

2019 Boys & Girls Cross Country Varsity Camp Lake Arrowhead/Big Bear

Boys House: 27428 Matterhorn Dr, Lake Arrowhead
Girls House: 27701 Saint Bernard Ln, Lake Arrowhead

Congratulations on being selected as one of the few elite Cross Country athletes to receive an invitation to Summer Varsity Camp for our summer training. Below is the information you will need. Although this will be a tough training week, we you put emphasis on bonding and having fun.

ITINERARY: July 29, 2019 to August 2, 2019

Monday: 1:00 pm departure (please eat lunch before arriving). El Toro Gym side.
3:00 pm check in
6:00 pm Dinner

Tuesday: 7:00 am short recovery run
2:00 pm lecture (general training and nutrition) presented by Coach Chai
7:00 pm Girls Team Meeting

Wednesday: 7:00 am short recovery run
3:30 pm recovery run at Lake George followed by Boys Team Meeting

Thursday: 7:00 am Bear Mountain Hill Challenge
3:00 pm one on one goal setting
5:30 pm Dinner in town

Friday: 7:00 am short recovery run
11:00 am depart for home

Breakfast: After our morning runs

Lunch: Around noon

Dinner: 6:00 pm or after our second runs

Lights Out: 10:00 pm

Camp Fee: \$370. Fee covers our expenses only. Our coaches volunteer their time and are not paid. Make checks payable to El Toro Cross Country (ETCC) by Wednesday, July 24. The fee includes lodging, van rental and gas, food and drinks except for daily breakfast/lunch (basic items will be provided) and Thursday night dinner in town.

Money: Bring money for dinner in town. The General Rule: Bring at least \$50 to cover the basic expenses.

Waiver: Signed by a parent and/or guardian. Must be turned in by Wednesday, July 24.

What to Bring: Please confine your things to **one small backpack and a small duffle bag**. Space is extremely tight!!

Pajamas, running clothes, warmups, shoes and socks for 4+ runs for (**ALL WEATHER**) Casual comfortable clothes for free time (**ALL WEATHER**), Sun Screen, Lip Balm, Bug Spray, Reusable Water Bottle, Toiletries, Feminine Products, Notebook/pen or pencil to take notes, Games (none electronic), Wi-Fi available, Special medications (or general like Advil), iron supplement if you are taking them, **RUNNING WATCH, RUNNING GLOVES, ROLLERS**. Washer and dryer available.

This year, you will need to bring your own breakfast/lunch items. We will have the basics like eggs, breakfast meat, bread etc. Bring lunch meat... everyone seems to have their favorite brand. If you need special snacks, please bring it with you. Meals will be provided along with chocolate milk, recovery fluids, Gatorade, and food for vegetarians. **PLEASE LET US KNOW IF YOU HAVE ANY TYPE OF FOOD ALLERGIES**. Super Market is nearby but very expensive.

Weather: Mornings and evenings are COLD, average afternoon temps are 70-80s

Remember this trip will be fun, but our main focus is to run and bond as a team. Please come ready to run **HARD but SMART** and be ready for workouts with a willing and eager attitude. **NO DRAMA!!!** You will be assigned rotating kitchen duties, please be prepared to clean up and help with cooking.

Rules for ALL ATHLETES: This is in addition to your team policy... we have not had any major issues in the past but...

- 1) All parents on the trip have equal authority with the coaches. What they ask is to be obeyed without comments.
- 2) 10:00 pm lights out!! (11:00 pm on Sat night). **NO EXCEPTIONS!!**
- 3) Trips into town must have the permission of one coach or adult and go in a group of at least four (4) people. This means anytime you leave the condo complex. **NO EXCEPTIONS!!**
- 4) Violation of any rules will result in consequence for **ALL ATHLETES**. Athlete maybe sent home.
- 5) Always remember that you are representative of El Toro High School Cross Country.
- 6) Additional rules may be added at any given time.

SHOW RESPECT TO OTHERS TO EARN THEIR RESPECT

Contact Information for Coaches

Coach Chai: 949-973-0703 - Coach S. Chai: 949-973-0518