

20th Annual T.H.S. C.C. Camp >>--C.C.-->> CAMP/CLINIC AGENDA 2014

chaperones--> Coach Z (S-W), Coach Lund (S-W), Deb Z (S-M, T-W), Coach Miller (S-T), ***=special runs!!!

Tom & Donna Kuehn (S-W), Sheryl Zedler (S-T), Mary & Bill Jones (S-M), Dawn Webster (S-M)

Pastor & Jane Gass (S-W), Mike & Sandy Wick (S-M), Terri Mickevicius (S-W)

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

- Sun. Aug. 17** 2:30-3:30 p.m. Check-In & Set-up Camp
 4:00 p.m. Intro Chaperones/Camp guidelines/"new" team members
 4:15 p.m. **Speaker--Derek Stanley, Head Coach UW LaCrosse CC & Track**
Topic:"The Running Lifestyle"
"Bond Falls Basin Run" (3 or 4)
 5:30 p.m. **"Bond Falls Basin Run" (3 or 4)**
 6:15 p.m. Group swim & clean-up
 6:30 p.m. supper-Fish Boil, Bread, Dessert (Larsen, Gass, Kiander, Jones, Zedler, Zuelsdorf)
 7:15 p.m. Team Meeting -- "THS CC Philosophy"-- Coaching Staff
 8:15 p.m. group campfire // Theme-opening ceremonies
Mon. Aug. 18 7:00 a.m. Campground--meet for stretching
 7:30 a.m. **"Cemetary Run" (3 or 5)**
 8:30 a.m. Group swim & clean-up
 8:45 a.m. breakfast-Cornbread/Pancakes & Sausages (Kuehn)
 9:00 a.m. Team Meeting -- "THS CC Code"-- Coaching Staff
 9:30 a.m. break
 10:00 a.m. girls-kayak "Ontonogan River Trip" // boys-geocache & challenges
 12:30 p.m. lunch-Ham Sandwich, Veggies, Dessert (Scholz, Flohr, Panzer)
 1:00 p.m. boys-kayak "Ontonogan River Trip" // girls-geocache & challenges
 4:00 p.m. **Speaker--Chris Cook, 2006 Olympian, YMCA Rhinelander-Wellness Director**
Topic:"Goal Setting--Using Challenges"
"Paulding Light " (3 or 6) shuttle run
 5:15 p.m. **"Paulding Light " (3 or 6) shuttle run**
 6:15 p.m. Group swim & clean-up
 6:30 p.m. supper-Lasagna, Salad, Garlic Bread, Dessert (Gerber, Webster, VanStrydonk, Collins, Zedler, Olson)
 7:15 p.m. Team Meeting ---"Co-Ed Team"-- Coaching Staff
 8:30 p.m. group campfire // Team-building games
Tue. Aug. 19 7:00 a.m. Campground--meet for stretching
 7:30 a.m. **"Gilbert's River Run" (4 or 5) *****
 8:15 a.m. Group swim & clean-up
 8:30 a.m. breakfast-Egg Bake & Muffins (Kiander, Krueger, VanStrydonk, Johnson)
 9:00 a.m. Team Meeting ---"Running Logs & Mileage"-- Coaching Staff
 9:30 a.m. Ontonogan Lake Superior Beach Trip (Swim, Beachcombe, etc.)
 12:45 p.m. lunch-BBQ's, Fruit, Dessert (Tjugum, Svacina, Swan, Jarvensivu)
 1:00 p.m. **17th Annual CC Camp "Olympics"**
 3:00 p.m. ****free time****
 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-Pasties & Cookies (catered by Julie Linnea & paid by athletes)
 8:15 p.m. group campfire // prep "Sock Run" // Senior "moments"
Wed. Aug. 20 7:00 a.m. Campground--meet for stretching
 7:30 a.m. **"Bond Falls Locks Run" (3 or 5) *****
 8:00 a.m. Group swim & clean-up
 8:15 a.m. breakfast-Granola bars, Bananas, Juice (VanStrydonk, McGuire, Wittman/Trzebiatowski)
 8:30 a.m. **Coaches Corner: "Breakfast Meeting: Q/A-Expectations 2014"**
 9:00 a.m. pack up gear // clean camp "no trace" // team pic
 11:00 a.m. bus pick-up
 11:45 a.m. arrive Eagle River-- eat lunch @fast food rest.
 12:45 p.m. depart Eagle River
 2:00 p.m. arrive back in Tomahawk // H.S. office

EMERG #'s: 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

camp guidelines welcome--20th yr...looking forward to the time we will spend together
(sun 4:30 p.m.) (intro coaches & chaperones ---thank for meal prep.--intro newcomers)

***prior to guidelines
brief parent meeting!
key: "Commitment"**

comment on runs basic structure is same-->get to know each other, games, prob-solving, 17th annual Olympics (different format), eat well, campfires at night, canoes/kayaks available to use
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 year during this trip on Tuesday/Wednesday!

guidelines--> seniors stay and meet w me afterwards briefly.....

