

# Madeira Distance Project Team Camp 24

**Dates:**

July 29<sup>th</sup>- August 1st

**Location:**

Dillon State Park **(5-6 cabins)**  
(740) 453-4377 PARK OFFICE NUMBER  
5265 Dillon Hills Drive  
Nashport, OH 43830

**Cost:**

\$50 paid to Madeira Mile, venmo @madeiramile

**Timeline:**

On Monday, July 29th after 8:15 practice runners will go home to shower and have lunch. We will return to school around 11:00 to pack up and head out. We will stay for three nights arriving back at the high school in the afternoon.

**Transportation: We will be taking school buses and vans.**

\*Cell service is spotty. If you don't get an answer right away, please understand.

*My Cell Number: (740) 818-8087*

**Needs:**

***IF ANYONE HAS ANY SPECIFIC MEDICAL NEEDS, PLEASE LET ME KNOW. YOU MUST TURN IN YOUR SON OR DAUGHTER'S EMERGENCY MEDICAL FORMS VIA FINAL FORMS.***

**What personal items to bring?**

*Personal Bathroom Supplies*

*Towels*

*Swim Stuff*

*Camp Chair*

*Hammock*

*Beach Towel*

*Clothing*

*Extra Socks!!!*

*Running shoes and other closed toe shoes!*

*Sandals*

*Bug Spray*

*Sunscreen*

*Water Bottle*

*Rain Gear*

*Treats/Snacks*

*Games*

*....and anything else that they deem necessary to have fun that's appropriate!*



**Food:**

*I will be going to the store to pick up food for the trip, the weekend before. Your son or daughter is more than welcome to bring other things that I don't pick up. All food that you see below will be provided by Madeira Mile funding. **Athletes will use the Google Sheet tab to indicate what meals they want for the week!***

**Meal Plans...****Monday:**

*Lunch: @HOME*

*Dinner: Spaghetti, Salad, Bread, Fruit*

*Dessert: Baked goods*

**Tuesday:**

*Breakfast: Eggs, Sausage, Fruit, Yogurt, and OJ*

*Lunch: Turkey and Ham Sandwiches, PB&J, Chips, and Fruit/Veggies*

*Dinner: Pizza, Fruit/Veggies*

*Dessert: S'mores bar*

**Wednesday:**

*Breakfast: Pancakes, Cereal, Fruit, Yogurt, and OJ*

*Lunch: Turkey and Ham Sandwiches, PB&J, Chips, and Fruit/Veggies*

*Dinner: Marinated Chicken and Veggie Kabobs*

*Dessert: S'mores bar*

**Thursday:**

*Breakfast: Smoothies, Cereal, Yogurt, and OJ*

*Food may change based on availability....*

*I won't be buying that many other "snacks" so if the runners want to bring their own that's cool with me. It's kind of fun to see what they come up with.*

***This has become one of the best traditions for Madeira Cross Country. Each year we have a ton of FUN! We will be doing a lot of activities that will bring the team closer together. We also will be running or exercising twice a day, so they will have some work to do! Our goal this year is to really work on coming together as a TEAM and finding our VIBE. We will be successful when we are able to make this happen. This trip is during the first week of mandatory practices as the official season starts on July 29<sup>th</sup>. To me this is a great way to get more excited for the season and school year. Please let me know if you have any questions or concerns about the trip.***

***RUN ON!***

***Josh***

