

# Itinerary 2023 Training Camp Trip

Faith Haven Camp  
38360 North Eagle Lake Road, Battle Lake, MN  
Coach's Cell Phone - (952) 217-3731  
Camp Telephone - (218) 864-5303

## **Thursday, August 24th**

7:30AM Arrive at MHS track upper or lower area depending on construction to help load up  
8:00AM Departure  
11:00AM Arrival at Camp - load up food in kitchen hall, get settled, rules  
12:30PM Lunch  
1:00 Free-time  
2:00 Event #2 in Decathlon competition -Sand Volleyball Tournament (Event #1 is from Alumni Run results, 0 points if missed event)  
then free-time  
4:00 Workout - Run-Long & hilly out and back country road, Navy Seals, stretching, lake dip  
6:00 Dinner  
7:00 Event #3 - Lightning basketball then free-time  
8:30 Team meeting  
9:00 Running or sports movie - TBD  
11:00 In rooms, quiet voices...lights out.

## **Friday, August 25th**

7:30AM Wakeup  
8:00 Warmup then Aerobic Run 20 or 30 minutes  
9:00 Breakfast  
then free-time  
10:30 Event #4 Start Ping Pong Tournament  
11:30 Event #5 Dock to Dock Swim  
1:00 Lunch  
2:00 Event #6 Frisbee Throw for distance  
2:45 Event #7 Gaga Ball Elimination  
4:00 To the top of Inspiration Peak run, Navy Seals, stretching  
7:00 Dinner, town visit - Battle Lake  
8:45 Team meeting  
9:00 Running or sports movie TBD/free-time  
11:00 In rooms, quiet voices...lights out.

## **Saturday, August 26th**

7:30AM Wakeup  
8:00 Warmup and Aerobic Run around Eagle Lake  
9:00 Breakfast  
then free-time  
10:00 Event #8 - Kayak Race - 400 meters  
12:30 Lunch then free-time  
4:00 Event #9 - Swim-Run-Swim Duathlon  
6:00 Dinner  
7:30 Final Event #10 - Dodgeball Elimination  
9:00 Continuing games, free time  
11:00 In rooms, quiet voices...lights out.

## **Sunday, August 27th**

7:30 Wakeup  
8:00 Unofficial Practice led by Captain's - aerobic run  
9:30 Breakfast - Smorgesborg - finish off remaining food then free-time  
10:00 Clean up and get organized  
11:30 Depart for Minnetonka  
1:30 Stop in Albany for Lunch at Travel Stop - choice A&W or Subway  
3:30-4:00pm Arrival at MHS West Entrance parking lot for pickup (depending on 94 traffic)

