

14th Annual Perham Cross Country Camp 2016

Date: June 27th – July 1st – Pre-register by June 17th

Location: Bemidji State University

Camp Registration Fee: \$250

Grades: Incoming 7th – 12th graders

Come be apart of the boys & girls cross country teams. In the last 14 years the 2 teams have combined for 9 state titles, 9 runner-up finishes, 2 boys National titles among Division 2 Schools and 1 girls National title among Division 2 Schools. The fall cc season will kick off with the girl's coming off first state title in hopes for a repeat and the boys coming off. Cross Country Camp is our first big team effort for 2016 with tons of training, team bonding, and learning to prepare for the fall season.

Camp Activities and Games include (No additional cost):

- **NEW CAMP ACTIVITIES THIS YEAR AND SPECIAL GUEST SPEAKERS!!!**
- **Swimming, Team Games, Water slide, Shopping, etc.**
- **Fun Team Building, Movies, Video gaming, & Ice Cream Night**
- **Guest Speakers that include former PHS runners and NCAA collegiate runners**
- **Lots of just hanging out and getting to know the coaches & team better**
- **Every runner receives as apart of registration Perham cc team gear!**

Daily Training sessions & instruction will take place at Bemidji State Park. Sessions will include theory of training and understanding of areas such as hill training, fartleks, racing tactics, core strength, general and diet and equipment. Camp will also have lectures from a few special guest speakers. We will check in at 1:00 p.m. A bus will provide transportation to and from camp. A list of what to bring, along with forms to be filled out will be sent to you after you have registered.

Monday, June 27th:

10:30 – leave for Bemidji from PHS parking lot

12:00 – Stop for lunch in Bemidji

1:00 – Arrive at Bemidji State University for check-in to dorms at Tamarack Hall

1:30 – Camp meeting to discuss camp schedule

2:00-5:00 – Free Time & Training Session

5:00-6:00 – Dinner

6:00-9:30 – Games & Free Time

10:00 – Team Meeting

10:30 – Go to rooms and Lights Out!

Tuesday, Wednesday, Thursday Schedule:

6:00 – Wake-up for Morning Run

8:30-9:00 – Breakfast

9:00-12:00 – Team Meeting & Games

12:00-1:00 – Lunch

2:00-5:00 – Free Time & Training Session

5:00-6:00 – Dinner

6:00-10:00 – Games & Free Time

10:30 – Go to rooms and Lights Out!

Friday July 1st:

7:00 a.m. FUN RUN

Check out by 10:00

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Perham Cross Country Camp Registration Form:

Last Name _____ First Name _____

Age ____ Grade ____ Birthdate _____ Sex ____ Shirt Size (circle one) S M L XL

Phone Number _____ Email: _____

Address _____

City _____ State _____ Zip Code _____

Signature

Date

Parent Signature

Date

Include Camp registration and camp fee of \$250 to be considered registered for camp.
Camp Discount - Join Perham CC Boosters club for \$50 discounted camp registration fee. Go to www.perhamxc.com for Boosters Club Registration Form.

Make checks payable to Perham Cross Country Boosters.

Mail to:

Perham Cross Country
Attn: Perham XC Camp
PO Box 65
Perham, MN 56573

If you have questions feel free to contact me. Below are different ways you can reach me.

Phone: 218-371-5992 (cell)

Email: jmorris@perham.k12.mn.us