1. anytime your chaperones/coaches ask you to comply with something you will be cooperative

2. this is a public campground be respectful of others
--> quiet time at night--strict 10:00
--> on the road & trails running
--> assume someone is always listening, watch your mouths

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 as a whole--MANNERS!!

7. no cuts/ put downs/ be sensitive to each others feelings
remember ... we are all in this together... a lot can get accomplished this year if we work together.. it's we not I

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'

cc 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 peeking (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 ths 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!
--> 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

technology

(Wednesday 8:30 a.m.) train hard, race smart, rest (when needed)--the training plan is very specific, don't deviate

what to **expect?**--> **external** motivation (parents/coaches/community)--but, must ultimately come from within=YOU

1. no races during season 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-CC only ***others won't **say** they want you to fail, but it's easier to revel in, than SUCCESS is

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

Campfire Games-->

Sunday Night

8:30 p.m.

prizes: candy

dbspartner.com

prizes: candy

Monday Night

8:45 p.m.

Tuesday Night

8:45 p.m.

Intro camp theme --Team Cohesion--Working Together--Colors=different Individuals

Give each athlete a necklace...colors

Campfire Activity #1a- "Intro game"

1b "Beach Ball" boys vs girls

Activity #2-Intro Core Teams/Olympics/Beanie "Core Names" (discuss while golfing)

Core Golf Activity--**Alt shot/low score/9 holes/bracelets for holes**

Campfire Activity #3-Senior Skit

Glow paint (charge prior for 15 min)

Intro Core teams--Mon night---see list

1c "Capture Flag"--glow bracelets & 2 sticks

boys vs girls

"Senior Stories"--mem CC moment

(start w seniors, then upperclassmen)

Camp Olympics (Tue. Late AM)- 6 beanie animals//6 small cones // lifevests // 3 buoys // 6 frisbees // noodles // 50 straws

****determine team names based on animal chosen (Bermuda Bears)**

M&M's // 12 dishes // 6 cut up cereal boxes

...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)

Cereal Box Challenge

object: to as a group put together the cereal box in less than 90 seconds--place beanie in center when done

...all group members must start with one piece of the cereal box initially

accomplish task in < 90 sec= 10 pts

"Suck It Up" Challenge

object: transfer as many m&m's from one dish to empty dish w beanie in it in under 90 seconds as you can using only a straw and your mouth, no hands! Entire group may participate at once, but cooperation is key, all must attempt!

Spaghetti Noddle Race

...place your beanie animal on top of cone

object: mannicotti noodle exchange relay (no hands)--2 sec penalty if dropped

Frisbee Race

...place your beanie animal on top of cone

object: knock animal off of cone, replace and run back

Kayak Bombing (*prep balloons ahead of time into buckets*)

...3 teams at a time....teammate in kayak by buoy w animal on kayak

object: scores most pts in x# of shots...may shoot at teammate (or other teams) ...

.... 3 pts--hit opponents kayak...2 pts--hit your teams kayak...-1 pt if opponent knocks balloon with paddle

Kayak Race

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

object: paddle around buoy and back w animal on kayak, outgoing must remove jacket, etc....

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

Teams-->

A: Kaiser, T VanStrydonk, Hanke, Scholz, Kuehn, M Waye, Theiler-7

B: McGuire, Zey, Jarvinsivu, Gerber, Jones, S Waye, T VanStrydonk-7

C: Tomek, Panzer, Tjugum, Svacina, Larson, S Kouba, Baumann-7

D: C VanStrydonk, E Zedler, Collins, Gass, Renn, Flohr, Lemmer-7

E: Wittmann, Kiander, Theiler, Johnson, Schultz, Krueger, Webster-7

F: Olson, Klopatek, Wick, Bauer, A Zedler, Whiting, Swan-7

chaperone sched 11 pm-1 am 1 am-3 am 3 am-5 am

Sun Jones/Webster Wick Coaching Staff

Mon Gass/Zedler Kuehn Coaching Staff

Tue Gass/Mickevicius Coaching Staff