

CHARGERS

CROSS COUNTRY

VARSITY CAMP 2017

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 Mountain Rd, Kamas, UT)

Draper, Utah

8459 Bear Mountain Rd, Kamas, UT 840

Add destination

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OPTIONS

Send directions to your phone

via I-80 E **1 h 9 min**
Fastest route, the usual traffic 61.1 miles
[DETAILS](#)

via I-15 S and US-189 N **1 h 33 min**
76.0 miles

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