



2021 DAKOTA CROSS COUNTRY TEAM CAMP



Coach Timpa: mtimpa@cvs.k12.mi.us

Coach Zarzycki: tzarzycki@cvs.k12.mi.us

Coach Roginski: eroginski@cvs.k12.mi.us

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
- has an updated athletic physical
 - 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
 - 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

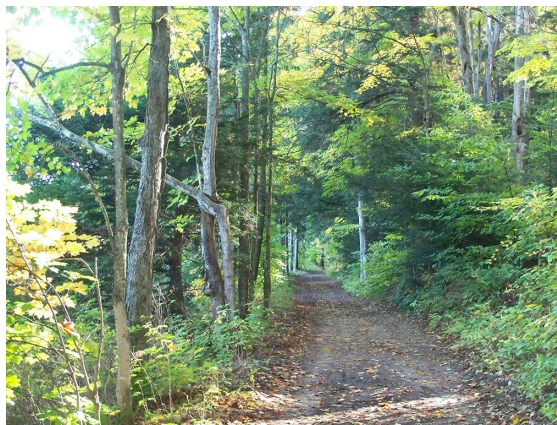
Sunday: TBD

*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