

19th Annual T.H.S. C.C. Camp >>--C.C.-->> CAMP/CLINIC AGENDA 2013

chaperones: Coach Z (S-W), Coach Lund (S-W), Deb Z (S-T), Coach Miller (S-T), Guy Klopatek (S-M)

Tom & Donna Kuehn (S-W), Sheryl Zedler (S-W), K Delisle (S-T)

Pastor & Jane Gass (S-W), Mary Jones (M-T), Carole Panzer (S-W)

--> Chap. Mtng (Water/pm schedules/shuttle runs/olympics/swimming/campground/daybeach)

Sun. Aug. :00-4:00 p.m. Check-In & Set-up Camp

4:30 p.m. Intro Chaperones/Camp guidelines/"new" team members

6:15 p.m. supper-Grilled Chicken, Buns, Salad, Dessert, Drinks (Gass/McGuire/Van Strydonk/Strassman)

7:15 p.m. Team Meeting -- "THS CC Philosophy"-- Coaching Staff

8:15 p.m. group campfire // Theme-opening ceremonies

Mon. Aug. 7:00 a.m. Campground--meet for stretching

7:30 a.m. **"Gilbert's River Run" (4 or 5)**

8:30 a.m. Group swim & clean-up

8:45 a.m. breakfast-Cornbread, Sausages, Drinks (Kuehn)

9:00 a.m. Team Meeting -- "THS CC Code"-- Coaching Staff

9:30 a.m. break

10:00 a.m. **Speakers--Matt Schauf, Head Coach UW Stout CC & Connor Ahrens, UW Stout CC**
Topic:"Choices to Success" & "College CC Experience"

12:00 noon lunch-BBQ sandwiches, Fruit salad, Pasta salad, Dessert, Drinks (Jarvensivu, Swan, Gaedtke, Tollison)

12:30 p.m. **Presenter--Shane Tulowitzky, Mel's Trading Post Outfitter**

Team Building:"Kayak Games"

12:45-1:30 p.m. girls-kayak //boys-bike trip

1:45-2:30 p.m. boys-kayak //girls-bike trip

3:00 p.m. **Presenter--Dane Sutton, CAT, Valley Athletics, Neenah**
Agility Drills specific to Distance Runners

5:00 p.m. **"Little Falls" (6) shuttle run or "Sand Lake" out & back (3.5)**

6:00 p.m. Group swim & clean-up

6:30 p.m. supper-Spaghetti, Bread, Pasta Salad or Fruit, Dessert, Drinks (Panzer, DeLisle, Webster, Jones, Kouba, Knight)

7:15 p.m. Team Meeting ---"Co-Ed Team"-- Coaching Staff

8:45 p.m. group campfire // Team-building games

Tue. Aug. : 7:00 a.m. Campground--meet for stretching

7:30 a.m. **"Bond Falls Locks Run" (3 or 5)**

8:15 a.m. Group swim & clean-up

8:30 a.m. breakfast-Egg Bake, Cheesy Potatoes, Juice, Milk (Mickevicius-Whiting, Wick)

9:00 a.m. Team Meeting ---"Running Logs & Mileage"-- Coaching Staff

9:30 a.m. ****free time (Jr/Sr)** (Fr/So Kayak Trip-Ontonagon River)**

11:30 a.m. lunch-Turkey w/gravy on buns, Veggies/dip, Watermelon, Dessert bars, Milk (Kiander, Zedler, Gerber)

12:00 noon **16th Annual CC Camp "Olympics"**

2:30 p.m. ****free time (Fr/So)** (Jr/Sr Kayak Trip-Ontonagon River)**

5:00 p.m. **"Hiimanka Hill Run" (4 or 7) to camp-shuttle run**

6:15 p.m. Group swim & clean-up

6:30 p.m. supper-Lasagna, Garlic Bread, Veggie or Fruit, Dessert, Drinks (Larson, Johnson, Tjugum, Dichsen)

7:30 p.m. group campfire // -closing ceremonies & awards

Wed. Aug. 7:00 a.m. Campground

7:30 a.m. **"Bond Falls Basin Run" (3 or 4)**

8:00 a.m. Group swim & clean-up

8:15 a.m. breakfast-Granola bars, Banana, Milk (Dennis, VanStrydonk)

8:30 a.m. **Coaches Corner: "Breakfast Meeting: Q/A-Expectations 2013"**

9:00 a.m. pack up gear // clean camp "no trace"

10:30 a.m. bus pick-up

11:30 a.m. arrive Eagle River-- eat lunch @fast food rest.

