

# Hughson Cross Country Camp

## *Running/Chore Schedule*

**Sat** AM: 3 miles @ Folsom CC Course  
PM: 30-60 minutes wonder wander around cabin

**Sun** AM: 30-70 min on Soda Springs Road  
PM: Wonder Wander 30-40, Core, Drills

**Mon** AM: Donner Lake Run  
PM: Off - Day at lake Tahoe

**Tue** AM: Kidd Lake Road 30-60 min  
PM: Wonder Wander 30 min around cabin. Core, Drills

**Wed** AM: Van Norden Meadow Run 30-70 min  
PM: Warm up + Drills and strides. (run early, leave for Reno)

**Thu** AM: Pacific Crest Trail Run @ Sugar Bowl

### Train your best every day!!!

#### Chore List - Boys Cabin

<b>Duty</b>	Sat	Sun	Mon	Tue	Wed	Thu
Dinner	Sandro	Carlos	Sam	Sam	NA	Sandro
Dishes	Rick Sam	Juan Mason	Manny Eddie	Diego Sandro	Noah Carlos	Rick Sam
Sweep/Garbage	Manny	Diego	Noah	Rick	Juan	Manny
Bathroom	Eddie	Sandro	Carlos	Manny	Mason	Eddie
Vacuum	Noah	Rick	Juan	Eddie	Diego	Noah

#### Chore List - Girls Cabin

<b>Duty</b>	Sat	Sun	Mon	Tue	Wed	Thu
Dinner	Noeli	Lizeth	Allison	Sophia	NA	Lizeth
Dishes	Sophie Bailey	Melanie Sophia	Maggie Grace	Melanie Lizeth	Bailey Sophie	Grace Maggie
Sweep/Garbage	Allison	Noeli	Lizeth	Grace	Noeli	Allison
Bathroom	Maggie	Sophie	Melanie	Maggie	Sophia	Bailey
Vacuum	Grace	Bailey	Sophia	Allison	Melanie	Sophie

**You are all responsible for cleaning your dishes during the day!!!**