

Irish Training Trip 2016

The Rosemount Cross Country team will embark on their 20th annual preseason training camp to picturesque Deep Portage Conservation Reserve. The camp is at the modern cedar and firestone lodge, which is located near Hackensack, MN (near Brainerd). The team will board on Monday, August 24 at 7:45 a. m. and return at approx. 12:00 noon Thursday, August 27. Meals will be provided by the home cooking staff at Deep Portage. All meals are buffet style. You can take as much as you want, but eat as much as you take. If you need alternative meals, let Coach Harder know and we can work with the Deep Portage staff to make the necessary arrangements.

Accommodations: Deep Portage Conservation Reserve
2197 Nature Center Drive NW
Hackensack, MN 56452
(218) 682-2325
Coach Harder's Cell Phone: (612) 845-2498

We will stay in the lodge. The reserve includes well marked running trails, nature walks, interpretive center, basketball court, volleyball court, the McMonigal Bocci Court, the Ryan Ultimate Recreation Center, canoeing, the Dr. & Mrs. William E. Ludwick indoor theater, the Dr. Malcolm Moos library, and much more.

History: home of Lucette Diana Kensack and the birthplace of Paul Bunyan, jr.

Cost: Paid through FeePay. The cost includes rooms for three nights, three main meals a day, transportation, and all use of equipment and facilities.

Questions: Any questions or concerns, please feel free to contact Coach Harder at (612) 845-2498 or chris.harder@district196.org

Trivia Tuesday: demonstrate your knowledge of Rosemount Irish Cross Country.

Championship Wednesday: competition concludes for the Bocci, Basketball, Ladder Golf, Skip Rock, and Cup Stacking tournament. Competition begins and ends for the (Officially Sanctioned) Sand Volleyball Tournament(s).

Things to Bring:

- running shoes and apparel
- baseball cap (for running on trails vs. bugs....advised by DP staff although not worn by Coach Harder)
- bug repellent to spray on cap (again, not worn by Coach Harder, but advised by DP)
- sleeping bag or bedding (Coach Fendrich advises bedding)
- pillow
- towel
- personal entertainment items for bus ride (Coach Harder prefers reading ☺)
- water bottle
- sweatshirt
- old shoes (for canoeing and recreational activities)
- **NOTE: 3 days, not 3 weeks.**

General Itinerary:

Monday, August 22

- 7:45 A. M.: Board bus from Rosemount High School
- 12:00 Noon: Arrive at Deep Portage
- 12:15: Lunch
- 1:00 P. M.: Use of facilities. Start of Bocci, Basketball, and Ladder Golf Tournaments. Unofficial Sand Volleyball games.
- 3:30: Main workout
- 5:30: Dinner
- 6:00: Recreational Activities, etc./1st Round Cup Stacking
- 10:00: In your rooms.

Tuesday, August 23

- 7:00 A. M.: Main workout
- 9:00: Breakfast
- 10:15: Prepare sack lunches
- 10:45: Canoeing--Big Deep Lake
- 2:15 P. M.: Return from Big Deep
- 3:00: Secondary workout
- 5:00: Dinner
- 5:30: Recreation Activity, etc.
- 7:30: 2nd Round Cup Stacking/3rd Round Cup Stacking
- 10:00: In your rooms.

Wednesday, August 24

- 7:00 A. M. Main workout
- 9:00: Breakfast
- 9:15: Championship Wednesday. Completion of Bocci, Basketball, and Ladder Golf Tournaments.
- 9:30: Officially Sanctioned Sand Volleyball tournament(s).
- 11:30: Lunch
- 12:30: Recreational Activities
- 3:00 P. M.: Secondary workout
- 5:00: Dinner
- 6:00: Recreation Activity, etc.
- 7:00: Cup Stacking Finals/Team Cup Stacking
- 7:30: Championship Wednesday Awards.
Order of Prestige: 1. Bocci (oldest), 2. Basketball
3. Ladder Golf (skill + luck), 4. Cup Stacking
5. Skip Rock, 6. Sand VB (mainly bragging rights)
A. Not sure where RCC History award belongs
- (after awards) 17th Annual "Coach Harder On The Blender"
- 10:00: In your rooms

Thursday, August 25

- 6:00 A. M. Main Workout
- 8:00 Breakfast
- 8:30: Depart for Rosemount High School
- 12:30 P. M. Arrive at Rosemount High School