**2023 Spanish Fork Cross Country Mountain Running Camp Shadow Mtn**

We are excited to hold our 10th annual cross country mountain running camp. The purpose of the camp is to balance running, team activities, and goal setting to help us form the basis for a strong Fall 2023 cross country season.

**When**: August 7th – 9th

Departure: Monday Aug 7th at 7:30am from SFHS main parking lot

Return: Wednesday August 9th about 12 noon

**Who**: All 9th-12th graders who want to run cross country with Spanish Fork High School in the Fall.

**Where**: Shadow Mountain Cabins up Hobble Creek Canyon

**What**: 3 days of running, eating, sleeping and having a blast with other members of the cross country team.

**Details**: There are separate boys and girls cabins with each sleeping up to 30 kids. There is a separate leaders cabin. There are flushable toilets in each cabin. Each bed has a foam pad. All athletes will need to bring a sleeping bag or twin sheet with a blanket. All food will be provided.

We will run twice a day with much of the running being on the trails adjacent to the cabins. We will do many team building activities.

**Camp Cost**: $40 for all attendees. This is payable to the Spanish Fork Finance office by August 3rd. You can also pay using myschoolfees.com This will pay for all food, the various activities and our team shirt. Signed parent’s permission slip is due as you arrive on the first day of camp.

If you have questions contact the coaches:

Darin Cable 801-319-4268 Kris Cary 801-669-6572

**What to Bring**

\_\_\_\_\_Sleeping bag or twin sheet and blanket

\_\_\_\_\_Pillow

\_\_\_\_\_Towel

\_\_\_\_\_Toiletry items

\_\_\_\_\_Toothbrush & toothpaste

\_\_\_\_\_Wash cloth/towels

\_\_\_\_\_Comb/Brush

\_\_\_\_\_Personal hygiene items

\_\_\_\_\_Large garbage sack for dirty clothes

**Clothes**

\_\_\_\_\_XC Camp Singlet (provided first day of camp)

\_\_\_\_\_Running Clothes (we will do 5 total team runs)

\_\_\_\_\_Running Shoes

\_\_\_\_\_Running Socks

\_\_\_\_\_Pajamas/Sweats

\_\_\_\_\_Extra shoes

\_\_\_\_\_Extra socks

\_\_\_\_\_Change of clothes; shorts, shirts

\_\_\_\_\_Light weight jacket

\_\_\_\_\_Swim Suit or something you can go down the slip and slide in

**Misc Items**

\_\_\_\_\_Flashlight or headlamp

\_\_\_\_\_Pad & pen

\_\_\_\_\_ Water bottle

\_\_\_\_\_Sun screen/Sun glasses

\_\_\_\_\_Insect repellant

\_\_\_\_\_ Personal medications

\_\_\_\_\_Camp Chair

**Optional Items**

\_\_\_\_\_Watch

\_\_\_\_\_Hat

\_\_\_\_\_ Snacks/Candy (Coach Cable loves peanut M&Ms)