

# **2019 WWTHS Cross Country Camp**

## **D-Bar-A Scout Ranch, Metamora, MI**

### **Monday, August 12 through Friday, August 16**

Our main objective for camp is to get the athletes in physical shape by building a good base that will help the athletes be successful throughout the Cross Country season. Your child will make friendships that will last forever.

Your child will be lodging at the M&M Lodge on the property of D-Bar-A Scout Ranch. We have separate rooms for Boys, Girls and the Coaching staff. Small kitchen area with refrigerator, bunk beds, bathrooms and showers are all within the M&M lodge.

Requirements:

- 1) Athlete has completed the online registration and provided a physical to the AD department.**
- 2) Athlete has attend Preseason practice.**
- 3) Athlete and parent must sign and return both camp forms:**
  - **WWTHS - Parent Release**
  - **D-Bar-A - Hold Harmless Agreement**

Registration: Need commitment by July 29 (Let us know as soon as you can).

Departure: Monday at 11:30AM from WWT so be at the school by 11:15AM.

Return: We plan on being back at WWT around 2PM (Time may change) on Friday.

**Camp Fee = (TDB \$120.00/130.00) - Includes: camp fee, camp shirt, lunch and dinner**

Make check payable to "Brad Jablonski" or you can pay in cash or \*credit

\*If paying using credit card, we will add a 2.75% fee, price would be \$123.39 or \$133.68

**Payment is due by August 5.**

\*\* Athletes should pack light breakfast items to snack on \*\*

We will provide some snacks.

Parents can donate water, Gatorade, healthy snacks, fruit (bananas, apples)

#### Things to bring:

Sleeping bag, pillow, twin bead sheet to cover mattress

Running cloths for 5 days of running with multiple runs throughout the day.

Many socks, two pairs of running shoes. We run trails so be ready to get dirty and or wet.

Sweatpants, hoodies or light jacket (be prepared for all weather)

Clothes to wear when not running.

Swimwear and towel, sunscreen, bug repellant, flashlight

Sleepwear, toiletries (soap, shampoo, toothbrush, deodorant), flip-flops

Healthy snacks, headphones, cell phones

**\*Coaches are not responsible for lost or broken items**

#### Rules:

Lights out at 10:30PM or as stated by the coaching staff. Rest and recovery are important

Respect the campground and each other's personal space and property

No alcohol or any substance, no smoking

No wandering or leaving the cabins after lights outs

Never wander or go into the lake alone. Use a buddy system.

No Water activity unless scheduled by staff

\*We will address all issues and if anything gets way out of hand, we will call the parents to come up to camp and pick up their child.

#### Activities other than running:

Volleyball, fishing, human foosball, gaga ball, campfire, movies, observatory, corn hole, swimming, and boating.

**\*If athlete would like to participate in water activity, they will have to pass a swim test provided by the camp lifeguards. This activity is restricted to scheduled times (time will be provided).**

#### Medication:

If your child has a medication that is required while at camp, you will need to contact a coach so we can set up a plan to make sure that your child is taking their meds.

If you have any questions, please contact Coach Brad or Coach Jeff,

Thanks!

\_\_\_\_\_, Date \_\_\_\_\_  
 <Parent or Guardian signature>