

KnightMats Running Camp

The KnightMats Running Camp will be held in the north Lake Tahoe area near Donner Pass. We will be staying at the Clair Tapaan Lodge at 19940 Donner Pass Rd. Norden, CA (530) 426-3632 from August 6, 2018 to August 10, 2018.

Departure: We will depart from the front parking lot of Miramonte High School at 8:30 am on Monday August 6th.

Return: We will return to Miramonte High School at approximately 3:00 pm Friday August 10th.

Cost: KnightMats Running Camp will cost \$500. This includes transportation, the facilities, meals, and camp activities. Please make your check payable to Brian Henderson and submit it with the signed release form by July 1st. Forms and payments can be brought to Room 223 before school is out or mailed to Brian Henderson at: 69 Shaw Place, San Ramon, Ca 94583.

Physical and Medical Release: All participants must have a current physical and a completed permission slip/medical release (attached) prior to departure for camp. You need the physical for sports participation at school anyway.

Clothing/Equipment: Each participant is allowed one "duffel" bag (approximately 28" x 18") and a sleeping bag/pillow/pad.

Camp chaperones: There will be a number of adult chaperones/alumni assisting at the KnightMats Running Camp. If a parent is interested in coming up to help chaperone, please let Coach Henderson know and he will determine how much available space we have.

Behavior: Each participant is expected to conduct themselves in an appropriate and mature manner at all times. Camp attendants are to cooperate and respect the chaperones and other athletes at camp. There will be no tolerance for the use or possession of any drugs, alcohol, tobacco or any other similar substances. Any individual found violating any of the aforementioned rules will have their parents called to come pick them up immediately and their participation for the fall season will be in jeopardy.

Phone contact at camp: If you need to get in contact with your son/daughter, you can call (925) 783-3193, Coach Henderson's cell number, or the lodge at Clair Tapaan at (530) 426-3632.

The following is an "average" day at KnightMats Running Camp:

7 a.m.	Rise and shine, it's workout time!!
7:30 a.m.	Morning Run
8:15 a.m.	Breakfast
9:30 a.m.	Morning clinic on various running/cross-country subjects
11:00 a.m.	Travel to lake, town, mountains (pack lunch)/free time
3:00-4:00 p.m.	Afternoon run/workout
6:00-6:30 p.m.	Dinner
8:00 p.m.	Evening clinic/group activities
10:00-10:30 p.m.	Lights Out! Another great day at camp comes to an end...

Items to bring: As previously stated, each participant is limited to one bag (28" x 18") and sleeping bag/pillow/pad. The following is a suggested list of items to bring:

_____ running shoes	_____ running shorts/shirts
_____ towel	_____ sleeping bag/pillow/pad
_____ sweats	_____ long pants
_____ sun screen & chapstick	_____ shirts
_____ pencils/pens	_____ shoes/sandals
_____ underwear/socks	_____ shorts
_____ jacket	_____ hat/sunglasses
_____ swimsuit	_____ insect repellent
_____ snacks	_____ personal items

_____ Bag lunch for the trip up to KnightMats Running Camp or money for Togo's on Monday August 6th.

_____ Spending money for town, postcards, and miscellaneous items and activities.

If you have any questions or concerns, please contact Coach Henderson at (925) 783 - 3193 or bhendu400@hotmail.com.