**2023 Spanish Fork Cross Country St George Leadership Camp**

We are excited to hold our ninth annual cross country running and leadership camp. This is for our top returning runners for the fall season and is by invitation only. The purpose of the camp is to balance running, team activities, and goal setting to help us form the basis for a strong summer training and fall 2023 cross country season.

**When**: Monday May 29th - Wednesday May 31st We will leave from Spanish Fork High School at 7:45am on Monday May 29th and return on Wednesday May 31st by 5:00pm.

**Who**: All 9th-12th graders who have been invited by the coaches.

**Where**: Sports Village Condos in St George Utah

Boys: Coach Cable’s Condo St George Utah 960 South Village Road Unit F-10 St George Utah

Girls: Adjacent condo to Coach Cables 960 South Village Road Unit H-10 St George Utah

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

**Details**: The girls will stay in Unit H-10 with the boys in F-10. The condos have beds for ten. Bring a pillow and blanket if you want to. All food with the exception of personal snacks will be provided. The condo has access to all the facilities at the Sports Village (two pools, tennis courts, volleyball, racquetball, shuffleboard, pickle ball, basketball, table tennis, billiards and mini golf).

There is a washer and dryer in the condo so the kids can do laundry if they choose.

We will run once on Monday, twice on Tuesday and once on Wednesday with much of the running being on the trails adjacent to the condo. We will do many team building activities and establish our team and individual goals for the Fall Season.

It is going to feel hot in St George so please bring sun screen and a refillable water bottle.

**Camp Cost**: $40 payable to the Spanish Fork Finance ASAP. Due by May 25th This will pay for all transportation, food, lodging, activities and team tshirt. Signed parent’s permission slip is due as you arrive on Monday.

**Pictures:** The kids will post pictures to #spanishforkXC2023 so that you can follow in on all of the fun

If you have questions contact the coaches:

Kris Cary 801-669-6572

Darin Cable 801-319-4268

Chelsea Romney 801-794-9572

**Itinerary**

**Monday**

7:30am Leave SFHS

12:00pm Arrive St George

1:00pm Lunch

1:30-4:30pm Free Time

4:30pm Kickoff leadership #1

6:00pm Dinner

7:45 Team Run #1

9-11pm Free Time

11 pm Lights out

**Tuesday**

7:00am Team Run #2

8:30am Breakfast

9:30am-12pm Team Hike

12:30pm Lunch

1-4pm Free Time

4-6pm Team Activities

6pm Dinner

8pm Team Run #3

9-11pm Free Time

11pm Lights out

**Wednesday**

7:00am Team Run #4

8:00am Breakfast

9-12 Free time

12:00pm Lunch

1:00pm Leave for Home

**What to Bring**

**Required Items**

\_\_\_\_\_ Blanket

\_\_\_\_\_Pillow

\_\_\_\_\_Toiletry items

\_\_\_\_\_ Shampoo

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

\_\_\_\_\_Wash cloth

\_\_\_\_\_ Bath Towel

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

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

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

\_\_\_\_\_Running Clothes (we will do 4 total team runs)

\_\_\_\_\_Running Shoes

\_\_\_\_\_Running Socks

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

\_\_\_\_\_Pool Towel

\_\_\_\_\_Extra shoes

\_\_\_\_\_Extra socks

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

\_\_\_\_\_ Bathing Suit

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

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

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

\_\_\_\_\_Day Pack (fanny pack, camel back or drawstring back pack)

**Optional Items**

\_\_\_\_\_Watch

\_\_\_\_\_Hat

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