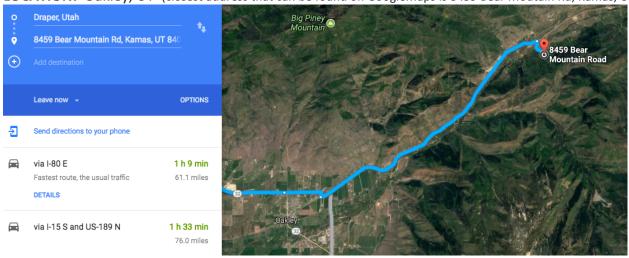


WHO: Top 10 Boys & Girls times from the summer Time Trials qualify for the Varsity Camp. WHEN: 6:30am - Friday, August 11th, 2017 to 11:00am – Saturday, August 12th, 2017

- Athletes should meet at 6:30am at Draper Park on Friday ready to load their gear into one of the 6 vehicles that will be driving (all vehicles will be driven by adults).
- Athletes will be dropped off around 11:00am at Draper Park on Saturday

COST: No Cost



LOCATION: Oakley, UT (closest address that can be found on GoogleMaps is 8459 Bear Moutain Rd, Kamas, UT)

SLEEPING ARRANGEMENT: We will be spending the night at a cabin in Oakley, UT. The cabin provides beds and/or pads for all of the athletes staying there.

- Top Floor Girls (8 beds, 2 couches, 2 pads)
- Main Floor Coaches
- Basement Floor Boys (5 beds, 2 couches, 5 pads)

WHAT TO BRING:

- Sleeping Bag
- Pillow
- Towel
- 2 pairs of Running Clothes (Friday evening run, Saturday morning run)
- A change of clothes to sleep in
- Toiletries

MEAL ARRANGMENTS: All meals will be provided. Athletes will be given one drink or snack assignment (Juice, Gatorade, Granola bars, etc)

Friday Breakfast – Bagels, Chocolate Milk, Fruit (Cantaloupe, Oranges, Bananas)
Friday Lunch – Chicken Salad Sandwiches, Chips, Watermelon, Juice
Friday Dinner – Spaghetti and Meatballs, Salad, Juice
Saturday Breakfast – Yogurt Parfait (Yogurt, Granola, Whipcream), Juice

GENERAL ITINERARY (subject to change):

FRIDAY – AUGUST 11TH

- 6:30am Meet at Draper Park, load gear into vehicles
- 7:30am Long run up the Provo River Trail
 - (Out and back starting at Timpanogos Park, 75-80min)
- 9:00am Breakfast at Timpanogos Park
- 9:45am Head to Park City park
- 10:30am Team Talk "FINDING YOUR WHY"
- 11:00am Team Competitions (Navy, Black, Silver and Grey teams)
- 12:30pm Lunch at Park City park
- 1:00pm Cont.Team Competitions (Navy, Black, Silver and Grey teams)
- 2:00pm Head to Oakley Cabin
- 3:00pm Unpack, freetime
- 4:00pm Team Breakout Sessions, rotate through
 - Session 1 Coach Harley
 - Session 2 Coach Bray
 - Session 3 Coach Nielson
 - Session 4 Coach Moody
- 5:00pm Evening Run
 - (drop off and run to Morehouse Lake, 30-35min)
- 6:00pm Drive back to the cabin, shower
- 6:30pm Dinner at the cabin, then freetime
- 8:00pm Roast marshmallows and games
- 9:00pm Prepare for bed
- 9:30pm Bedtime

SATURDAY – AUGUST 12TH

- 6:30am Breakfast at the Cabin
- 7:00am Cleanup and packup
- 7:30am Leave for Sugarhouse Park
- 8:30am Workout at Sugarhouse Park
- 10:00am Post Workout snack, then head home
- 10:30am-11:00am Return to Draper Park