Student Information

Name: _____

Address: _____
_____

Phone: _____

Grade: _____

Permission Slip

I give
_____
permission to go to this year's cross-country camp. I understand that my child will be riding in a bus and/or van to and from Brookston and give my permission for him/her to do so. I also understand that due to the nature of the sport, injuries are possible. I will not hold Coach Top/Piaskowy or Illiana Chr. H.S. liable for any injuries or accidents. In case of any serious injury I will immediately be contacted. All school policies will apply for student behavior at camp. If my child violates any school policies or camp rules I understand that I may be contacted to pick my child up from camp at my own cost and no refund will be awarded my child. **Athlete must be at school by 8:00 a.m. on Monday, Aug. 14, 2017, to load up mini busses.**

Parent/Guardian

_____

Phone (_____) _____

Parents' Information

Camp Tecumseh
12635 W Tecumseh Bend Rd.
Brookston, IN
Tel: (765) 564-2898

Coach Contact Information

Deb Top
Phone: (219) 775-6670
E-mail: deb.top@illianachristian.org
Jim Piaskowy
Phone: (708) 404-5491
E-mail: jpiaskowy@gmail.com
Feel free to contact us with any questions!

2017

Illiana Christian Cross Country Summer Camp

August 14-18
Brookston, IN

Who?

- Illiana Christian High School

What?

- Five days of intense training and fun
- Soothing wake up calls!
- Camp Tecumseh in Brookston, IN
- 50-70 high school athletes
- All you can eat meals 3 times a day
- "Conquer the dunes" beach workout
- Camp fires and challenging devotions
- Midnight run
- Camp awards ceremony and "senior night"
- Camp T-shirt

Why?

- Prepare for a great season
- Grow in mental, physical, and spiritual strength
- Develop team camaraderie and unity
- Make new friendships and strengthen old ones

How much?

- **$325** covers gas, meals, lodging, camp T-shirt, climbing wall, sled tubes, canoeing, paddleboating, swimming, and more. Bring extra money to cover snacks and souvenirs.

No early deposit. Final payment in full is due on Monday, July 31, or earlier. Payment is refundable. **All camps fees are being processed online via 8 to 18. Payments will only be accepted online**;

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Sample workouts:

- Morning runs of 4 to 8 miles
- Mile repeats in the park
- Hills run
- "Muscle mile"
- "Pool workouts"
- Trail runs
- Sand dune workouts
- Team Building Competitions
- 5K time trial on Friday AM

Free time activities:

- Spend time with God, pray
- Plan goals for the season
- Sit ups, push ups, core.
- Take a much-needed nap
- Write in the camp journal
- Swim in the outdoor pools
- Play cards, games, talk, read, draw, etc.
- Rock wall climbing
- Paddle boating
- Canoeing
- Ultimate Frisbee – careful!
- Dance activities!
- Make new friends; develop team camaraderie and unity

Requirements to attend:

- **Be at school by 8:00 a.m. Monday, Aug.14, to load up.**
- **Permission slip & physical**
- **100 miles of running. Must be logged on r2w. MANDATORY FOR 10th to 12th graders.**

What a typical day at camp looks like:

- 6:30ish Wake up
- 6:45-8:00 Morning stretching and distance run
- 8:00-8:30 Breakfast (all you can eat)
- 8:30-12:00 Free time/nap time ☺
- 12:00-1:00 Lunch (all you can eat)
- 1:00-2:30 Free time
- 2:30-5:00 Afternoon workout (includes driving time and stretching)
- 5:30-6:00 Dinner (all you can eat)
- 6:00-8:30 Free time/camp games
- 8:30-9:30 Camp fire/snack
- 9:30-10:00 Team meeting/devotions
- 10:00 Lights out

What to bring to camp:

- Running apparel for all conditions (bring 2 pair of running shoes if you have them)
- A fan for your room to keep cool
- Swimsuit and towel
- Sleeping bag and pillow
- Towels/washcloths/toiletries
- Money for snacks and souvenirs
- Games, cards, personal CD players, IPods, Frisbees, etc.
- Bible
- A positive attitude and openness to making new friends
- Willingness to work hard