

**Mill Creek High School
Cross Country Camp
July 16th-20th, 2018**

Dear Mill Creek XC Runners:

It's that time of year when we begin planning for the upcoming 2018 Cross Country season. Part of that planning involves summer training, and we'd like to extend the following opportunity to you!

Monday, July 16th through Friday, July 20th, we'd like to invite you to attend our MCXC camp at Berry College in Rome, Georgia. The college is allowing us this unique opportunity to train, board, and dine at their amazing campus at a cost of \$275 per runner. This is a great deal and a wonderful chance for you to become a better runner, train with your coaches and teammates, get a t-shirt commemorating the camp, and experience running in some of the most beautiful landscape in our state. A typical day will include the following (subject to change):

Monday, July 16th

1pm	Arrive at Mill Creek Bus lane (eat lunch before you come), pack cars, leave ASAP
2:00 pm	Check-In
3:00-5:00	Evans 122-Team Movie
6:15-7:00	Dinner Krannert Dining Hall
7:00-9pm	Sand volleyball
10:00	In rooms
11:00	Lights Out

Tuesday, July 17th-Thursday, July 19th

6:45am	Wake up
7:10	in front of dorm ready for run
7:15-10:00	Run/breakfast/shower
10:15-12:00	classroom session
12:00-1:00	Lunch Krannert Dining Hall
1:00-2:00	down time, team building game/activity
2:00-3:00	Cage Pool
3:00-4:45	Afternoon classroom session
4:45-5:45	Afternoon circuit/run for anyone with a double day
6:10	In front of dorm ready for dinner
6:15-7:00	Dinner Krannert Dining Hall
7:30-9:30	Sand volleyball/tennis/frisbee next to dorm
10:00	In rooms
11:00	Lights Out

Friday, July 20th

6:45am	Wake up
7:10	In front of dorm ready for run
7:15-10:00	House of Dream run, breakfast, get camp shirt, shower and clean up
10:00-11:00	Check-Out Thomas Berry
11:15am	Lunch at Bella Roma, then head home
around 2pm	arrive back at school

We have 24 slots for our male runners, and 24 slots for our female runners (with the possibility of a few extra spots if necessary). And yes, the boys and girls will be staying on separate halls in the dorms! We believe we'll fill these slots quickly, so if you are interested, please complete the Online Registration form and mail your \$50 deposit (checks only, made out to MCXC Booster Club) by June 1st. You can access the online registration form at: www.millcreekcrosscountry.com.

Deposit checks should be mailed to:

Wendy Mumme,
1590 Treybyrne Ct, Dacula, GA 30019

Final payment and a copy of your insurance card (front/back) may be submitted at any time, but no later than June 28th. Mrs. Mumme will be at practice on Tuesdays to accept payment and insurance card copies or they can be mailed to her directly at the above address.

Preference for camp will be given to returning runners by seniority. Remaining slots will be filled through a first come-first served basis. More details of what your athlete will need to bring and any special news will be shared with the runners in July.

RUNNERS MUST BE ON PACE TO RUN 200 MILES FOR THE SUMMER TO ATTEND CAMP. THIS MEANS RUNNING WHAT EACH DAY/WEEK OF THE 200 MILE CLUB SCHEDULE SAYS. For example, if you are on pace to hit 200 miles for the summer but only run 10 miles the week before camp, you are not eligible to go. Another example: you are supposed to run 20 miles a week by running 5 days of 3 miles and a long run of 5 miles, but instead you run 2 days of 6 miles and 1 day of 8 miles. If you sign up but are not on pace when camp comes, we will refund your deposit.

New this year: Final payment of \$225 for all attending will be due on June 28th. If we don't receive a check from you and haven't heard from you, then your name will be taken off the list and you will not be going.

Reminder: You are not completely registered to attend camp until you complete the online registration form and submit your \$50 deposit by June 1st AND submit final payment of \$225 and a copy of your insurance card (front/back) by June 28th.

For now, simply complete the online registration form and mail your deposit check to Wendy Mumme by June 1st. Let's make this the best summer running camp ever! Go MCXC 2018!

Sincerely,
Coach Christie
Coach Sexton