

Bella Vista Cross Country Camp

Date: July 31st -Aug 4th, 2017

Place: Clair Tappaan Lodge:19940 Donner Pass Rd, Norden, CA 95724 (near Donner Lake)

Cost: \$325

Payable to: Bella Vista XC Booster Club

Return registration to: Coach Kuphaldt: 4416 Kenneth Ave., Fair Oaks, CA 95628

Leave: Monday, July 31st at 1:00pm **Return:** 1:00 pm Friday, Aug 4th

What to bring:

- Sleeping bag or blankets and (a pillow and fitted bed sheet are provided).
- Running Shoes. Optional second pair.
- Water bottle. Very important!! Some runs may require you to bring your water bottle with you.
- Bathing suit. We will go to Donner Lake beach one afternoon.
- Pajamas, clothes to relax in
- Toiletries (don't forget sunscreen and chapstick)
- Towel and washcloth
- Shorts, t-shirts, underwear, socks, hat
- Jacket or sweatshirt (evenings, early morning can be cool)
- Pen/Paper/Journal (for goal setting)
- Book/Favorite game (for down time)
- Flashlight
- Optional camp chair (there will be several outdoor chairs and logs, but not enough for everyone)
- A positive attitude + enthusiasm

Please fill out and return to Coach Kuphaldt: 4416 Kenneth Ave., Fair Oaks, CA 95628

Athlete Name: _____ School Year _____

Cell Phone: _____ Home Phone: _____

Address: _____ City: _____

Zip: _____ Email: _____

T shirt Size: S M L XL

Special food requirements/allergies: _____

Any health issues/concerns: _____

Parent 1 Name: _____

Home Phone: _____

Cell Phone (P1): _____ Cell Phone(P1): _____

Parent 2 Name: _____

Home Phone: _____

Cell Phone (P1): _____ Cell Phone(P1): _____

Willing to drive athletes up to camp on Monday 7/31? Yes / No

Willing to drive athletes home from camp on Friday 8/4? Yes / No

If "Yes" How many does your vehicle seat including the driver? _____