

LC Farragut Cross Country Camp

When: July 16th – July 19th

Where: [Farragut State Park- Athol, ID](#)

Who: LC Boys and Girls Cross Country athletes

This year we will be holding our team camp at Farragut State park where we will get the opportunity to explore some of the great trails around the 4,000 acre park. This time is equally intended to be a time for our team to come together, get to know one another, and learn about our summer training goals.

Tues July 16

1pm-Gather at Hart Field parking lot to carpool to Farragut State Park- Scott Group Area. Students need to arrange for their own transportation. Parking is \$14/day in the state park so car pooling is encouraged.

Wed July 17

- Full Day of Camp (Run, eat, play, eat some more, play some more...)

Thur July 18

- Full Day of Camp (Run, eat, play, eat some more, play some more...)

Fri July 19

Morning Run, Breakfast, break down and clean up camp. If picking up from camp, please be there by 11AM.

Eight meals (and some snacks) are covered from Tuesday dinner until Friday breakfast. PLEASE communicate with Coach Lee at time of registration if you have unique dietary needs.

***We will provide cooking and cleaning equipment; students will need to bring their own eating/drinking utensils.*

Cost: \$150 LC Business Office.

COMPLETE FINAL FORMS AND PAY VIA LC BUSINESS OFFICE

*****Registration must be received by Monday 7/9 so we can plan*****

What to bring:

Sleeping

_____ sleeping bag _____ pillow _____ sleeping pad
_____ tent or plans to share a tent with team mate (hopefully with a rain fly)

Hammocks are not allowed in Farragut State Park ☹️

Clothing

Remember “layer dressing”—cool, dry layer (e.g., t-shirt), warm layer (sweater or wool shirt), and waterproof layer (jacket).

_____ 3 days of running gear

socks long pants T-shirt shorts
 multiple pairs of running shoes if possible

_____ 3 extra pairs of socks _____ Jacket (wind and water resistant)
_____ sweater or wool shirt _____ long underwear or warm pajamas
_____ poncho or raincoat _____ frisbee
_____ toothbrush/paste _____ bug spray
_____ soap _____ towel
_____ warm hat _____ gloves
_____ sunscreen _____ litter bag (plastic bag)
_____ sunglasses _____ headlamp/flashlight (check for fresh batteries)
_____ Board games _____ playing cards
_____ water bottle _____ camp chair
_____ eating/drinking utensils (bowl, mug, silverware).

You will be expected to clean and re-use your own utensils ☹️

Supervision: Boys and girls cross country coaches will be at camp. There will also be a few adults with us as well!

Questions: Please contact Maegan Gomes Girls Coach (509-294-9076) or Michael Lee Boys Coach (509-475-9111) directly.