

The girl's and boy's cross country teams are proposing a team bonding experience that would take place during the second week of scheduled fall practices. This trip would consist of three days and two nights. The plan would be to leave Monday, August 18th in the afternoon and return Wednesday, August 20th around lunch time. A bus would need to take us to the park and pick us up. We plan to have a school van along in case of emergencies.

This would be a camping trip at Baker Park Reserve in Orono, MN (about 45min from Becker). The kids would be camping in tents. This will be optional for athletes but encouraged as it would be a good time to build camaraderie between athletes, talk about goals, and make lasting memories. It is estimated there would be 20 girls and 20 boys who would join. Funds needed for the trip would be to cover the camp site and food. We would use Fund15 money to cover the costs from fundraising efforts. In addition, we would ask for parent chaperones. There would be four coaches who would be there the entire time, but we would ask for parent chaperones who would be willing to come for the full time or part time.

A rough outline of an itinerary and permission form are below.

Prior to going we would go over the Baker Camp Ground Guidelines ([link](#)). Athletes would be expected to be in their tents at 10pm.

a. How the trip is related to the school class/activity

Training, Team-bonding, nutrition guidance, camaraderie, goal setting, building lasting memories with teammates

b. Destination, itinerary, and the number of school days involved

See below (no school days involved)

c. Transportation

School bus to & from location & school van onsite in case of emergency

d. Housing

Tenting at camp sites

e. Chaperons/Supervisors

4 coaches & Parent volunteers (# based on participants)

f. Probable number of students involved

20 girls & 20 boys

g. Proposed rules for the trip

Baker Camp Ground Guidelines ([link](#)). Athletes expected to be in their tents at 10pm.

Becker Cross Country Team expectations

Separate camping areas by gender

h. Approximate total and individual costs

Fund15 money to cover the costs from fundraising efforts

Group camp sites are \$110 a night (total, not per person)

Food/Meals - estimated:

Transportation - estimated:

i. Fund raising plans

SnapRaise funds from past fundraiser and 2025 SnapRaise (511 submitted)

Becker Cross Country Camp

[Baker Park Reserve](#)

[Oak Knoll Campground](#)

2309 County Road 19, Maple Plain, MN 55359

Monday, August 18

3:00 Begin loading Bus trailer

3:15 Depart from Becker High School

4:00 Arrive @ Baker Park Oak Knoll Campground and set up camp ground/free time to explore/

5:00 Group 1 prep's dinner, others have free time

5:30 Eat (Walking Tacos)

6:00 Group 2 clean up, other's free time

6:15-6:30: Get teams, come up with team name. Hand out bandanas.

6:30-7:30: Ultimate Frisbee (switch every 10 minutes)

8:00-10:00 Free time/games

10:00 Lights out

Tuesday, August 19

7:00- wake up call

7:15- pre run nutrition (granola bars, bananas, fruit snacks)

8:00: Practice long run (10k loop around the lake, or out and back for desired amount)

9:30: Stretch/shower/change

10:00: Group 2 prep breakfast, other's free time

10:30: Eat (Bagels, spreads, bananas, yogurt, granola)

11:00: Group 3 clean up, other's free time

11:30-1:00: Everyone- Balloon Relay, Musical Chairs, Hula hoop step through, Wheelbarrow, Water relay (rotate every 15ish min)

12:45- Lunch (sandwich items, apples, chips)

1:15-4:00: free time, swim/hike/volleyball

4:00-5:00: Running Relay- puzzle Piece

5:00: Group 3 make dinner, other's free time

5:30 Eat (hobo dinner)

6:00 Group 4 clean up dinner, other's free time

6:30-7:30: Team Meeting (goal's, expectations)

7:30-8:30: Minute to Win it games

8:30-10:00 Free time/games/smores

10:00 Lights out

Wednesday, August 20

7:00- wake up call

7:15- snacks prior to run (yogurt, bagels, cereal)

8:00: Practice

9:30: Stretch/shower/change

10:00: Group 4 prep brunch, other's free time

10:30: Eat (cereal, yogurt, granola)
11:00: Group 1 clean up, other's free time
11:30- parting words, crown team camp champion
11:40-12:00- clean up camp
12:00ish: Leave for school
12:45ish: arrive at Becker HS

What to bring...

- Sleeping bag & Pillow (Please put in garbage bag and label with your name)
- Tent (if you have one for your group)
- Towel
- Toiletries (toothbrush, toothpaste, soap, shampoo, brush, deodorant)
- Any meds you need (must be labeled in orig. Packaging with dosage instructions)
- 2 sets of running clothes
- Extra socks
- Extra pair of shoes
- Sweatshirt
- Water bottle
- Snacks (We will have some snacks but also bring some for yourself or to share)

Permission Form Waiver for Becker Cross Country

I _____, the parent of _____,
give permission for my child to attend the **Becker Cross Country Camp @ Baker Park**,
2309 Baker Park Rd, Maple Plain, MN 55359 **on August 18th-August 20th, 2025**. We will
be staying at the Oak Knoll group camp ground.

I understand that personal injury can and may occur to my child, and I hereby authorize
Becker High school cross country coaching staff and chaperones to seek and consent to
emergency medical attention for my child as needed; and I further agree to be liable for and
to pay all costs incurred in connection with such medical attention.

I hereby release **Becker School District**, its employees, agents, and volunteers (including
Becker Transportation Department and Three Rivers Park District) from any and all
liability, claims, demands, causes of action and possible causes of action whatsoever arising
out of or related to any loss, damage or injury (including death) that may be sustained by
my child while participating in or traveling to and from this event.

The following is all of the insurance information, restrictions, allergy and medication
information necessary for my child to receive appropriate medical care.

I give permission for my child to ride in any vehicle designated by **Becker High/Middle
School**, its employees, and adult volunteers, while participating in and traveling to and
from this event.

I agree to accept full responsibility, financially or otherwise, for any damage my child may
do to the property of Becker Cross Country, properties visited on outing, other's personal
property, or vehicles used for transportation.

I agree and consent to all of the above stated.

(Parent Signature)

(Date)

(Emergency Contact Name and Phone Number for the Day of the Trip)