

2023 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 1:00PM Sunday, August 20th and return by 1:30, Wednesday the 23rd. Parent chaperones will have their own bunk house.

Location:

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 Saad 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 **\$100** 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 Friday, August 18th.

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
- Enough clothing for three full days and not three weeks!

Questions:

If you have any questions or concerns please contact:

Coach Saad (612) 518-7818 directorulcc@gmail.com

Plan of Attack:

Sunday the 20th

- 1:00 PM Bus boards for Sibley state park
- 4:00 Arrive at Park
- 4:30 Coaches discuss camp rules and Free time
- 5:30 Bus to New London for Pizza & Bowling
- 8:00 Bus to Camp for Games and Relaxation
- 10:30 Bedtime
- 10:45 Lights out!

Monday the 21st

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- 7:30 First Wake-up Cereal
- 8:30 Main workout departs for the trails
- 11:00 Breakfast
- 12:00 Beach
- 1:00 Lunch and volleyball swimming
- 5:00 Free Time and Crafts
- 6:00 Dinner and captains choice
- 7:00 Night games and Bonfire
- 11:00 Lights out

Tuesday the 22nd

- 7:30 AM Wakeup call and Breakfast
- 8:30 Workout
- 10:30 Breakfast Cereal option
- 11:00 Beach Olympics /Recreational/swim Lunch
- 12:00 Served at beach
- 3:00 PM Mount Tom run
- 5:00 Pasta Dinner
- 7:00 Skits and captains choice
- 8:00 Bonfire songs and Prep Clean up
- 12:00 Bedtime and lights out.

Wednesday the 23rd

- 7:30 AM Wakeup and Main Workout
- 8:45 Breakfast and clean up
- 11:00 Depart for Prior Lake High School
- 1:30 Arrive at PLHS