Hale Distance Camp

Monday, August 5 – Wednesday, August 7

This summer will be our second annual overnight Hale Distance Camp.  The camp will be August 5-7 at the Central Wisconsin Environmental Station, just outside of Amherst Junction.  The camp will consist of training runs, team building activities, waterfront activities, meals, speakers, and time to get to know and have fun with your teammates.  Athletes need to each raise $133 to attend camp.  This will cover all expenses, including lodging for 2 nights, meals for 3 days, and use of facilities at CWES.  This will be a great time to hang out with teammates and continue your summer training.

Typical Daily Schedule:

7:30-8:30 Morning Run

8:30-9:30 Breakfast

9:30-10:00 Free Time

10:00-12:00 Team Activity

12:00-1:00 Lunch

1:00-3:00 Team Activity

3:00-4:00 Speaker

4:00-5:30 Afternoon Run

5:30-6:30 Dinner

6:30-7:00 Free Time

7:00-9:00 Team Activity

9:00-10:30 Fire Talk

10:30 Lights Out

Monday drop off:

7:15 a.m. @ Hale

Wednesday pick up:

9:30 p.m. @ Hale

Bring some cash for dinner

Please return this to Coach Mach (or email machxc@gmail.com) by June 20th, 2019. This will let me know who is going so we can plan. More detailed permission slip will be given after.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will be participating in the Hale Distance Camp on August 5-7.

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Parent signature email and phone number