

Allatoona High School
Cross Country Camp
July 10th-14th, 2023

Dear Allatoona XC Runners:

It's that time of year when we begin planning for the upcoming 2023 Cross Country season. Part of that planning involves summer training, and we'd like to extend the following opportunity to you!

Monday, July 10th through Friday, July 14th, we'd like to invite you to attend our AXC camp at Berry College in Rome, Georgia. The college is allowing us this unique opportunity to train, board, and dine at their amazing campus at a cost of \$425 per runner. This is a great deal and a wonderful chance for you to become a better runner, train with your coaches and teammates, get a t-shirt & camp bag commemorating the camp, and experience running in some of the most beautiful landscapes in our state.

Registration will open on Allatoonarunning.com in the next few weeks. You have the option to pay the entire amount at one time or will be split into two payments. Deadline for registration is June 16 and final payment will be due June 30th.

This year the only requirement to attend is for a runner to be actively involved with summer training in June and keep their Final Surge updated each week. Our goal is to get many of our runners to come to camp to build our culture and create the team-led expectations for the season.

A typical day will include the following (subject to change):

Tentative Schedule:

Monday, July 10th

8:00: Summer Practice like normal

1pm: Arrive at Allatoona High School (eat lunch before you come), pack private vehicles, leave ASAP

2:30pm: Arrive at Berry

3:00-5:30pm: Check-in, set up rooms

5:45-6:30pm: Dinner Krannert Dining Hall

7:00-9pm: Camp games, Sand volleyball/Team Entertainment

10:00pm: In rooms

11:00pm: Lights Out

Tuesday, July 11th-Thursday, July 13th

6:45am: Wake up

7:10am: in front of dorm ready for run

7:15-10:15am: Run/breakfast/shower

10:30-12:00pm: classroom session

12:15-1:00pm: Lunch Krannert Dining Hall

1:00-2:00pm: down time, team building game/activity

3:00pm: Afternoon run (for those that need it)

4:00-4:45pm: Recreational Activities TBD

4:45-5:45pm: Afternoon circuit/ice bath/free time

5:45-6:30pm: Dinner Krannert Dining Hall

7:30-9:30pm: Camp games/Sand volleyball/tennis/frisbee next to dorm

10:00pm: In rooms

11:00pm: Lights Out

Friday, July 14th

6:45am: Wake up

7:10am: In front of dorm ready for run

7:15-10:00am: Team Time Trial on XC Course @ Berry, breakfast, get camp shirt, shower and clean up

10:00-11:00am: Check-Out

11:15am: Head home around 1pm: arrive back at school

What do you need for camp:

- Current Physical on File
- Trainers/Running Shoes
- Socks
- Running gear like you would for practice
- Reusable water bottle properly labeled
- Bedding (Sheets &/or sleeping bag)
- Shower necessities (Soap; shampoo; deodorant; toothbrush/toothpaste; shower shoes; towel(s)/washcloths)
- Beach towel
- Dirty laundry bag
- Snacks
- Sunscreen
- Bathing suit/swim trunks
- Flip Flops/Crocs/Sliders
- Spending money for excursions (bowling; ice cream; Chick-Fil-A on campus)
- Notebook/Composition Book/Pen/Pencil
- Bookbag