

Dear Camper:

Cross Country Camp is held at Long Lake Outdoor Center, a part of Yankee Springs Recreation Area. This is a big area and we use much of what is offered to us so we are asking you to **bring your bike** (with a **helmet**). The camp is about 45 minutes south of Grand Rapids Christian High School. You need to find your own way to and from camp.

You may **arrive** at camp on **Sunday, July 23 between 4:00 and 5:00 PM**. Park in the lot and proceed to the dining hall to check in. During check-in, you will turn in the emergency form and the stay-in-bed rule pledge signed by you and your parent. Also, you will get your cabin assignment, be assigned to a running group and relay team, and get your camp T-shirt. Please, do not be late because we have a worship service scheduled for 6:00.

On Friday, July 28, please have your ride arrive for **checkout between 12:00 and 12:30 PM**. Please be on time as we must vacate the camp by 1:00.

For those who may have a car at camp, you will need to purchase a Michigan State Park Recreation Passport if you wish to drive into Yankee Springs Recreation Areas. (Biking is free.) A State Park Recreation Passport is **not** needed at the Long Lake Outdoor Center.

**The cabins are off limits to members of the opposite sex at all times!!** Indoor games or cards may be played in the dining hall. I don't want to stand in the way of your love life, but I'm going to anyway. While at camp, no "couples" are allowed. We are there for team fun and togetherness. Get to know new teammates and returning runners. Save your love life for later. More camp rules will be discussed the first day.

**Daily Camp Schedule:** (Weather permitting)

7:30	Wake-up
8:00	Run
10:00	Breakfast
1:30	Lunch
6:30	Dinner
9:30	Team Devotions
11:00	Bed

This schedule may be altered, but it shows a typical day. Please be on time for all events, as we only start when everyone is present. Making the entire team wait is not a good idea.

In the event you are hurt or sick, please have your parents sign the form located below giving us permission to get you emergency treatment. **Be sure also to attach a copy of your insurance card.** On your note include your phone number so we can notify your parents right away. **Bring this to camp.**

In the event your parents need to reach us, Doug's cell phone number is (616) 723-6345 and Deb's is (616) 723-6344. We will check messages daily.

Looking forward to a great week,

Doug

**Cross Country Camp Emergency Form**

Parents/Guardians	Emergency Phone Numbers Home: _____ Cell: _____ Cell:
Medical needs the coaches should be aware of:	
Dietary needs:	Other special needs that our staff should know about:
Please include a <b>copy</b> of your insurance card or print information below:	

“As parents or guardians, we realize that participation in this camp is voluntary and that participation and payment of fee does not imply any liability, either personal or in regard to property, on the part of any coach, camp staff, or Grand Rapids Christian Schools. I hereby authorize the directors of the camp to act for me according to their best judgment in any emergency requiring medical attention and thereby release, exonerate, and discharge the camp, it’s coaches and staff, and the school from any and all actions known or unknown for any injuries incurred while at camp or on the way to or from camp.”

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

**Stay-In-Bed Rule Pledge**

I, \_\_\_\_\_, agree to stay in my cabin after bed check every night. (You may visit the restroom after properly preparing for bed.) I, \_\_\_\_\_, am aware I can be sent home for disobeying this rule, and I will receive no refund of any kind.

Signed by, \_\_\_\_\_, camper.

Signed by, \_\_\_\_\_, parent/guardian

**In effort to speed up check-in, we now allow the above, required forms to be signed and given back to coach Jager before camp. Allow one full week for mail. We hope this saves wait time. Any not taking advantage of this before camp will be required to turn these in at camp, as in the past.**

Each year we coaches teach your children how to wash dishes. (We actually fill a sink with hot water and dish soap.) This is a foreign concept to many, they claim. Please run them through the basics of cleaning. I suggest they do dishes once a day before camp, giving the parents a well-earned break. Thanks for teaching them.