**2012 Boys/Girls Cross Country Training Camp**

For many years I have wanted to take the team away at the beginning of the cross country season for a team training camp. This is the year to finally make that happen. So, we will kick off our season with a trip to Potato Creek State Park leaving on Monday July 30th and returning on Thursday August 2nd. Below you will find all the pertinent details related to taking a trip such as this.

When: Leave Frankton High School at 11:00 am Monday, July 30th. Return approximately 2:30 pm, Thursday, August 2nd.

Where: Potato Creek State Park

Why: Training, team building, personal development, and a fair amount of fun

Who: 2012 members of the Frankton High School Team

Costs: A camp fee is $50.00 (our fund raiser may allow us to reduce this fee) due Wednesday July 25th along with the signed permission slip. This amount will cover breakfast, lunch, and diner, campsite expenses, entry fees into the park, and other miscellaneous items related to this trip.

Additional costs: Extra munchies, drinks, etc. There is no pool at Potato Creek but there is a beach that is free. Boat Rentals are also available. We will be stopping for lunch on the way home. There is no real need to bring much more than $20.00 extra spending money.

Camp Activities: RUNNING, Frisbee (Football and golf), softball, swimming, cards...etc.

Camp Check List: Running gear (shorts, underwear, socks, t-shirts, running shoes, several towels), old shoes, long sleeve t-shirts, jacket, sweats, sleeping bag, pillow, toiletry items (toothbrush, toothpaste, soap, washcloth, deodorant, shampoo, etc...), sun tan lotion, insect repellant, flashlight, camera, swimsuit, ground cover, garbage bag, rain gear. Optional: radio, I-pod, cards, Frisbee, baseball glove, bats, volleyball, etc... NO SKATEBOARDS OR LONGBOARDS.

Questions: Call Brian Williams (765-602-2570) or Valerie Williams (765-606-5555)

Park information: Potato Creek State Park

 25601 St. Rd. 4, P.O. Box 908
 North Liberty, IN 46554
 574-656-8186

**Team camp rules and guidelines.**

In order for us to maximize this training opportunity, each of us needs to make sure that we are running consistently. Many schools who make trips like this require the athletes to log a certain number of miles and/or meet certain times. At this point, my only requirement is that you are in shape and prepared for the upcoming season. Attending our optional practices throughout the summer will ensure that you are prepared for camp as well as the season. ***It*** ***doesn't make sense for you to make this trip if you haven't been* *logging* *any* *miles*.**

1. Cooperate and be ready and willing to work.

2. Remember that your behavior influences others opinions of you, our team, our school, and our community.

3. Treat each other with respect. Do not ridicule or pick on anyone....

4. Profanity will not be tolerated.

5. Keep your tent and campsite clean.

6. Work teams will be created. Do your part in completing your teams work.

7. No Fireworks.....!!!

8. Quiet hour begins at 10:00. Lights out and radios off by 10:30. Get your sleep you will need it.

9. Be positive. There is no room for negative attitudes.

This time will be a good kick off to what I believe will be a great year for both boys and girls teams. Remember our destination has meaning when we work each day toward that destination.

Permission Slip for Cross Country Camp

To kick off our cross country season we have decided to take the entire team to Potato Creek State Park for a team camp this year. As coaches we are confident that this experience will enhance our season in many ways. Please complete this form. By signing this document, you are granting your son/daughter permission to participate in our team camp and are aware that he/she is expected to abide by all school regulations during the course of our team camp..

**Medical Release**

I/WE, the parent(s)/legal guardian(s) of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ do hereby grant my/our permission to Coach Brian and Valerie Williams, for emergency medical treatment should my son/daughter be injured while participating in Cross Country Camp during the period of July30th-August 2nd, 2012.

I/We further understand and agree that as the parent(s)/legal guardian(s) of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, that all costs arising out of and resulting from said emergency treatment shall be borne by me/us and that Coach Brian and Valerie Williams is hereby released of any and all expenses and liability from said emergency medical treatment.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Signature of father/legal guardian)

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Signature of mother/legal guardian)

Please list two emergency numbers:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Medical Insurance Company \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance ID# \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Must be returned with the Training Camp Fee by July 25th to Coach Williams.**