



## VARSITY CAMP 2018

**Thursday, August 9<sup>th</sup> – Saturday, August 11<sup>th</sup>**

**LOCATION:** Oakley Cabin (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
<a href="#">DETAILS</a>	
via I-15 S and US-189 N	1 h 33 min
	76.0 miles

**WHEN:** 6:30am - Thursday, August 9<sup>th</sup>, 2017 to 11:00am – Saturday, August 11<sup>th</sup>, 2017

- Athletes should meet at 6:30am at Draper Park on Thursday ready to load their gear into one of the 5 vehicles that will be driving (all vehicles will be driven by coaches).
- Athletes will be dropped off around 11:00am at Draper Park on Saturday

**COST:** No Cost, but athletes will be assigned to bring one of the following: Gatorade, Juice, Granola Bars, or Fruit Snacks.

**SLEEPING ARRANGEMENT:** We will be spending the night at a large 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 sleeping pads)
- Main Floor – Coaches
- Basement Floor – Boys (5 beds, 2 couches, 5 sleeping pads)

**WHAT TO BRING:**

Note 1: Beds, pads & couches are available at the cabin but in order to save time having to wash the bedding we ask that athletes bring a sleeping bag and pillow to use on top of the beds, pads & couches.

Note 2: There are bathrooms and showers on each floor, we ask athletes to bring their own soap, shampoo and towel to use.

- Sleeping Bag
- Pillow
- Travel size soap & shampoo
- Towel
- General Toiletries
- Running Shoes
- Running Spikes for Saturdays workout at Sugarhouse Park
- 3 sets of Running Clothes for each day
- A set of everyday clothes to wear in between runs
- A clean pair of clothes to sleep in

**MEAL ARRANGMENTS:** All meals will be provided by the coaches. Athletes will be assigned two meals to help prepare and clean up.

# GENERAL ITINERARY

## **THURSDAY – AUGUST 9TH**

### *Morning*

- 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 average run)
- 9:00am – Breakfast at Timpanogos Park
- 9:45am – Head to Park City park
- 10:30am – Team Talk
- 11:00am – Team Competitions/Games

### *Afternoon*

- 12:30pm – Lunch at Park City park
- 1:00pm – Cont.Team Competitions/Games
- 3:00pm – Head to Oakley Cabin
- 4:00pm – Unpack, freetime
- 5:00pm – Evening Run  
(run to Morehouse Lake, 30-35min recovery run)
- 6:00pm – Drive back to the cabin, shower

### *Evening*

- 6:30pm – Dinner at the cabin, then freetime
- 9:00pm – Prepare for bed
- 9:30pm – Bedtime

## **FRIDAY – AUGUST 10TH**

### *Morning*

- 6:30am – Breakfast at the Cabin
- 7:00am – Cleanup and grab gear for the day
- 7:15am – Leave for Midway
- 8:00am – Morning Run (45min + Team Relays)
- 9:15am – Breakfast at Valais park
- 10:30am – Team Breakout Sessions, rotate through:  
Coach Moody, Coach Harley, Coach Bray, Coach Nielson, Coach Dastrup
- 12:00am – Individual Competitions/Games

### *Afternoon*

- 1:00pm – Lunch at Valais park
- 2:00pm – Individual Competitions/Games
- 3:30pm – Head to Oakley Cabin, then freetime

*Evening*

6:00pm – Evening Run

(out and back near the cabin, 25min recovery run)

6:30pm – Dinner at the cabin, shower, then freetime

9:00pm – Prepare for bed

9:30pm – Bedtime

**SATURDAY – AUGUST 11<sup>TH</sup>**

6:30am – Breakfast at the Cabin

7:00am – Cleanup and packup

7:30am – Leave for Sugarhouse Park

8:30am – Hill Workout at Sugarhouse Park

(15min warm-up, State Course + Hill Repeats, 15min cool-down)

10:00am – Post Workout snack, then head home

10:30am-11:00am – Return to Draper Park