

Sentinel XC Summer Camp

Wasatch Academy, Mount Pleasant Utah

August 4-6, 2025

Camp Director – James Barnes (801) 550-4008

Assistant Camp Director – Levi Wolfley (801) 631-3284

Assistant Camp Director – Bryan Peterson (385) 436-7918



August 4 – MONDAY

6:35AM LEAVE MOUNTAIN RIDGE HIGH

7:45AM DIAMOND FORK TRAIL RUN (4.5 MILES)

10:30AM ARRIVE AT WASATCH ACADEMY IN MOUNT PLEASANT

10:45AM UNPACK – CHECK IN DORMS

11:15AM FREE TIME

12:00PM LUNCH IN CAFETERIA

1:00PM BREAKOUT SESSIONS (25-30 MINUTES EACH) CRAIG BUILD AND QUAD

*NUTRITION * BIOMECHANICS *PSYCHOLOGY *RECOVERY

3:10PM CANAL CANYON TRAIL RUN (4-6 MILES)

5:30PM FREE TIME – CLEAN UP

6:30PM DINNER IN CAFETERIA

7:00PM COACHES PANEL IN AUDITORIUM

8:15PM CAMP MOVIE IN AUDITORIUM, DESSERT IN COMMONS, GAMES

10:45PM DORM ROOM CHECKS

11:00PM LIGHTS OUT



August 5 – TUESDAY

6:30AM RISE AND SHINE READY TO RUN

7:00AM MORNING MILE (3 MILES TOTAL)

8:30AM BREAKFAST IN CAFETERIA– CLEAN UP

9:15AM TEAM BUILDING ACTIVITIES IN QUAD

10:15AM TEAM GOAL SETTING WITH COACHES

11:00AM FREE TIME

12:00PM LUNCH IN CAFETERIA

1:45PM LEAVE TO RUN

2:30PM SKYLINE RUN (4-7 MILES)

5:30PM FREE TIME – CLEAN UP

6:30PM DINNER IN CAFETERIA

7:00PM MOUNT PLEASANT AQUATIC CENTER – SWIMMING/WATER GAMES

9:15PM DESSERT AND GAMES ON QUAD

10:30 DORM ROOM CHECKS

10:45PM LIGHTS OUT



August 6 - WEDNESDAY

6:30AM SUNRISE RUN/STRENGTH TRAINING (1-2 MILES)

8:30AM BREAKFAST

9:15AM PACK UP

9:30AM FREE TIME

10:15AM CHECK OUT OF DORMS - PICK UP SACK LUNCHES FROM CAFETERIA

11:00AM TEAM RELAY – PALISADE STATE PARK – (5.5 MILES TOTAL)

12:10PM LUNCH – SACK LUNCHES TO GO

12:30PM TEAM ACTIVITIES AT STATE PARK

2:20PM- COACHES CLOSING ADVISE

2:30PM- START RETURN TRIP TO MOUNTAIN RIDGE

4:30PM-5:30PM ARRIVE AT MOUNTAIN RIDGE



Camp Checklist

We will be eating our meals in the cafeteria (bring whatever snacks you want for the three days)

Water bottle

Running shoes

Running and workout clothes, bring enough for three days

Bring plenty of clean socks, shorts, shirts & other clothes

Flipflops and kick around shoes

We will be sleeping in dorms 2 per room

Bring your own: pillow, sleeping bag or blanket, beds just have a top sheet.

Sunscreen

Sunglasses

Insect repellent

Towel

Toiletries (including soap or body wash, shampoo, wash cloth, deodorant, etc.)

Swimsuit

Jacket

Pen/Pencil

Running watch with charger

Money for snacks or state park equipment rentals (optional)

Be prepared to work hard

Be prepared to have a blast!