

Bridgman MS Cross Country Camp Proposal

In an effort to try to help grow the Bridgman Cross Country program, we are looking at the possibility of hosting a 2 day, 1 night cross country camp for middle school athletes in mid to late August. Our goal would be to have an overnight camp at Warner Camp in Grand Junction, MI, or someplace similar if there are no dates available around that time.

Where: Warner Camp, Grand Junction, MI or similar location

When: Mid to Late August - Depending on availability of the camp.

Who: Cross Country athletes entering 6th, 7th, and 8th grade. Will be chaperone by Coach Cramer and Coach Carr. Other chaperones may be added based on the number of athletes who attend.

Cost: Our goal would be to offer the camp for \$50 or less to athletes. Any costs above that would be paid out of the cross country athletic fund. The cost would cover overnight lodging at Warner Camp, activities at camp, meals, and snacks.

Reasoning: Cross country camp has been a big draw for athletes to be a part of the high school cross country program. Many athletes reference it as their favorite memory from their time running cross country. The hope is that having a shorter camp that is closer to home for middle school students might entice new athletes to try cross country and help the program grow.

We have been in contact with the Warner Camp and they currently have dates available, but we did not want to commit to anything until we had approval from the school.

If there is more information that is needed, please let us know.

Coach Spencer Carr and Coach Emma Cramer

Potential Schedule:

Day 1

8:00 - Leave for Warner Camp, Grand Junction

9:00 - Arrive at Warner Camp and check in

10:00 - Run #1 - 1-3 miles on the trails of Warner Camp

11:00 - Lunch

12:00 - Activity - (Swimming?)

3:00 -

6:00 - Dinner

7:00 - Team Building Activity

9:00 - Night Relay - 1-2 Miles (Glowsticks, Flashlights)

10:00 - Bed

Day 2

8:00 - Morning Run - 2-3 Miles

9:00 - Breakfast

10:00 - Team Building Activity

12:00 - Lunch

1:00 - Activity/Games

3:00 - Afternoon Run - 2-3 Miles

4:00 - Clean up/Pack

5:00 - Leave for Bridgman

6:00 - Return to Bridgman