



2010 Summer Team Camp

July 12 - 15
Camp Chi Rho
Annandale, Minnesota

Any questions about the Edina Boys Cross Country Team Camp should be directed to Jamie Kirkpatrick by phone (612.396.6811) or email (jamkirkpatrick@edina.k12.mn.us)

The Edina Boys Cross Country Team Camp is a fun and exciting opportunity for athletes who are entering **grades 8 – 12**. Athletes will get to know teammates and coaches on a much deeper level while engaging in team building and other activities. Edina Coaches and former athletes will serve as counselors.

Camp Details:

- Cost: **\$250**
- Camp “Check-In”: **8:30am, July 12** at Edina Community Center
- Camp “Check-Out”: Approximately **3:30pm, July 15** at Edina Community Center
- All Lodging, Meals and Transportation to and from Camp Chi Rho included
- Athletes will receive more information regarding what to bring, behavior guidelines and other details upon registration

Camp Activities

- Running, Running and more Running!
- Athlete Decathlon
- Ultimate Frisbee Tournament
- Basketball Tournament
- Team Canoe Races
- Goal Setting for the 2010 season
- Much more!
- Visit <http://www.chirhocenter.org/> for more information on activities at Camp Chi Rho

Typical Day

7:00am	Wake Up
7:30am	Morning Workout
9:00am	Breakfast & Free Time
11:00am	Decathlon Event
12:00pm	Lunch & Free Time
1:00pm	Team Event/Goal Setting/Etc
2:00pm	Decathlon Event
3:30pm	Afternoon Workout
5:30pm	Dinner & Free Time
7:30pm	Decathlon Event
8:30pm	Team Meeting
8:45pm	Free Time
10:30pm	Lights Out