit by running challenging routes in the West Virginia mountains. Secondly, and perhaps more importantly, this is an opportunity to do some serious team bonding. The schedule includes a fair amount of both group activities, and free time for fun on the lodge property.

The Lost River Retreat Center is owned and run by a private group. When we attend, we are the only one's present. Please refer to the sample itinerary (which may be subject to change) for an idea of the schedule.

COST: \$350.00- This covers 8 meals and lodging, plus the cost of a charter bus, and a camp t-shirt for all members attending. It is requested that you submit your reservation early, although if there are financial issues involved, arrangements may be made for payment later, or in installments over the summer. (Checks made out to CHS Cross Country)

Please turn in your check, made out to CHS Cross Country, along with your signed permission form, and luggage-search form to Dr. G, preferably by June 13th. If there is a financial reason to wait for payment, please contact me. Checks will be used only to reserve your spot; no checks will be deposited until after tryouts.

CONTACT INFO:

LOST RIVER RETREAT CENTER
304-897-5935
2015 MILL GAP RD
LOST CITY, WV 26810

Driving Directions

From the North and East:

- Take I-66 west to I-81 South.
- Use exit 296 (Strasburg) and exit onto route 55 West.
- Follow route 55 West to Wardensville, West Virginia, **which is a speed trap!**
- In Wardensville, turn left onto route 259 South and 55 West combined.
- Continue to Baker and turn left onto 259 South.
- Continue about 8 miles to Lost River and turn left on Mill Gap / Thorn Bottom Road.

2022 Cross Country Camp Info Sheet

Monday, August 8th

11:15 am- Meet at CHS to load buses. Eat lunch before trip, or during.
12:00 pm- Depart CHS
2:30 pm- Arrival at Lost River Lodge, settle in rooms.
3:00 pm- Afternoon run.
Free Time
6:00 pm- Dinner
7:30 pm- Ice Cream Social & Icebreaker Activity
Free Time
11:00 pm- Runner's should be in their rooms.
11:30 pm- Lights Out

Tuesday, August 9th

6:00 am- Wake up Knock on door.
6:30 am- Morning run.
8:30 am- Breakfast.
10:00 am- Meeting led by the Coaches. (Goal Setting Session, Surveys)
Free Time & Ping Pong Tournament Begins.
12:30 noon- Lunch
Free Time
3:30 pm- Afternoon run.
Free Time
6:30 Dinner
8:00 pm- Watch *TBA*
11:00 pm- Runners in their rooms.
11:30 pm- Lights Out

Wednesday, August 10th

6:00 am- Wake up Knock on door.
6:30 am- Morning run.
8:30 am- Breakfast.
10:00 am- Meeting w/Coaches (Meet Prep, Mental Preparation- Groups)
12:30 noon- Lunch
Free Time
3:30 pm- Afternoon run.
Free Time
6:30 Dinner
8:00 pm- Team Activity (Captain Led)
9:00 pm- Bonfire
11:00 pm- Runners in their rooms.
11:30 pm- Lights Out

Thursday, August 11th

6:00 am- Wake up Knock
6:30 am- Morning Run, The Easy 10 miler!!! You are not required to run the entire way, but are encouraged to finish. There will be turn around points every half mile, between 2.5-5 miles.
9:30 am- Breakfast.
10:00 am- Pack & Clean Up.;Depart for CHS
1:00 pm- Approximate arrival to CHS

Need to Bring

- - **Sleeping Bag or sheets & pillows**
- - **2 pairs of training shoes**
- - **Casual shoes**
- - **Clothes for six workouts**
- - **Casual clothes for four days**
- - **Insect repellent (very important)**
- - **Toiletries: toothbrush, toothpaste, deodorant, etc.**
- - **Telephone Calling Card (there is virtually no cell phone reception)**
- - **Water bottle with your name on it (VERY IMPORTANT)**
- - **Books to read, notebook, writing utensils**
- - **Snacks- must be stored in airtight containers**
- - **Towels**
- - **Sun block**
- - **Custom designed ping pong paddle, if desired**
- - **Hat**
- - **Deck of cards or board games of choice.**

