



## VARSITY CAMP 2019

Thursday, August 8<sup>th</sup> – Saturday, August 10<sup>th</sup>

**LOCATION: Runs/Activities – Provo Canyon, Park City, Midway**

**Nighttime - Oakley Cabin** (address that can be found on GoogleMaps is 8459 Bear Mountain Rd, Kamas, UT)

The screenshot shows a Google Maps interface. On the left, the starting point is 'Draper, Utah' and the destination is '8459 Bear Mountain Rd, Kamas, UT 840'. Below this, there are options to 'Leave now' and 'OPTIONS'. A button says 'Send directions to your phone'. Two route options are listed: 'via I-80 E' with a time of '1 h 9 min' and distance of '61.1 miles', and 'via I-15 S and US-189 N' with a time of '1 h 33 min' and distance of '76.0 miles'. On the right, a satellite map shows a blue route starting from Draper, Utah, heading east on I-80, then south on I-15, and finally east on US-189 to the destination. Landmarks like 'Big Piney Mountain' and 'Oakley' are visible on the map.

**WHEN: 6:30am - Thursday, August 8<sup>th</sup> to 11:00am – Saturday, August 10<sup>th</sup>**

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

**COST:** No Cost, but athletes will be assigned to bringing one of the following for the group (20): 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 case 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 case
- Travel size soap & shampoo
- Towel
- Any General Toiletries
- Running Shoes
- Running Spikes for Saturdays workout at Sugarhouse Park
- 3 sets of Running Clothes (one for each day)
- A set of everyday clothes to wear in between runs
- A clean pair of clothes to sleep in

**MEAL ARRANGEMENTS:** All meals will be provided by the coaches. A full list of meals/ingredients is listed in the general itinerary. Athletes will be assigned two meals to help prepare and clean up.

**Thursday Lunch:** Ben, AJ, Carson, Steve, Tyler

**Thursday Dinner:** Abby A., Abby V., Rachel O., Avery

**Friday Breakfast:** All Boys

**Friday Lunch:** Mark, Alex, Caleb, Nate, Easton, Arik

**Friday Dinner:** Kali, Jaden, Mallory, Allison

**Saturday Breakfast:** All Girls

### **SNACK ASSIGNMENTS:**

**Gatorade:** Tyler, Ben, Steve/Allison, Avery, Abby A.

**Bottled Water:** Carson, Nate

**Granola Bars:** Mark, Alex, Easton, Jaden, Abby V.

**Peanuts/Trail Mix:** Mallory, Rachel O.

**Fruit Snacks:** Caleb, AJ, Arik, Kali

## GENERAL ITINERARY

### THURSDAY – AUGUST 8TH

#### *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, 60-85min average run)
- 9:00am – Breakfast at Timpanogos Park
  - **Bagels, Cream Cheese, Peanut Butter, Nutella**
  - **Greek Yogurt, Bananas**
  - **Orange Juice, Apple Juice, Gatorade, Water**
- 9:45am – Head to Park City park
- 10:30am – Team Talk
- 11:00am – Team Competitions/Games

#### *Afternoon*

- 12:30pm – Lunch at Park City park
  - **Catalina Salad – Lettuce, Fritos, Kidney Beans, Corn, Catalina Sauce**  
**Optional add ins: Tomatoes, Cheese, Cucumbers**
  - **Bread, Peanut Butter, Jelly, Nutella, Cashews**
  - **Lemonade, Apple Juice, Gatorade, Water**
- 1:00pm – Cont. Team Competitions/Games
- 3:00pm – Head to Oakley Cabin
- 4:00pm – Unpack, Shower, free time

#### *Evening*

- 6:00pm – Dinner at the cabin
  - **Bowtie Teriyaki Salad – Spinach, Bowtie pasta, Craisins, Teriyaki Sauce**  
**Optional add ins: Chicken, sunflower seeds**
  - **Apple Juice, Water**
- 7:00pm – Team Games/Free time
- 9:00pm – Prepare for bed
- 9:30pm – Bedtime

### FRIDAY – AUGUST 9TH

#### *Morning*

- 6:30am – Breakfast at the Cabin
  - **Oatmeal**
  - **Add ins: Soymilk, Greek Yogurt, Sliced Almonds, Shredded Coconut, Chocolate Chips, Cinnamon, Maple Syrup, Bananas, Brown Sugar**
  - **Orange Juice, Apple Juice, Water**
- 7:00am – Cleanup and grab gear for the day
- 7:15am – Leave for Midway
- 8:00am – Morning Run on Deer Creek Trail (40-50min recovery run + 6 Strides)

9:15am – Breakfast at Valais park  
10:30am – Team Breakout Sessions, rotate as groups

12:00am – Individual Competitions/Games

### *Afternoon*

1:00pm – Lunch at Valais park  
- **Soft Shell Tacos: Tortillas**  
- **Add ins: Tomatoes, Lettuce, Black Beans, Avocados, Rice, Olives**  
- **Bread, Peanut Butter, Jelly, Nutella, Cashews**  
- **Lemonade, Apple Juice, Gatorade, Water**

2:00pm – Cont. Individual Competitions/Games

3:30pm – Head to Oakley Cabin, then freetime

### *Evening*

5:00pm – Evening Run  
(run to Morehouse Lake, 30-35min recovery run)

6:00pm – shower

6:30pm – Dinner at the cabin, then freetime  
- **Spaghetti and steamed vegetables (Broccoli, Beans and Carrots)**  
- **Add ins: Tomatoes, Tomato & Basil Pasta sauce, Meatballs**  
- **Apple Juice, Water**

9:00pm – Prepare for bed

9:30pm – Bedtime

## **SATURDAY – AUGUST 10TH**

6:30am – Breakfast at the Cabin  
- **Oatmeal**  
- **Add ins: Soymilk, Greek Yogurt, Sliced Almonds, Shredded Coconut, Chocolate Chips, Cinnamon, Maple Syrup, Bananas, Brown Sugar**  
- **Orange Juice, Apple Juice, Water**

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