

Parents,

On August 6th, we'll be meeting at the High School parking lot at 8:00 a.m. to embark on our 3rd Annual Mammoth High Altitude Training Camp. Below you will find the answers to many of the questions you may have as we prepare for camp:

- Camp forms and a final payment of \$250 (total cost \$550) are due to Coach Horton no later than Friday the 28th.
- The packing list is attached.
- The athletes, Coach Alison, Coach Whitney, and Katie (our dog), will be staying at a condo off of Tyrol Lane in Mammoth Lakes. This condo will also serve as our meeting place and mess hall (when we aren't cooking out or out to dinner).
- Athletes should bring a little spending money. We will also be dining out at Campo in the Village on Thursday so the girls can get a break from Coach Horton's cooking:)
- In addition to running, we will be spending a day at June Lake for a little R & R. We will also do some rock climbing at Horseshoe Slabs as well.
- Athletes need to bring a sack lunch with two filled water bottles for the drive up on the 6th.
- We will be returning to San Clemente on Saturday the 12th at approximately 5:00 p.m.
- If you have any questions, please feel free to contact me at 949-939-6229 or coachhortonsc@gmail.com

Keep running,
Coach Horton