

Dear Camper:

Cross Country camp is located at Yankee Springs Recreation Area. We have the entire outdoor center known as Long Lake Outdoor Center. Because the distance from Grand Rapids is rather close, and because we are asking you to **take your bike**, we would like you to find your own way to and from camp. It takes about 45 minutes to get to camp from Grand Rapids Christian High. You may arrive at camp on Sunday, July 22 between 3:30 and 4:30 PM. Please don't be late, because we have a worship service scheduled for 5:00. **You may park your car in the lot and proceed to the dining hall. You will then be assigned a cabin and you must turn in your medical treatment form signed by a parent. You must also turn in your form agreeing to our camp rules signed by both you and a parent.** On Friday, July 27, please have your ride arrive for checkout between 12:30 and 1:00 PM. Please be on time as we must vacate the camp by 1:30. This packet includes a map to the Long Lake Outdoor Center. 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. (Biking is free.) A State Park Recreation Passport is **not** needed at our camp site.

You will be assigned a cabin upon arrival. **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.

In the event your parents need to reach you, the phone number to the office is: (269) 795-3856. My cell phone number is (616) 723-6345 (Deb (616)723-6344). I will check messages each day.

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

7:30 - Wake-up

7:45 - Run

9:30 - Breakfast

1:30 - Lunch

6:30 - Dinner

9:30 - Team Devotions

11:00 - Bed

This schedule may be altered if we have hot weather or storms. Please be on time for all meals, as we only start when everybody is present. Making the entire team wait to eat 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 bring 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.**

**Cross Country Camp Form**

"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 High. 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\_\_\_\_\_

Emergency phone numbers: \_\_\_\_\_  
\_\_\_\_\_

Please include a **copy** of your insurance card.

Medical needs coaches should be aware of:  
\_\_\_\_\_.

Please list any other special needs your child has that our staff should know about:  
\_\_\_\_\_

I, \_\_\_\_\_, agree to stay in my cabin after bed check on every night. (If you need to visit the rest room after properly preparing for bed, that's fine.) I, \_\_\_\_\_, am aware I will 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.