

**Hale Cross Country Camp 2023 (Central Wisconsin Environmental Station, Amherst Junction)**

Monday, July 10th - Wednesday, July 12th

**Monday, July 10th** – Be prepared to leave by 7:45 a.m. from Hale.

Please let Coach Mach if attending or not by June 15th, the camp charges based on the numbers I give them. If you say attending and don't attend you will be responsible for the full cost - \$153. No cost otherwise, we use our Runathon fundraiser night in August to cover the costs.

**West Allis Hale Cross Country  
CWES Camp 2023**

**Monday**

10:00-11:00 – Arrival / Get Rooms / Meet Staff  
11:00-12:00 – Team Building  
12:00-12:50 – Activities / Free Time Before Lunch  
1:00-1:45 – Lunch  
1:45-2:45 – Waterfront  
3:30-4:00 – Change and leave for Run (Green Circle LR)  
4:00-6:15 – Run and Prep for Dinner  
6:15-7:00 – Dinner  
7:00-8:30 – Archery/Zipline  
8:30-10:00 – Campfire, Team Culture Talks

**Tuesday**

7:30-8:45 – Morning Run  
8:45-9:45 – Breakfast  
9:45-11:15 – Kayaking/Canoeing  
11:15-12:45 – Tree Climbing/Archery  
12:45-1:30 – Lunch  
1:30-2:45 – Waterfront  
2:45-3:30 – Activities (volleyball, ping pong ball challenge)  
3:30-4:00 – Change for Run (Tempo run @ River Trail)  
4:00-6:15 – Run and Prep for Dinner  
6:15-7:00 – Dinner  
7:00-8:00 – Fire Building  
8:00-10:00 – Campfire, Free Time, Team Culture

### **Wednesday**

7:30-8:45 – Run

8:45-9:45 – Breakfast

9:45-12:45 – Final Challenge

12:45-1:30 – Lunch

1:30-2:45 – Waterfront and Team Activity

2:45-3:30 – Human Foosball or 9-square

3:40-5:30 – Leave in vans for Run @ Trail

5:30 – Departure (Will have dinner in Oshkosh, need money for this part)

(We will stop and buy dinner on the way home, please bring money for this)

Will return to Hale around 9:30 p.m. < keep in contact with son may be bit earlier or not too much later than this pending traffic/dinner time etc.

Coach Mach – 414-399-0356

Coach Fredrick – 262-903-9081

CWES Site Contact - 10186 County Rd MM, Amherst Junction, WI 54407

[\(715\) 824-2428](tel:7158242428)

**What to bring?** Running shoes, Pillow, blanket, sheets, shampoo, towels, cash for dinner on Friday, swim trunks if you want to swim, running clothes, extra socks/shirts/clothes, sun screen, toothpaste/tooth brush, snacks for in between meals, board games

**What not to bring** – electronic gaming systems, we're going to embrace the company and outdoors! We will stay busy and active! Phones will not be out during the day.