



“Train Hard, Win Easy!”

Camper Name: _____

Age (as of 7/10/17): _____

T-shirtSize: _____

Home Phone: _____

Cell Phone: _____

Address: _____

City : _____

Parent E-mail: _____

Medical Insurance Company:

Policy #: _____

Emergency Contact Name & #:

Medical conditions that staff needs to be aware of:

** This is not a CUSD sponsored camp*

** Athletes must have signed liability waiver in order to attend the High Altitude XC Camp*

** Payment/Deposits are final—No Refunds*

** Camp Aloma - 300 Margaret Dr. Prescott, AZ 86305*

CAMP COST—\$225

**Make Checks Payable to: JMG Financial
LLC**



**2017 HIGH ALTITUDE
XC CAMP**

**JULY 10-14
PRESCOTT, AZ**



Camp Overview

This summer, we will have an organized camp located just outside of down town Prescott, Az at Camp Aloma (300 Margaret Dr. Prescott, AZ 86305). There will be an emphasis on team building, athletic education, and hard work. We will have two-a-day practices every day except Friday. We will learn to accept and work through discomfort, and learn the traits of a championships caliber team.

CAMP COST—\$225

- **7/10—Depart Perry HS @ 6:30am. Arrive at Camp Aloma approximately 9:00.**
- **7/14—Depart Camp @ 10:00am. Arrive at PHS approximately 12:30pm.**
- **Registration is on a first come, first served basis. Camp will cap out at 30 athletes. Contact coach Gurecki for payment questions/ concerns.**

Camp Expectations

- Obey all Camp Rules of Camp Aloma.
- Respect coaches, teammates, Camp Aloma staff.
- Phones will not be allowed out, as we will want all campers communicating with their teammates, and getting to know each other. Coaches will have all phones locked and secured, and will bring them out daily for one hour of free time to make calls home.

Objectives

- **Learn to take care of body for life-proper nutrition and fitness.**
- **Learn to Respect, Understand, and Get Along with others.**
- **Learn to be Disciplined, have Commitment, and Never Give Up**
- **Learn how to train, race, and push yourself to levels never thought possible.**
- **Learn that hard work can be fun, positive and rewarding.**
- **Learn to work as one to achieve a common goal.**
- **Learn to *Train Hard and Win Easy***

What's Included

- Five days of Top Quality high school coaching and running.
- Informative breakout sessions.
- Fun social events and evening recreational activities.
- Three meals a day provided by Camp Aloma. (Monday - lunch & dinner / Friday - breakfast)
- Athletes will be staying in dorms/cabins for the week.

What to Bring

- Athletic clothing (running shirt/shorts) for the week.
- Running shoes. An extra pair isn't necessary but highly recommended.
- Refillable Water Bottle
- Sleeping bag/pillow
- Clothes for cool or wet weather (sweatshirt/ sweatpants/jacket)
- Towel/Toiletries/Flip Flops for shower
- Swimsuit
- Snacks/Extra food
- Sunscreen/Insect Repellent
- Flashlight with fresh batteries

Tentative Itinerary				
Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am Depart PHS	6:00 am Hill Repeats & Core	6:00 am 5-9 Miles & Core	6:00 am Fire Station Run 6-10 Miles & Core	6:00 am Hill Repeats & Core
11:00 am 45min Easy Run	8:00 am Breakfast	8:00 am Breakfast	8:00 am Breakfast	8:00 am Breakfast
12:00 pm Lunch	12:00 pm Lunch & Kickball	12:00 pm Lunch & Horseshoes	12:00 pm Lunch & Free Time	10:00 am Depart to PHS
3:00 pm 30 min Run/ Core Strength Work	2:00 pm Nutrition Class	2:00 pm Mental Imagery Class	2:00 pm Motivation Presentation	
6:00 pm Dinner & Free Time	3:00 pm 3-4 miles & Strength Work	3:00 pm 3-4 miles & Strength Work	3:00 pm 3-4 Miles & Strength Work	
8:00 pm Assign Teams for Talent Show	6:00 pm Dinner & Free Time	6:00 pm Dinner & Free Time	6:00 pm Dinner & Free Time	
10:00 pm Lights Out	8:00 pm Team Building Exercise	8:00 pm Team Movie Night	8:00 pm Talent Show	
	10:00 pm Lights Out	10:00 pm Lights Out	10:00 pm Lights Out	

Contact Us

Coach Jeff Gurecki
480-734-3716
gurecki.jeff@cusd80.com