

Cross Country Camp 2008

August 18, 19, 20, 21,

How Much Does Camp Cost?

The cost of the trip is ninety five dollars. Athletes should hand their check in with their permission slip by August 18th. The money pays for transportation by bus, meals, housing, lifeguards, and use of all the equipment at the camp. The initial cost for each person was higher, however, because of contributions by the Boys Cross-Country Booster club the price is more reasonable. Please make your check out to the Neenah Boys Cross-Country Booster Club (We will only accept checks). Extra donations are always welcome.

What Should I Bring?

The athletes will be staying in cabins. Each person will need to bring a sleeping bag or sheets and a pillow. Participants may also want to bring snacks and beverages to consume between meals. Swimming trunks, running attire and at least two pairs of shoes are needed.

Freshmen /New Participants

I strongly recommend that all the freshmen consider going on this trip. Coaches, seniors and chaperones will ensure that all new participants feel welcome and at home. This is a great opportunity to get acquainted with each team member while getting in better shape.

What if Camp Onaway Conflicts with Registration for classes?

Arrangements will be made that will allow students to register at another time. Orientation tours will also be offered for the freshmen that choose to attend Camp Onaway.

What If I Don't Know Anyone On The Team?

No one will be left behind. The seniors, chaperones, coaches, and camp staff are very good at making sure that no one feels left out. Team building activities are used to break down awkward barriers creating the foundation for a unified team. Don't miss this opportunity!

Chaperones/Emergency Number

Along with the normal camp staff there will also be several chaperones and two coaches. If you need to contact your son for any reason please call (715)

258-9966.

What If I Can Not Attend Camp Onaway?

Participants still can be on the team even if they can't attend Camp Onaway. The expectation is that team members will run on their own on Monday, Tuesday and Wednesday and Thursday while the team is away and then rejoin the team for practice on Friday. If necessary other arrangements can be worked out with Coach Morgen or Coach Jovanovich.

<http://www.gearup.com/neenahcc/documents/Permission.pdf>

CAMP ONAWAY AGENDA

Monday August 18, 2008

All times are tentative

11:30-Supervisors report to the bus.

11:45-Cross country team meets on south side of building (load bus).

12:00-Bus leaves for camp Onaway

1:00-Arrive on island (Assign Cabins)/Orientation to island

1:15-Team Meetings

2:00-Swim test and then let the games begin!

- Swimming Relay

- Double Canoe Race

- Big Splash

- Jump or Dive

- Free Time

5:30-Dinner/Announcements

7:30-Meet By the Camp Fire

7:45-Opening Game Ceremony

8:00-Games

- Best Skit

- Water Drinking Contest

- Chubby Bunny

- Trivia Contest (Running, Nutrition, Health Questions etc.)

- Something To Think About

- Locos of Control

9:00-Visualization

10:30-Report to cabins

-Lights Out (To Be Announced)

Tuesday August 19, 2008

6:00-Early Runner Wake-up (Those interested in doing more miles)

7:00-Wake Up!

7:15-Morning Run (Location To Be Announced)

9:00-Breakfast

- Free Period After Breakfast
- Supervisors meet after breakfast

11:00-Games

- Volleyball Tournament (4 on 4)
- Basketball Tournament (3 on 3)
- Kickball Tournament

1:45-Lunch

- Free Period After Lunch
- Supervisors meet after lunch in the cafeteria

2:30-Military Track (Waterfront)

6:00-Dinner

7:30-Tournaments/Contests

- Frisbee Golf Tournament
- Shuffle Board Tournament
- Horseshoe Tournament
- Bad mitten Contest
- Ping-Pong Contest
- Horse (Basketball) Contest

8:30-Team Meeting (Sight to be announced)

- Results of Day Two
- Recruiting Program
- Time Management
- Sleep Patterns
- PPM Program
- Team and individual goal setting
- Boundary Breaking
- Lights Out (To be Announced)!

Wednesday August 20, 2008

Wake Up

6:00-Early Runners

7:00-Wake Up

7:15-Morning Run (Location To Be Announced)

9:00-Breakfast

10:30-Canoe Race

11:00-Sunken Canoe Race
1:00-Lunch
2:30-Cross Country Race (Variety of events combined into one grand event)
6:00-Dinner/Announcements
8:00-Trust Walk
9:30-Letter to yourself

Thursday August 21, 2008

6:00-Early Wake Up 6:30-Wake Up
- Morning Run (Location To Be Announced)
8:30-Breakfast
- Closing Ceremony
- Prepare for departure
- Clean up the island
10:30-(Meet at dock and leave the island)
10:40-Load the bus
11:00-Bus leaves for Neenah

Packing List

- Flashlight
- Bug Repellent
- Snack Food and Beverage
- Pillow
- Sheets or sleeping bag
- At least two pairs of shoes
- Running clothes
- Swimming trunks
- Soap, shampoo, toothbrush, etc...

Please contact Coach Mike Jovanovich at 920-540-2313 if you have any questions.