

2018 Prior Lake Cross Country Fall Training Camp

This year the Lakers will travel Whitewater State Park located in. The camp boasts several bunk houses. The coaches and athletes will be in-charge of preparing all of the meals as well as getting the team members acquainted with all the safety guidelines put forth by the camp managers. The team members going to camp will board the bus 9:45 Monday August 20th and return by 12:30 Thursday the 23rd.

Nature Preserve Details:

Sibley State Park

800 Sibley Park Rd NE
New London, MN 56273
tel: (320)-354-2055

Coach Maresh's Cell# (612)-240-4360

Dining:

All meals are made by the nature preserve staff and will be served buffet style. This meals you'll be able to eat as much as you want, but you can only take what you be eating (clean plate club). Let Coach Maresh know if there are any special dietary accommodations needed and the staff will be able to provide alternative meals for those individuals.

Cost:

The cost for camp is **\$80** payable to LABC – Boys CC. The cost includes meals for the entire stay, transportation to and from camp, and use of all the camp equipment & facilities. Checks will be cashed Thursday August 18th at the earliest.

Things to Bring:

- **Running Shoes and clothes**
- Baseball cap for trail running and sunny days
- Bug repellent
- Sleeping bag or bedding (twin bed sized)
- Pillow
- Towel
- Items to keep you entertained for the bus ride
- Water bottle
- Sweatshirt & sweatpants for cool evenings
- **Old shoes and swimming suit for beach**
- Enough clothing for three full days and not three weeks!

Questions:

If you have any questions or concerns please contact:

Coach Maresh (612) 240-4360 jmaresh@priorlake-savage.k12.mn.us

Coach Saad (612) 518-7818 dbsaad@integra.net

Plan of Attack:

Monday the 20th

- 9:45 AM Bus boards for Sibley state park
- 12:00 PM Arrive at Park
- 12:15 PM Coaches discuss camp rules and policies lunch follows
- 3:30 First Workout of camp
- 5:30 Dinner
- 6:00 Games and Relaxation (Volleyball, etc.)
- 10:30 Bedtime and Lights out!

Tuesday the 21st

- 6:30 Am Main workout departs for the trails
- 8:30 Breakfast
- 9:30 Games and Relaxation (Volleyball, etc.)
- 10:00 Depart to swimming beach
- 2:15 PM Return swimming
- 3:00 Secondary workout
- 5:00 Dinner
- 6:00 Start of Laker Olympics
- 8:30 Movie Time
- 10:00 Bedtime and Lights out!

Wednesday the 22nd

- 6:30 AM Main workout departs for the trails
- 8:30 Breakfast
- 9:30 Games and Relaxation (Volleyball, etc.)
- 11:30 Lunch
- 12:30 Recreational/relaxation time
- 3:00 PM Secondary Workout
- 5:00 Dinner
- 6:00 Finish of Laker Olympics
- 8:00 Movie Time
- 10:00 Bedtime and Lights out!

Thursday the 23rd

- 7:00 AM Main Workout
- 8:30 Breakfast
- 10:00 Depart for Prior Lake High School
- 12:00 Noon Arrive at PLHS