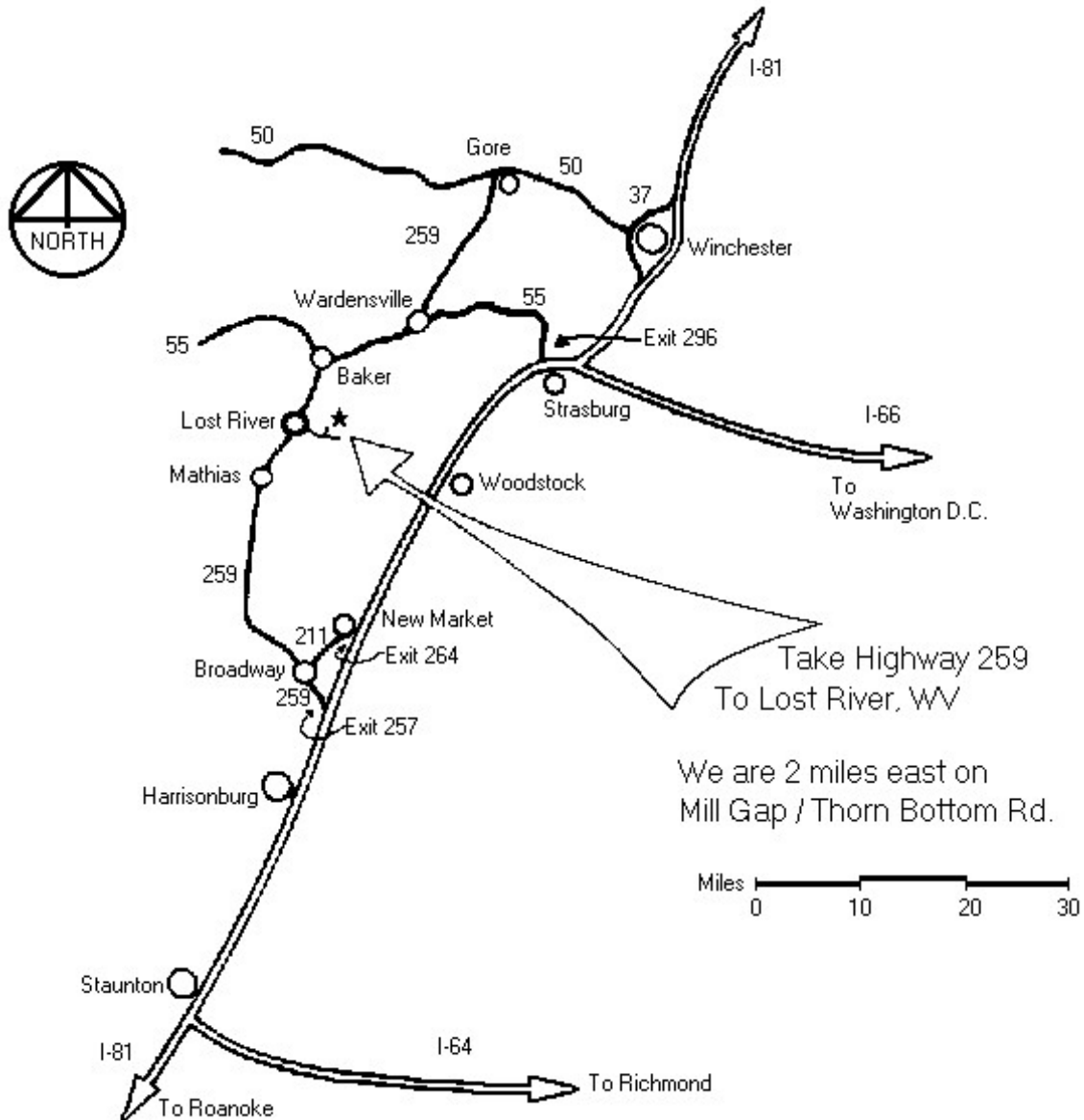
- **Any medications you may need must be turned in to the coaches, accompanied by parental instructions prior to departure. It is especially important that we have an extra epi-pen and/or inhaler with us at all times, for those who need them.**

- **Please note that there will be no water activities at the center (ie: swimming, boating, etc.)**

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Coach Gilchrist's Cell: 703-861-9642- Please note that I will not have cell reception in Lost River, however I will check my email regularly. If there is an emergency situation, please call the direct number listed above.



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- LRRC is another two miles on the left.

PARENTAL AUTHORIZATION AND ACKNOWLEDGEMENT OF RISK FOR FIELD TRIP

(This form and an attached itinerary description are required for all field trips.)

