

# Cross Country 2015 !!!

Dear Cross-Country Parents and Runners:

**(RUNNERS ---- PLEASE SHARE THIS INFO WITH YOUR PARENTS!)**

We hope you will enjoy the summer months to run and relax. **Cross Country Camp is scheduled for August 12, 13, 14, and 15.** It is important to understand that some strenuous activity will take place through the course of the camp. Those 'runners not yet running' should **IMMEDIATELY** begin a running program that will enable them to run 4 miles nonstop. Activities will be tailored to meet individual needs. However, to achieve maximum benefit and to reduce the chance of injury - 4 miles is a minimum!

We are looking forward to a wonderful season and believe this camp is a key to unlock the beginning of successes, goals, spirit and relationships.

Please go over all the information and make sure your questions are answered.

**Your 'physical card' must be on file at Holland Christian in order to practice and go to camp.**

**Plan to come to the high school Monday, August 10 or Tuesday, Aug. 11 between 8:00am - 9:00am at the Well (MainStreet) to meet the coaches and take care of paperwork. (We are not allowed to practice until the 12<sup>th</sup>.)**

Sincerely,

David DeKruyter, Rick Blauwkamp, Melissa Schrotenboer, Debbie Lenters

**Cross Country Camp Information:**

**Long Lake Outdoor Center in Yankee Springs**

<http://www.longlakeoutdoorcenter.com/index.html>

**Wednesday, August 12**

1:00 pm Depart from Holland Christian High school North parking lot  
2:15 Arrive at camp and unload  
4:00 Mixer / A-Mazing Run  
6:30 Hotdog roast plus more good grub  
7:30 Evening activities

**Thursday, August 13**

7:30am Mountain Goat Run (2 MI )  
8:30 Breakfast  
10:00 Miniature Golf  
12:00 Lunch  
12:30 Beach  
4:00 Soup Bowl Relay ( 2 X .7 MI )  
6:30 Dinner  
7:30 Evening activities  
9:30 Campfire

**Friday, August 14**

7:00 am The PBW! ( 4.2 MI )  
8:45 Breakfast  
9:00 Choice Activities  
12:00 Lunch  
1:00 Beach  
4:30 Dust Buster Mile (1.0 MI )  
6:30 Dinner  
7:30 Evening activities  
9:30 Campfire

**Saturday, August 15**

7:30am Trail Run  
8:30 Breakfast  
9:00 Clean up  
10:30 Depart 11:30am Arrive at high school

## **RUNNERS CAMP CHECKLIST**

- \_\_\_\_\_ Sleeping bag / or sheets and blanket, pillow
- \_\_\_\_\_ Flashlight with new batteries
- \_\_\_\_\_ Swimsuit
- \_\_\_\_\_ Devotional/Bible, book to read
- \_\_\_\_\_ \*Water bottle
- \_\_\_\_\_ Personal supplies
- \_\_\_\_\_ shampoo
- \_\_\_\_\_ soap
- \_\_\_\_\_ sunscreen
- \_\_\_\_\_ comb/brush
- \_\_\_\_\_ deodorant
- \_\_\_\_\_ washcloth
- \_\_\_\_\_ toothbrush/paste
- \_\_\_\_\_ 2 towels
- \_\_\_\_\_ 3 days supply of:
  - \_\_\_\_\_ underwear \_\_\_\_\_ socks \_\_\_\_\_ shorts \_\_\_\_\_ t-shirts
- \_\_\_\_\_ 2 pair of running shoes
- \_\_\_\_\_ Sandals
- \_\_\_\_\_ Rain poncho
- \_\_\_\_\_ Garbage bags for dirty clothes
- \_\_\_\_\_ Insect repellent
- \_\_\_\_\_ Bring your own drink and munchies if you need to. (There will be generous supplies of fresh fruit and non-pop drinks available at all times)
- \_\_\_\_\_ Spending money if desired (\$10)
- \_\_\_\_\_ GAMES IF DESIRED --- FRISBEE, VOLLEYBALL, FOOTBALL, CARDS, BOARD GAMES

**ENROLLMENT/APPLICATION** - To be turned in to the HS office or mailed to:

David DeKruyter, 13413 Tyler St Holland MI 49424 **by August 3, 2015.**

With this form should be a check for **\$50.00 made payable to David DeKruyter**

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

HOME PHONE \_\_\_\_\_ MOM's WORK # \_\_\_\_\_

DAD's WORK # \_\_\_\_\_

ANY KNOWN ALLERGIES/MEDICAL PROBLEMS? \_\_\_\_\_

PRESENTLY ON ANY MEDICATION? NO \_\_\_\_\_ YES \_\_\_\_\_

PRESCRIPTION: \_\_\_\_\_

TOTAL MILES RUN IN JULY = \_\_\_\_\_.

### **PARTICIPANT'S WAIVER**

I, \_\_\_\_\_, understand that I am taking part in this cross country camp of my own choice and that there will be strenuous physical activities that will require my training for it ahead of time. I am in good health and have a **current physical on file with the athletic director**. I understand that the Yankee Springs Recreation Area, Holland Christian, Zeeland Public High School and any of their representatives and/or employees cannot be held liable for any accidents that occur to me.

( participant's signature and date ) \_\_\_\_\_ / \_\_\_\_ / \_\_\_\_

( parent's signature and date ) \_\_\_\_\_ / \_\_\_\_ / \_\_\_\_

### **PARENT'S MEDICAL RELEASE**

I, \_\_\_\_\_, hereby give authorization to David DeKruyter or Chuck Yonker to act in my/our behalf in case of any emergency involving my child, \_\_\_\_\_. I understand that this release is for emergency situations only and only to be utilized after all attempts to contact me have been exhausted. This

release is in effect from 1:00 pm, August 12, 2015 until 12:00 pm, August 15, 2015.

**\* \* \* \* \* This page is to be left at home with the parents \* \* \* \* \***

### **EMERGENCY INFORMATION**

- If we need to reach you, the parent, we will call you directly using the numbers listed on the application of your son/daughter. If we cannot reach anyone at these numbers, then we will take appropriate action as authorized by you the parent on the application form while continuing to try to contact you.
- If you need to reach us, please call the camp headquarters at: 1 (269) 795 - 3856. Keep trying to contact us if you are unable to because many of our activities are outdoors and we may not be in the building area. Meal times would be best.
- In extreme emergency situations, the nearest Michigan State Police Post is in Hastings less than 10 miles from the camp. The camp is called Long Lake Outdoor Center and is located at 10370 Gun Lake Rd, Middleville.

<http://www.longlakeoutdoorcenter.com/ContactUs.html>