

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 am Monday, August 20th and return by 12:30 pm Thursday, the 23rd.

Nature Preserve Details:

Sibley State Park

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

Coach Saad's Cell# (612)518-7818

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 Saad 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 **\$85** payable to LABC – Girls CC. The cost includes meals for the entire stay, transportation to and from camp, and use of all the camp equipment & facilities. Checks are due by Thursday, August 17th.

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 [dan@dansaadhomes.com](mailto:dansaadhomes.com)

Plan of Attack:

Monday the 21st

- 9:45 AM Bus boards for Sibley state park
- 12:00 PM Arrive at Deep Portage
- 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 (Grade level Volleyball challenge)
- 10:30 In your bunks and Lights out!

Tuesday the 22nd

- 6:30 Am Main workout departs for the trails
- 8:30 Breakfast
- 9:30 Prepping for canoe trip (weather depending)
- 10:00 Depart to swimming beach
- 2:15 PM Return swimming
- 3:00 Secondary workout
- 5:00 Dinner
- 6:00 Laker Olympics & Recreational tournaments start (Volleyball & Bocce ball)
- 8:30 Movie Time
- 10:00 In your bunks and Lights out!

Wednesday the 23rd

- 6:30 AM Main workout departs for the trails
- 8:30 Breakfast
- 9:30 Tournaments continue
- 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 In your bunks and Lights out!

Thursday the 24th

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