

# VARSIITY CAMP

AUGUST 12 – 13, 2016

## General Itinerary:

- There are three Parent Chaperones that will be driving the athletes from Draper Park to Provo Canyon and will be staying with the group throughout the camp. In addition, Coach Moody and his wife will be there with the kids throughout the whole camp.
- We will be camping a quarter mile up the trail from Big Springs Park (up Provo Canyon). Throughout the day will spend most of our time at the Big Springs and the South Fork Parks which are only about 2 miles away from each other and we will drive to and from the parks for activities.
- At night we have 3 general camping spots all within 50 meters of eachother. The girls will sleep at the upper camp, the chaperones in the middle, and the boys in the lower camp. The sleeping situation will be in two groups of 5 for boys and girls (any 5 man tents that are brought would be perfect to use)
- **Athletes should bring:** Sleeping Bag, Pad, A couple changes of running clothes, toiletries, sunscreen and their food assignment. **FOOD ASSIGNMENTS LISTED BELOW**

## FRIDAY, AUGUST 12<sup>TH</sup>

6:30am	Meet at Draper Park Travel to Provo Canyon
7:30am	RUN # 1 – Deer Creek Reservoir Trail (Run along the side of the Lake)
9:00am	BREAKFAST @ Big Springs Park
10:00am	Guest Speaker
10:30am	General Games: Mini Olympics
12:30pm	LUNCH
1:30pm	Scavenger Hunt (Amazing Race Style)
3:00pm	Team Building Games
6pm	DINNER
7pm	Speaker: Coach Moody
8pm	RUN # 2 – Big Springs Trails
9:30pm	Smores around the Campfire
10:30pm	Everyone to Bed

## SATURDAY, AUGUST 13TH

7:00am	Pack Up/Clean Up
7:30am	RUN # 3 – Bridal Veil Falls (Provo River Trail)
9:00am	BREAKFAST
9:45- 10:30am	Travel back to Draper Park

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## FOOD ASSIGNMENTS

# UPDATED

### GENERAL:

- We are making meals for 25 people (5 adults and 20 athletes)

### FRIDAY ASSIGNMENTS

Breakfast: Berry/Chocolate Pancakes, Bacon & Eggs

MEGAN	1 Bag of Bisquick Pancake mix
AARON	3 packages of Bacon
ALEX HAN.	4 Dozen Eggs
PETER	1 Bag of Chocolate Chips & 2 Syrup

Lunch: Chicken Salad Sandwiches, Chips & Watermelon

KARLI	6 Cans of Chicken
HANNAH	6 Cans of Chicken
TREVOR	1 Celery & 2 Watermelons
MAKENZIE	3 Bags of Chips
KALLYN	3 Bags of Chips
NATE B.	3 Loafs of Bread and Mayo
ALEX HAR.	3 Loafs of Bread and Mustard

Dinner: Hamburgers, Hotdogs and Pasta Salad

NATALIE	12 Hamburgers
AUSTIN	12 Hamburgers
AUBREE	3 Packs of Hotdogs
SOPHIE	24 Hamburger Buns and 24 Hotdog Buns
WHITNEY	Ketchup, Frysaucе, Lettuce, Pickles
SAM	Cheese Slices
ETHAN	1 Large container of Macoroni Salad
CURTIS	1 Pasta Salad
MADDIE	2 Gallons of Lemonaid