IMPORTANT DIRECTIONS: (1) Use one form per trip, (2) Complete the school portion (top half) of form, (3) Duplicate one form per student, and (4) Send a copy home for parent and student signatures.

TO BE COMPLETED BY THE SCHOOL

Date(s) of Trip Monday, August 8th-Thursday, August 11th	Destination Lost River Retreat Center, West VA
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Purpose
Cross Country Team Camp

SUPERVISION (Check one.)

- Students will be directly supervised by adults on this trip at all times
- Students will be directly supervised by adults on this trip with the following exceptions:

TRANSPORTATION BEING PROVIDED (Check all that apply.)

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Walking | <input type="checkbox"/> School Bus | <input checked="" type="checkbox"/> Commercial Carrier | <input checked="" type="checkbox"/> Personal Vehicle |
| <input type="checkbox"/> Leased Vehicle | <input type="checkbox"/> County Vehicle | <input type="checkbox"/> None | |

DRIVERS OF PRIVATE OR LEASED VEHICLES (Check all that apply.)

- | | | | |
|----------------------------------|---------------------------------|---|--------------------------------------|
| <input type="checkbox"/> Student | <input type="checkbox"/> Parent | <input checked="" type="checkbox"/> Teacher or Staff Member | <input type="checkbox"/> Other Adult |
|----------------------------------|---------------------------------|---|--------------------------------------|

VEHICLE TYPE (Check all that apply.)

- | | | | |
|------------------------------|---|---|--|
| <input type="checkbox"/> Car | <input type="checkbox"/> Van (10 passenger or less) | <input checked="" type="checkbox"/> SUV | <input type="checkbox"/> Other _____
<i>(Specify)</i> |
|------------------------------|---|---|--|

RISK RELATED (Check all that apply.)

- | | | | |
|--|--|---|--|
| <input type="checkbox"/> Swimming Pool | <input type="checkbox"/> Amusement or Theme Park | <input type="checkbox"/> Beach or Ocean | <input type="checkbox"/> Other _____
<i>(List activity)</i> |
|--|--|---|--|

TO BE COMPLETED AT HOME

Pupil Agreement

While participating in this trip, I will accept responsibility for maintaining good conduct and appearance, and I will follow directions at all times.

Signature of Student _____
Date

PARENTAL AUTHORIZATION AND ACKNOWLEDGEMENT OF RISKS

I understand that participation in this trip is voluntary, that it is not required, and that it exposes my child to some risk(s). I also understand that the trip may include amusement activities and that participation in any amusement activities will expose my child to some risk of injury or even death. I have read and understand the itinerary and authorize my child to participate in the planned components of the trip to the extent indicated by my signature below. I also understand that participation in the trip will involve activities off school property; therefore, neither the Fairfax County School Board, or its employees and volunteers, will have any responsibility for the condition or use of any nonschool property.

PARENT PERMISSION (Check all that apply.)

- Participation in all aspects of this trip.
- Participation in all aspects of this trip, except the amusement and theme park activities.
- Participation in all aspects of this trip, except the water-related activities.
- Other _____

I give permission for _____ to participate in this field trip.

Signature of Parent _____
Date

IMPORTANT NOTICE Fairfax County Public Schools (FCPS) cannot be responsible for reimbursements to parents or students of money submitted as advance payment (e.g., for Broadway shows, transportation, or hotels) for any trip that FCPS cancels. It is strongly recommended that you personally review any tour company's or commercial carrier's contract, including its stated refund policies, BEFORE your child signs up or pays for the trip.



FIELD TRIP LUGGAGE SEARCH

No student will be allowed to participate in the school activity scheduled for departure on Monday, August 8th , 2022 , unless PART I or PART II is completed and signed by a parent or guardian.

PART I CONSENT TO SEARCH

I, _____ , give my consent to officials of Fairfax County Public Schools and their officially designated representatives to search the luggage of my child, _____ , in connection with the school activity scheduled for the above date. Also, I give my consent for any search, deemed advisable, of my child's lodgings while on the trip.

Parent's or Guardian's Signature

Date

PART II CERTIFICATION OF CONTENTS AND DELIVERY OF LUGGAGE

I, _____ , certify that I will search and deliver the luggage of my child, _____ , and it will not contain any illegal or prohibited items. Also, I give my consent for any search, deemed advisable, of my child's lodgings including luggage, while on the trip.

Parent's or Guardian's Signature

Date