

CNXC Team Camp Information 2014

Location: McCormick's Creek State Park, 1 mile east of Spencer, IN, on U.S. 46

Leave: Monday, July 21, 2014, 11:30 AM, North gymnasium **Eat lunch before you leave!**

Return: Saturday, July 26, 11:00 AM, North gymnasium

Cost: \$80 to cover all team meals, 10 campsites for 5 nights, checks payable to CN Cross Country. If cost is a problem, please let Coach Weinheimer know. We will make it work for you!

Bring:

1. Sleeping bag with pad
2. Flashlight
3. Personal supplies (tooth brush, tooth paste, towel, etc.)
4. Swim suit
5. Six day supply of underwear, socks, t shirts, shorts
6. Running shoes, another pair of shoes, shower shoes if desired
7. Jeans, long sleeve shirt, sweats in case of cool weather
8. Several garbage bags
9. Wet weather outfit
10. ****3-ring binder, notebook paper, and pens or pencils****
11. Chronograph wristwatch if you have one
12. **Water bottle, plastic plate, bowl, and silverware for your personal use**
13. Completed medical treatment permission form
14. ****Camp chair**

Chaperones for the week will be Coach Weinheimer and other CNXC coaches. Phone number for the park is 1-812-829-2235. We will sleep in tents in the campground, but we will have electricity, restrooms, and shower facilities. Food provided will be nutritious and plentiful! Seal any snacks you bring in plastic containers (nature night life is hungry.) Cash brought should be minimal. Swimming costs about \$4 per day if you are interested.

For thirty-six years our Team Camp has given us the chance to train together, to learn about cross country and life, and to grow closer as a team. This will become one of your fondest memories!!

Hard work, given time, will beat talent!

Every day is a great day!

To seek Excellence, you must become an every day person!

