



VARSITY CAMP 2020

Monday, August 3rd – Wednesday, August 5th

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)

○	Draper, Utah	
○	8459 Bear Mountain Rd, Kamas, UT 840	
+	Add destination	
Leave now		OPTIONS
Send directions to your phone		
via I-80 E	Fastest route, the usual traffic	1 h 9 min 61.1 miles
DETAILS		
via I-15 S and US-189 N		1 h 33 min 76.0 miles

WHEN: 6:30am - Thursday, August 3rd to 11:00am – Wednesday, August 5th

- Athletes should meet at 6:30am at Draper Park on Monday 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 Wednesday

COST: No Cost, but athletes will be assigned to bringing one of the following for the group (20):

Gatorade, Water, Chocolate Milk, Orange Juice, Apple Juice
Bananas, Oranges, Apples, Granola Bars, 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 sleeping pads, 2 couches)
- Main Floor – Coaches
- Basement Floor – Boys (5 beds, 5 sleeping pads, 2 couches)

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 Wednesdays 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 ARRANGMENTS: 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.

ATHLETE ASSIGNMENTS

(#'s are based on the ranks from the Time Trial)

SNACK ASSIGNMENTS:

24+ pack of Gatorade: Boys # 1,2 and Girls # 1,2

40+ pack of Bottled Water: Boy # 3,4 and Girl # 3,4

2 Gallons of Chocolate Milk: Boy # 5

3 Orange Juice: Girl # 5

3 Apple Juice: Boy # 6

40 Bananas: Girl # 6

2 Bags of Oranges: Boy # 7

2 Bags of Apples: Girl # 7

24+ Box of Granola Bars: Boys # 8,9 and Girls # 8,9

24+ Box of Fruit Snacks: Boy # 10, Girl # 10

HELP THE COACHES WITH PREPARTION AND CLEAN UP OF MEALS

Thursday Lunch: Boys # 1-5

Thursday Dinner: Girls # 1-5

Friday Breakfast: All Boys

Friday Lunch: Boys # 6-10

Friday Dinner: Girls # 6-10

Saturday Breakfast: All Girls

GENERAL ITINERARY

MONDAY – AUGUST 3RD

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**

- **Gogurts, Bananas, Apples, Oranges**

- **Chocolate Milk, Orange Juice, 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

- **Hoagie Sandwiches**

Optional add ins: Mayo, Mustard, Cheese, Various Meats

Romaine Lettuce, Tomatoes, Cucumbers

- **Additional Toppings. Peanut Butter, Jelly, Nutella, Honey**

- **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, peanuts

- **Apple Juice, Water**

7:00pm – Team Games/Free time

9:00pm – Prepare for bed

9:30pm – Bedtime

TUESDAY – AUGUST 4TH

Morning

6:30am – Breakfast at the Cabin

- **Oatmeal**

- **Optional Add ins: Soymilk, Sliced Almonds, Shredded Coconut, Bananas**

Chocolate Chips, Cinnamon, Maple Syrup, 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

- **Taco Soup & Tortilla Chips**

- **Add ins: Diced Tomatoes, Corn, Kidney Beans, Black Beans, Taco Seasoning**
Optional Add in: Cheese

- **Additional Option: Bread, Peanut Butter, Jelly, Nutella**

- **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, Cauliflower, Carrots)**

- **Optional Add ins: Tomato & Basil Pasta sauce, Meatballs, Cheese**

- **Apple Juice, Water**

9:00pm – Prepare for bed

9:30pm – Bedtime

WEDNESDAY – AUGUST 5TH

6:30am – Breakfast at the Cabin

- **Oatmeal**

- **Optional Add ins: Soymilk, Sliced Almonds, Shredded Coconut, Bananas**
Chocolate Chips, Cinnamon, Maple Syrup, 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