

2020 Evergreen Cross Country Day Camp

Who: High School Cross Country Runners. We **strongly** encourage ALL high school runners to participate as this is a great way to get to know your teammates, build camaraderie, and learn more about the sport. We do understand that many of our athletes work and may be unable to attend all 3 days and/or the entire time. If this is you, please communicate your situation with Coach Hesson or Coach Schwan.

What: Our annual cross country camp will look a little different this year due to Covid-19. Instead of an overnight camp at Pokagon State Park, we will be hosting a 3 day camp at various locations in our area. **You must complete your Finalforms Emergency Medical Form to participate.**

When: July 28-30, 2020 (Tuesday-Thursday) 8 am- 4 pm. Lunch, drinks, and snacks will be provided

Where: Each day will have a different location---
Tuesday, July 28- Delta Reservoir
Wednesday, July 29- Secor Park
Thursday, July 30- Pokagon State Park
Friday, July 31- Movie Night/Bonfire (no day camp)

At this time, Evergreen Local Schools is not providing out of season transportation. Therefore, parents/athletes will need to provide their own. If transportation is a concern, please notify Coach Hesson or Coach Schwan.

What to bring: Running shoes, running clothes, water bottle, sunscreen, lawn/camping chair, towel/yoga mat. On Thursday, please add your swimsuit, sandals/flipflops, beach towel, extra clothes, money (optional if you would like to purchase snacks at the beach).

Cost: FREE!

Parent Volunteers: We are in need of parents to help serve lunch and/or provide a dish/snack. If you are interested, please notify Coach Hesson.