**Newaygo Cross Country 2023**

**Dates/Location:**

Camp starts August 16 and will run through August 18. We will meet at the High School by the gym entrance at 11:00 AM on the 16th, and head to the camp location, Sandy Beach Campground by Hardy Dam. Athletes can be picked up at 11:00 AM on Friday the 18th at camp.

**Cost:**

The cost of the campsites is being covered by the program in addition to the $5/night car fee. (Parents dropping off food for meals will not have to pay the fee.)

**What to bring:**

* Cold cereal for 2 mornings and a box of granola bars
* Food donation for the noon and evening meals (to be worked out with parents)
* Workout gear for the three days
* Swim suit
* Warm clothes for cool weather at night
* Towels, toiletries, etc.
* Air mattress if desired, sleeping bag, pillow
* Flashlight (for flashlight relay)
* Tents
* Water bottle
* Your recorded run log from summer running/run log notebook
* A watch if you own one!

**Optional:**

* Frisbee
* Soccer or footballs
* Card games, chess

**Note:**

I am asking that students use their phones minimally. My hope is that this is a great bonding time for the athletes. Cell phones can get in the way of that! If your child brings a cell phone, please know I will be keeping them in a bin for the three days unless an emergency arises.

**Questions?**

Please don’t hesitate to contact Coach Mercer at 231.286.0593 with any questions. Coach Mercer will be staying with her husband and kids on one site the entire time for supervision!