

# 2024 Minnetonka Boys' Cross Country Training Camp Trip

(Thursday, August 22nd - 8:00AM through Sunday, August 25th - 4PM)

After another successful 2023 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 30 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 clean and cold, great for water sports and to jump in after the run. 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, 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. Coach Jerry McNeal, Andy Westerlund, Jacob Peterson, and possibly Titus Winders 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 some leisure time in or near the lake. Again, if there are any questions, my phone/text is (952) 217-3731 and email is [Jeffrey.Renlund@minnetonkaschools.org](mailto:Jeffrey.Renlund@minnetonkaschools.org)

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 **\$160**. A **\$70** check needs to be made out to Minnetonka High School or cash. The remaining **\$90 needs to be Cash** for bus transportation, shopping for food at Costco, and perishables at Walmart in Alexandria. \*\*It is recommended to bring along some extra spending money for when the team has dinner in Battle Lake one night and on the return home when we stop at Sub Way or A&W for lunch.

\*\*If during the training camp a student decides to break a team rule (rules which are thoroughly gone over there), they may be subject to meet suspension or being removed from the team roster, depending on the severity, with coach's discretion.



# Itinerary 2024 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

7:30AM Arrive at MHS West Entrance parking lot to help load up  
8:00 Departure  
11:45 Arrival at Camp - load up food in kitchen hall, get settled, rules  
12:45PM Lunch  
1:00 Free-time  
2:00 Event #2 - Team Beach Volleyball Tourney  
then free-time  
4:00 Workout - 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  
then free-time  
11:30 Event #4 Dock to Dock Swim  
1:00 Lunch  
2:30 Event #5 Ping Pong Tourney begins  
Event #6 Kick Ball Tourney begins  
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  
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  
10:00 Event #7 - Gaga Ball Elimination  
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 Continuing games, Motivational sports movie  
11:00 In rooms, quiet voices...lights out.

## Sunday, August 25th

8AM Wakeup  
8:15 Warmup  
8:30 Captain's Practice - Easy morning shakeout run  
10:00 Breakfast - Smorgesborg - finish off remaining food  
then free-time  
10:30 Clean up and get organized  
1:00 Depart for Minnetonka  
2:20 Stop in Albany for Lunch at Travel Stop - choice A & W or Subway  
3:30-4pm Arrival at MHS West Entrance parking lot for pickup