12:30 p.m. depart Eagle River

1:30 p.m. arrive back in Tomahawk // H.S. of

EMERG #1: outpost store--> (906) 827-3753 // campground (906) 827-3235 // Coach Z's in-law's (Roger) (906) 827-3702
Z's cell-->715-612-8975 // Coach Lund's cell-715-966-0043 // Coach Miller's cell-715-966-0370

mp guidelin welcome--19th yr...looking forwar ***prior to guidleines**

un 4:30 p.m. (intro coaches & chaperones ---th: **brief parent meeting!**

basic structure is same-->get to kn **key: "Commitment"**

16th annual Olympics (different format), eat well, campfires at night, canoes/kayaks available to use
comment on runs speakers 'top notch', kayaks, etc. avail to use (not alone), new--> intro diff types of runs & RUN
campground "quiet"...is a MUST! "Lights Out" in tents @11:00 nightly!

team poster will be shot this opportunity lost
seniors stay and meet opportunity now

- guidelines-->
1. anytime your chapter ...lead by example
with something you ...attitude is key
 2. this is a public camp ...avoid negative statements
--> quiet time at night- ...create "team" opportunities
--> on the road & trails ...no more "I" only "we"
--> assume someone is
 3. if at all possible stay facing traffic when running
--> do not run more than two abreast on the roads
--> do not split the group on both sides of the road
--> when walking to/from camp-day use never travel alone!
 4. our season has started, all school policies apply here
 5. this camp is for your benefit, any future camps will
depend solely on the interest/enthusiasm/cooperation
of you!!!--> *No Cell Phones!*
--> when a speaker is presenting, quiet, attentive (no sleeping -laying down), ask questions!
 6. how you act when out and about up here is a direct
reflection on the group
 7. no cuts/ put downs/ I
remember ... we are
accomplished this year
 8. there are some newcomers to our program, please do
your best as a veteran to make them feel welcome and a
part of the "best" sport in the world!!! (intro newcomers)
seniors--> it's your team, lead by example!!!! (Meeting)
 9. learn to read your body / feed it when needed / keep it
hydrated/ rest as required / do 'new' things moderately
 10. at this camp you have the opportunity to learn a lot about
cross-country / this group / and yourself... make the
most of this opportunity and have good clean safe fun
in the process // challenge yourself do more, not less

(Sunday 7:15 pm) CC Philosophy (read), stretching / wt rm / pool / core groups / Co-Ed 'key to good clean fun'

philosophy--> heart of program are workouts

heart is muscle-- work it a 'variety' of ways (use of monitors or fingers to check pulse)

oxygen vs debt Aerobic (avoid lactic acid) vs anaerobic (lactic acid build-up "racing") // Key: Threshold Training

training types--> LSD-steady pace training "talk test" (summer "base work"// also in-season maintenance)

training types--> Tempo Runs--> @lactic threshold, 20-25 minutes 90% race pace....no heavy legs at end!

training types--> intervals (set rest w part recovery/longer/slower rp) vs repeats (near full recovery/shorter/faster rp)

training types--> 'speeding up' key to peaking (mid to late season)

training types--> fartlek running (fast/slow alternative...great for learning race strategies)

training games/ alternative to LSD

continue agility, instability ball station, med balls,

nutritional protocol (was in-packet--sample tonight), mental imagery (when needed)

rich tradition this cc history... but each year is new/on top' everyone wants to knock you off (ind or team)

meets (*exciting chance see where you are at*)--okay/natural to be nervous/realistically evaluate results/no excuses

look for small success(s)/have fun/one time in your life to experience 'team'/family atmosphere--involve parents!

