

## 2019 Minnetonka Boys' Cross Country Training Camp Trip

(Thursday, August 22nd - 8:30AM Depart through Sunday, August 25th - 4PM)

After another successful 2018 training camp, the team will return to Faith Haven Camp near Battle Lake Minnesota, which is about 3 hours northwest of the Twin Cities off of 94. The camp has been a team tradition for over 20 years. The main goal of the training camp will be to have fun and further develop team camaraderie, along with continuing to get in better shape for the upcoming season. This camp is optional, and workouts will be given to those who cannot make the trip. It is though highly recommended to attend, as it is one of the highlights of our season. It is a great way to make new friends on the team.

We will be staying in dorm-like barracks right on Eagle Lake, which is about 10 miles south of the town of Battle Lake. The lake is very clear and cold, great for water sports, and to jump in after the workout. There is a gymnasium right next to the dorms for basketball, floor hockey, etc...along with ping pong, bumper pool, foosball. There is also a sand volleyball court, grass field, gaga ball pit, and baseball diamond. The captain's, along with some help from the upperclassmen will prepare each meal in the provided kitchen and eat-in cafeteria. They, along with the coach, will also be responsible for shopping for food, and planning each meal. Bunk beds are provided, but bedding is not, so **sleeping bags and pillows are recommended**. Travel storage will be somewhat limited, so pack light.

The team will be taking a school bus up to the site, and Coach Renlund will be following up in his car for any possible emergency need up at camp. Coaches McNeal and Kuzara will also be in attendance at the camp. If there are any parents interested in volunteering their time at camp while we are there, we may be able to find work for you in the kitchen, as well as as some leisure time in or near the lake. Again, if there are any questions, my phone is (952) 217-3731 and email is [Jeffrey.Renlund@minnetonka.k12.mn.us](mailto:Jeffrey.Renlund@minnetonka.k12.mn.us)

A student/athlete overnight permission slip needs to be read over, signed, and turned in to coach along with the cost. The total cost for the trip comes out to be \$190. A **\$80 check** needs to be made out to Minnetonka High School or cash. The remaining **\$110 needs to be Cash** for bus transportation, shopping for food at Costco, Walmart in Alexandria, and Larry's market in Battle Lake.



# Itinerary 2019 Training Camp Trip

Faith Haven Camp

38360 North Eagle Lake Road, Battle Lake, MN

Coach's Cell Phone - (952) 217-3731

Camp Telephone - (218) 864-5303

## **Thursday, August 22nd**

8AM Arrive at MHS West Entrance parking lot to help load up  
8:30 Departure  
10:30 Stop in Alexandria for perishable foods at Walmart  
Noon Arrival at Camp - load up food in kitchen hall, get settled, rules  
12:45PM Lunch  
1:15 Free-time  
2:00 Event #2 in Decathlon competition - Beach Volleyball tourney  
4:00 Workout - Aerobic Run, Navy Seals, stretching  
6:00 Dinner  
7:00 Event #3 - Lightning basketball  
then free-time  
8:30 Team meeting  
9:00 Movie/free-time  
11:00 In rooms, quiet voices...lights out.

## **Friday, August 23rd**

8AM Wakeup  
8:15 Warmup for Workout  
8:30 Aerobic Run around Eagle Lake 2-5 miles depending on group  
9:30 Breakfast  
10:30 Event #4 Gaga Ball Elimination  
11:30 Event #5 Bent Arm Hang  
1:00 Lunch  
2:30 Event #6 Dock to Dock Swim  
4:00 To the top of Inspiration Peak run, Navy Seals, stretching  
7:00 Dinner, town visit - Battle Lake  
8:45 Team meeting  
9:00 Movie/free-time  
Event #7 Ping Pong tourney begins  
11:00 In rooms, quiet voices...lights out.

## **Saturday, August 24th**

8AM Wakeup  
8:15 Warmup  
8:30 Running Workout  
9:15 Breakfast  
then free-time - continued Ping Pong tourney  
10:00 Event #8 - Kayak Race - 400 meters  
12:30 Lunch  
then free-time  
4:00 Event #9 - Swim-Run-Swim  
6:00 Dinner  
7:30 Final Event #10 - Dodgeball Elimination  
9:00 Team meeting  
11:00 In rooms, quiet voices...lights out.

## **Sunday, August 25th**

8AM Wakeup  
8:15 Warmup  
8:30 Captain's Practice  
Aerobic run  
10:00 Breakfast - Smorgesborg - finish off remaining food  
then free-time  
10:30 Clean up and get organized  
Noon Depart for Minnetonka  
2:20 Stop in Albany for Lunch at Travel Stop - choice A & W or Subway  
3:30-5pm Arrival at MHS West Entrance parking lot for pickup - (depending on traffic)

