

# DAKOTA CROSS COUNTRY TEAM CAMP 2024



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## DHS XC

When: August 16 - August 23

Where: Bambi Lake Retreat & Conference Center  
3468 East Robinson Lake Road  
Roscommon, MI 48653

**Why:** To create a close knit team environment, learn about running physiology, philosophy, strategy, diet and nutrition and to get prepared for the upcoming competitive season.

**Who:** Any high school athlete who

- A. has an updated athletic physical
- B. Meets these fitness requirements
  - Can run 30min. w/o stopping
  - Attend a minimum of 10 conditioning sessions
  - Cumulative total mileage for the summer of 50 miles
- C. Is a member in good standing of the current/upcoming DHS CC team.

It is recommended that any runner joining the cross country team for the upcoming season attend camp. There are minimum fitness requirements to ensure that all attending camp will be able to handle the workload without risking injury. Seven day total mileage will vary from 30 - 70 miles. **Freshman are highly encouraged to attend.**



# SUMMER CONDITIONING

## Mid June to Mid August

Summer conditioning is open to any middle school or high school athlete who wants to build endurance and/or prepare for the cross country season. By the end of the summer athletes will be able to complete a 5K race.

Location: Between the 9th grade center and the 10-12 building. See schedule on below.

It is highly recommended to attend summer conditioning practices to prepare for the team camp

### Summer Conditioning Schedule:

All practices will meet between the 9th grade center and main building.

**Monday: 8 am**

**Tuesday: 8 am**

**Wednesday 8am**

**Thursday: 8 am**

**Friday: 8 am**

**Saturday: 9 am**

**Sunday: TBD**

\*Most Wednesdays are travel days to local parks and trails. See conditioning schedule for any changes

### **Nutrition is #1:**

To keep cross country athletes healthy nutrition is #1. Athletes will learn the benefits of a well balanced diet containing protein, and carbohydrates as well as consistent hydration. You need food to fuel your body!

**Cost: \$425\***

\*All prices are subject to change due to changing camp fees

Family pricing: more than 1 athlete attending camp? Contact the coaches for information about possible family prices.

Includes: Transportation, Lodging, 3 meals/day, drinks, snacks, camp shirt, other activities if offered may include swimming, canoes, mini golf, ropes course etc.

***Payments online  
through PaySchool Central***

**Camp Fee:** due August 12th.

### **Sample Daily Schedule**

7:00 am	Morning Run
8:00 am	Breakfast
9 am - noon	Group Activity/ Camp Cup/Sports
12:30 pm	Lunch
1:30 - 4:00 pm	Camp Games/ Travel
4:00 pm	Afternoon Run
6:30 pm	Dinner
7:00 - 9:00 pm	Group activities/ Team meetings
10:30 pm	Lights out



### **Pre-Registration**

Name: \_\_\_\_\_

MALE      FEMALE      9    10    11    12

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ MI Zip: \_\_\_\_\_

Birthdate \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

### **Contact Information**

Email: \_\_\_\_\_

Parent/Guardian Phone:

(      ) \_\_\_\_\_ - \_\_\_\_\_

Athlete Phone:

(      ) \_\_\_\_\_ - \_\_\_\_\_

### **CC Camp Shirt Size**

S      M      L      XL

\*Please fill out and return this form if you are interested in attending camp  
Coach Zarzycki — Girls Team  
Coach Timpa — Boys Team