Monday 9:00 a.m. CC Code (cover)

Monday 7:15 p.m. Co-Ed program-->think first about what you "say" & "do" (comments about Mom's, urination, etc.)
-->respect for each other is a key--dress accordingly (sports bra's/tattered shirts-questionable)

Tuesday 9:00 a.m. Race Logbook (explain *responsibility--end season p.o. for your booklet)

*race summary sheet/cc philosophy/cc records book/history passed out--take responsibility for!

technology --> CC website ([sched/pract/stats](#))-[Run Log](#) (dbspartner)/[e-mail](#), must have access to computer!

stretching/hurdles/dynamic plyos/ multi-tier workouts take part ownership...pool format workouts

Wednesday 8:30 a.m. train hard, race smart, rest (when needed)--the training plan is very specific, don't deviate to expect?--> *external* motivation (parents/coaches/community)--but, must ultimately come from within=YOU

1. no races during teams are gunning for you--> THS students/friends (**be wary of wolves in sheeps clothing**)

2. SLR's importance *know when it's *grey* "get outa there"...**trouble will find you, don't go looking for it!**

3. Multi-sport-"Yes" **it takes years to gain something, but only a moment to lose it! (TRUST)--parents

4. During season-c ***others won't **say** they want you to fail, but it's easier to revel in, than SUCCESS is

5. No "open" gyms this is a short season, you'll blink and it'll be over....learn to savor each moment! :>

Campfire Games---> Intro camp theme --Bike, Paddle, Run....

Sunday Ni Intro Cerem Intro Core teams---see list below

1b "Search P 8:30 p.m. **Campfire** / 1c "Core Tag"-soft balls (3 per core group)

Girls find guy (yarn-by sex, then mix) (*Thank U Laughing Lisle, I'm Crazy Cindy*)

Guys find girl **Monday Ni Campfire Activity #2- Return Trip to the "Paulding Light"**

then reassemb. 8:45 p.m. (when return t **"Senior Stories"**-mem CC moment

Tuesday N Campfire / (start w seniors, then upperclassmen)

prizes: shirts *limbo, YM! **"Core Names"**

Camp Olympics (Tue. PM)- 20 small cones // lifevests // buoys // 18 rolls toilet paper // 6 short dowlings

6 tic-tac containers attached to paint stirrers // 3 unicycles & helmets // 4 dozen total eggs-1 doz hard-boiled

...each act= 1st place (10 pts.) // 2nd place (8 pts.) // 3rd place (6 pts.) // 4th place (4 pts.) // 5th place (2 pts.) // 6th place (1 pt)

Group Mummy Race

...choose one rep from each coregroup to wrap (need watch for total time)

object : wrap core group with three ro *elephant trunk knock bottle off*

Mad Dog Race (*stocking with golf ball*)

...group must shake out tic-tacs from *head shake race*

object : passing container on stick mo' (*shake head with pedometer for dist*)

Bicycle Race

...obstacle course with cones (need watch for total time)

object : bike thru obstacle cone course around cone and back (1 sec penalty per cone hit)

Egg Roulette

...choose an egg from one of the containers for your core group to pass

object : first whistle start passing egg, second whistle stop, break egg on forehead on third whistle

Paddleboard Race

...one at a time around buoy and back on paddleboard (need watch for total time)

object : paddle around buoy and back on paddleboard, outgoing must remove jacket, etc....

.... if uneven someone will have to go twice (know whom ahead of time)...

Kayak Race

...one at a time around buoy and back with wet bomb on top of kayak (need watch for total time)

object : paddle around buoy and back w wet bomb on kayak, outgoing must remove jacket, etc....
.... if uneven someone will have to go twice (know whom ahead of time)...

Teams-->

A: Jared Jarvensivu, C VanStrydonk, Wittman, Tjugum, A Zedler, Kuehn-6

B: Tollison, D Tomek, Theiler, Wick, Jones, Gass, Swan-7

C: B Tomek, D Kouba, Gerber, C Scholz, Larson, Webster-6

D: Gaedtke, Knight, McGuire, Aslan T, Johnson, Klopatek, Renn-7

E: Kaiser, Dennis, Panzer, Justin Jarvensivu, Whiting, Krueger-6

F: Kiander, T VanStrydonk, E Zedler, A Schultz, S Kouba, Bellile-6

chaperone s 11 pm-1 an 1 am-3 am 3 am-5 am

Sun Kuehn Klopatek/DeLisle Coaching Staff

Mon Gass Jones/Zedler Coaching Staff

Tue Panzer/Z/L Gass Coaching Staff