

## 2019 Prior Lake Cross Country Fall Training Camp

This year the Lakers will travel Sibley State Park located in. The camp boasts several bunk houses. The coaches and athletes will be in-charge of preparing all of the meals as well as getting the team members acquainted with all the safety guidelines put forth by the camp managers. The team members going to camp will board the bus 1PM Wednesday August 21<sup>st</sup> and return by 12:30 Saturday the 24th.

### Nature Preserve Details:

#### Sibley State Park

800 Sibley Park Rd NE  
New London, MN 56273  
tel: (320)-354-2055

**Coach Saad's Cell# (612)518-7818**

### Dining:

All meals are made at camp by coaches & athletes and will be served buffet style. This means you'll be able to eat as much as you want, but you can only take what you be eating (clean plate club). Let Coach Maresh know if there are any special dietary accommodations needed and the staff will be able to provide alternative meals for those individuals.

### Cost:

The cost for camp is **\$80** payable to LABC – Girls CC. The cost includes meals for the entire stay, transportation to and from camp, and use of all the camp equipment & facilities. Checks will be cashed Monday, August 19<sup>th</sup>.

### Things to Bring:

- **Running Shoes and clothes**
- Baseball cap for trail running and sunny days
- Bug repellent
- Sleeping bag or bedding (twin bed sized)
- Pillow
- Towel, swimsuit
- Items to keep you entertained for the bus ride
- Water bottle
- Sweatshirt & sweatpants for cool evenings
- **Old shoes and swimming suit for beach**
- Enough clothing for three full days and not three weeks!

### Questions:

If you have any questions or concerns please contact:

Coach Maresh (612) 240-4360 [jmaresh@priorlake-savage.k12.mn.us](mailto:jmaresh@priorlake-savage.k12.mn.us)

Coach Saad (612) 518-7818 [directorulcc@gmail.com](mailto:directorulcc@gmail.com)

## Plan of Attack:

Wednesday the 21<sup>st</sup>

- 1:00 PM Bus boards for Sibley state park
- 3:15 Arrive at Park
- 3:30 Coaches discuss camp rules and policies lunch follows
- 3:30 First Workout of camp
- 6:00 Dinner
- 7:00 Games and Relaxation (Volleyball, etc.)
- 10:30 Bedtime and Lights out!

Thursday the 22<sup>nd</sup>

- 6:30 Am Main workout departs for the trails
- 8:30 Breakfast
- 9:30 Games and Relaxation (Volleyball, etc.)
- 10:00 Depart to swimming beach
- 2:15 PM Return swimming
- 3:00 Secondary workout
- 5:00 Dinner
- 6:00 Start of Laker Olympics
- 8:30 Movie Time
- 10:00 Bedtime and Lights out!

Friday the 23<sup>rd</sup>

- 6:30 AM Main workout departs for the trails
- 8:30 Breakfast
- 9:30 Games and Relaxation (Volleyball, etc.)
- 11:30 Lunch
- 12:30 Recreational/relaxation time
- 3:00 PM Secondary Workout
- 5:00 Dinner
- 6:00 Finish of Laker Olympics
- 8:00 Movie Time
- 10:00 Bedtime and Lights out!

Saturday the 24<sup>th</sup>

- 7:00 AM Main Workout
- 8:30 Breakfast
- 10:00 Depart for Prior Lake High School
- 12:00 Noon Arrive at PLHS