August 14, 2019

Dear Cross Country Athletes and Parents,

I hope your girls are enjoying the XC experience so far.

As previously stated, the girl’s pre-season XC came is scheduled from Friday morning August 23, through Sunday evening, August 25. We will be staying in the Hideaway Lodge in Indian River, MI. ([www.hideawaylodgemi.com](http://www.hideawaylodgemi.com).)

Some items need to be addressed before we leave.

 -A waiver for Big Bear Adventures (rafting, kayaking)

 -A permission slip to attend XC camp

The fee for camp fee is $165.

We anticipate that 35 girls will attend camp.

Estimated costs:

Hide-a-Way Lodge---$3200,

Big Bear Adventures cost $24/person--$900

Sunday lunch in Petoskey costs $12/person $450.

Camp tee shirts ($7/person). Gas--$500, groceries ($45/person), miscellaneous costs. . . .

In summary, I expect total camp costs to be in the neighborhood of $6500-$7000. Birmingham Harriers will offset $1000 of these costs. Dividing cost between 35 girls brings the cost to somewhere near $165/person.

Some additional documents that are for your information only including:

 -A proposed camp itinerary

 -A list of items to consider when packing for camp

The purpose behind this camp is to develop team unity, to train, and to have some fun-**TOGETHER!** To facilitate this, XC camp will be a “cell phone free “ with the exception of a couple hours after the evening workout. Cell phones will be collected and kept in a safe place. Terri (734-358-4110) and I (734-788-1300) +/- chaperones will carry cellphones if you need to reach your daughter during their “unplugged” time.

So, . . . please download, sign, and return the following:

-A camp permission slip

-A Big Bear Adventure Canoeing / Rafting waiver

-A check for the camp fee made payable to ***Seaholm Girls Cross Country Boosters.***

This paperwork can be brought to practice. Please make every effort to meet a Tuesday, August 20st deadline.

If you have any questions about the camp, or anything else pertaining to Cross-Country, please feel free to email Terri or me at: seaholmgirlsxc@gmail.com.

Sincerely,

Craig & Terri McCardell

Girls Cross Country Coaches

Seaholm High School

**CROSS COUNTRY CAMP PERMISSION FORM**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have read the letter pertaining to this year’s Cross

Country Camp at Hideaway Lodge located in Indian River, MI.

My daughter, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, has also read this letter.

 My daughter will not be able to attend this year

 \_\_ Cross Country Camp.

 My daughter will be able to attend this year’s

 Cross Country Camp. I therefore give her permission

 \_\_ to attend this camp.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Parents Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Athletes Signature Date

# SEAHOLM CROSS COUNTRY

## *Suggested* CC Camp Checklist

### Sleeping Bag

Pillow

Flashlight (working batteries)

+/-Rain Gear

Running Gear

 Shorts

 Shirts

 Shoes

 Socks

 Watch

Swim Suits

Shorts

Shirts

Sweatshirts

Shoes/Sandals

Underwear

Jeans

Sunglasses

Sunscreen

#### Insect Repellant

Towels

Shampoo

Soap

Comb/Brush

Toothbrush/Toothpaste

Prescriptions

Bee Sting Kits (if allergic)

Sports Equipment??

 Frisbees

 Volleyballs

 Footballs

Water Bottle

Pencil/Pen

Proposed Agenda for Camp

**Friday:**

 -8 am—leave Seaholm (pool doors). Have bag lunch—eat lunch along the way

 -11:30-11:45 arrive at camp.

-12:30—First workout. White Road Run

 -2:00—Workout done. Clean up. Set up rooms. Get ready for Big Bear Adventures trip.

-3:00 Big Bear Adventure on Sturgeon River

-5:45 – 6pm -- dinner

-7 pm—Athlete’s choice. Dance Party?

-10:30 – 11pm—Sleep.

**Saturday:**

-7:30 am—morning “shake out” run. 25-35 minute run + some light strength work afterward.

 -8:45 am—Breakfast. Clean up.

 -10 am—Team meeting

 -11:30—Lunch

 -12:00- 12:30—Beach time at Burt Lake State Park (<2 miles away).

-4 pm—Harder workout (interval type stuff). Wildwood Hills Pathway vs. Boyd Banwell Family Nature Preserve (on Pigeon River). Wooded, pathway running.

 -6:15 pm –Dinner back at camp.

 -7pm – Athlete’s choice

**Sunday:**

 -7:30 am breakfast

 -8:30—Leave for Petoskey. Bring a change of clothes?

-9 am arrive in Downtown Harbor area of Petoskey. Workout is long run along bike/walking trail overlooking Lake Michigan—traveling south toward Bay Harbor.

-10:30 Workout done. Take team picture in Little Traverse Bay Harbor vs. on breakwall/lighthouse area in town.

-11:30 Sandwich/lunch from Roast and Toast in Petoskey. Tour downtown Petoskey

-1pm –leave to go back to camp.

-2 pm—Athlete’s choice

-5pm—clean up.

-5:30—leave for Birmingham

-9:15—arrive back at home.