

## DH Conley XC Camp

### Suggested list of camp items (in no particular order!):

- Enough running attire for 2 runs/day (there is a race the last day of camp if you have something specific you want to race in)
- Extra socks
- Hoody/jacket-it' cooler in the mornings/evenings than we're accustomed to
- Sleep attire
- Bathing suit--just in case
- Extra clothes for camp dance-(not fancy) & talent show/lip sync-if you are participating
- Camp dance, it's NOT dressy but some like to wear something a little nicer-consult your teammates!
- Towels/washcloth- Bring more than one
- Small fan that will sit in window (personal preference)
- Bed Linens (twin) or sleeping bag/pillow
- \*\*we have access to laundry in dorms-Coach Val will bring detergent & dryer sheets, just bring quarters if you plan to use\*\*
- Two pairs of running shoes if possible-if one gets wet, good to have an alternate
- Spikes/flats for end of camp race
- Shower shoes
- If you'd like to bring a SMALL fan, they can sit in the window of the dorm room
- Toiletries: Shampoo/Conditioner/Body Wash/DEODORANT/Toothbrush & Toothpaste
- body glide if you're prone to chaffing, BANDAIDS
- Sunscreen, bug spray
- Reusable water bottle
- Watch
- Charging cords for watches & phones
- Snacks, if desired
- Water shoes-IF you have. We do get in the water at Trashcan Falls
- Spending money: **meals or snacks for the trip up & back**; last year some of the kids shopped local and we visited a very popular candy store :-)
- A small bookbag is good for carrying daily-good idea to have a towel, change of clothes, sunscreen, water bottle, etc when we travel to run sites.
- Medications: we need to know ahead of time if you will be bringing anything with you
- Extra suggestions: dirty laundry bag, hat, sunglasses, playing cards, frisbee

**Friendly suggestion: You have to carry across the parking lot and up some stairs, pack smart! Our building did have elevators last year.**

**NEWCOMERS- Ask your teammates who went to camp last year!**

## 2019 Appalachian Cross country Team Camp Tentative Schedule

Sunday, July 21

- 8:00 am Depart Conley (meet at bus lot by 7:45)
- 12:00 noon Lunch (athletes should bring money for lunch)
- 3:00-5:15 pm Check-in at Owens Field House
- 4:30-6:15 pm Dinner at Cafeteria
- 7:00-7:30 pm Camp Orientation in Sofield Bldg above Stadium-Confirmed
- 7:35pm Coaches Meeting in Mountaineer Room of Owens Fieldhouse
- 8:00-10:30pm Frisbee game at Kidd Brewer Stadium-confirmed
- 11:00-11:30pm Everyone in Rooms

Monday, July 22

- 6:30-8:30 am Morning run and Breakfast
- 9:00-10:30am Team activity in Sofield-confirmed
  - Seminar in Mountaineer Room of Athletics Center-boys
  - Seminar in Mountaineer Room of Owens Fieldhouse-girls
- 10:40-12:00 Team activity in Sofield-confirmed
  - Seminar in Mountaineer Room of Athletics Center
  - Seminar in Mountaineer Room of Owens Fieldhouse
- 12:00-1:30 Lunch
- 1:30pm Coaches meet with Coach Curcio in lobby of dorm
- 2:00-5:00pm Team Training Session
- 4:30-6:15pm Dinner
- 6:45-7:15pm Coaches meeting in Mountaineer Room Owens Fieldhouse
- 8:00-10:00pm Team Challenges at Kidd Brewer Stadium-confirmed
- 11:00-11:30 Everyone in Rooms

Tuesday, July 23

- 6:30-8:30am Morning run and breakfast
- 9:00-10:00am Special Presentation Sofield-confirmed
- 10:00-10:45 Goal Setting Presentation of Team Goals by Team Leaders @ Sofield-confirmed
- 10:45-11:30 Presentation of Team Goals by Team Leaders@ Sofield-confirmed
- 11:30-1:30pm Lunch
- 1:30pm Coaches needing help meet with Coach Curcio in dorm lobby
- 2:00-5:00pm Team Training Session/Swim option 2-3 and 3-4
- 4:30-6:15pm Dinner
- 8:00-10:30pm Lip sync/Team Song Night/Team Talent Night Sofield-confirmed
- 11:00-11:30 Everyone in rooms

Wednesday, July 24

- 6:30-8:30am Breakfast
- 9:00am Pick up picnic lunches on sidewalk next to the dorms
- 9:00-5:00 Training Session, Picnic Lunch, and Team Time/Swim option 2-3 & 3-4
- 4:30-6:15pm Dinner
- 6:15-7:00pm Review of Race Course at State Farm Fields
- 8:00-10:00pm Camp Dance in Plemmons Student Center (Blue Ridge Ballroom)
- 9:45pm Presentation of camp awards at Dance PSU
- 10:30pm Coaches Meeting (Mandatory) Check-out and Race info-Athlete's Lounge in OFH
- 11:00-11:30 Everyone in Rooms

Thursday, July 25

- 6:30-7:30am Breakfast in Cafeteria
- 8:15am Boys Two Mile Race at State Farm
- 8:45am Girls Two Mile Race at State Farm
- Awards Ceremony at State Farm Fields immediately after races
- 10:30-12:00 Checkout of Residence Halls return to Greenville
- Return to Greenville around 8:00 pm

**We will have a Lipsinc/Team Song Contest on The Third night- It goes like this:**

LipSinc -Choose a song or medley of songs which your athletes can lipsinc/dance to and develop a skit to go along with it and do in 5 minutes or less. Bring your costumes and props and really get your athletes involved.

You must declare your intention to compete in the Lipsinc Contest on Sunday night at the coaches meeting. We will no longer allow anyone to make one up at the last minute. We will not allow any unwholesome gestures, suggestive movements, etc. We will shut the curtain if we are offended. This is not MTV night.

No liquids of any kind, shaving cream, fruit, vegetables can be on the stage. Nothing that will make a mess on the stage. You can't throw anything into the crowd. Don't ask audience to come on to the stage. Each school can have only two presentations at the most. One for the boys and one for the girls. It doesn't matter how many you bring to camp. Only one boys skit, only one girls skit. You may however, have only one with boys and girls.

We will have a CD, IPod dock and tape player and will give out awards to the best three presentations at the dance on Wednesday night. It has been easier to play a CD or IPod, than a cell phone. Cell phones present us the most problems. We are not a professional sound company.