



# 2021 DAKOTA CROSS COUNTRY TEAM CAMP



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[www.dhscc.weebly.com](http://www.dhscc.weebly.com)

Remind: text to the number 81010

Girls team: @dgxc / Boy's team: @dhsbxc

## DHS XC CAMP

**When:** August 22 - August 28

**Where:** Lost Valley Retreat Center  
5724 M-32, Gaylord, MI 49735

**Why:** To create a close knit team environment, learn about running physiology, philosophy, strategy, diet and nutrition and to get prepared for the upcoming competitive season.

- Who:** Any high school athlete who
- A. has an updated athletic physical
  - B. Meets these fitness requirements
    - Can run 30min. w/o stopping
    - Attend a minimum of 10 conditioning sessions
    - Cumulative total mileage for the summer of 50 miles
  - C. Is a member in good standing of the current DHS CC team.

It is recommended that any runner joining the cross country team for the upcoming season attend camp. There are minimum fitness requirements to ensure that all attending camp will be able to handle the workload without risking injury. Seven day total mileage will vary from 30 - 70 miles



**Cost:** \$350

Family pricing: 2-campers \$325  
3-campers \$300

**Includes:** Transportation, Lodging, 3 meals/day, drinks, snacks, camp shirt, other activities if offered may include swimming, mini golf, ropes course etc.

***Please pay online  
through PaySchools  
central***

**Camp Fee:** due August 15th.

### Sample Daily Schedule

7:00 am	Morning Run
8:00 am	Breakfast
9 am - noon	Group Activity/Sports
12:30 pm	Lunch
1:30 - 4:00 pm	Camp Games/Travel
4:00 pm	Afternoon Run
6:00 pm	Dinner
7:00 - 9:00 pm	Group time/meetings
10:30 pm	Lights out



# DHS CROSS COUNTRY

## Summer Practice Schedule:

All practices will meet at the painted rock in front of the athletic wing of Dakota High School

Monday: 8 am

Tuesday: 8 am

Wednesday: 8 am Meet at Clinton Twp. Civic center near bathrooms close to the Library.

Thursday: 8 am

Friday: 8 am

Saturday: 8 am

Sunday: TBD

\*Potential travel day to local parks may be added during the week.

**\*\*Consistent, intelligent training is the fastest way to achieving your goals.**

*"The wise thing to do is to prepare for the unexpected."*

*"To give anything less than your best is to sacrifice the gift."*



## 2021 Registration

Name: \_\_\_\_\_

MALE      FEMALE      9   10   11   12

Address: \_\_\_\_\_

\_\_\_\_\_

City: \_\_\_\_\_ MI Zip: \_\_\_\_\_

Birthdate \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

## Contact Information

Email: \_\_\_\_\_

Parent/Guardian Phone:

(      ) \_\_\_\_\_ - \_\_\_\_\_

Athlete Phone:

(      ) \_\_\_\_\_ - \_\_\_\_\_

## CC Camp Shirt Size

S      M      L      XL

\*Please fill out and return this form with camp payment to either  
Coach Zarzycki — Girls Team  
Coach Timpa — Boys Team