

Bella Vista Distance Camp

Date: July 26th –July 30th, 2021

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

Cost: \$375 \$100.00 deposit due immediately. 275 due June 15th

Payable to: Bella Vista and Cross Country and Track Booster Club

Return registration form and deposit to:

Melissa Hymas
4100 Hillcrest Ave
Fair Oaks, CA 95662

or

email the fillable form to swensonsrock@gmail.com
and pay using the "Donate" button at BVTrack.com (please type Camp with Athletes name when depositing online)

Leave: Monday, July 26th at 1:00pm from BV parking lot.

Return: 1:00 pm Friday, July 30th

What to bring:

- Sleeping bag or blankets (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 and beach towel. We will go to Donner Lake beach one afternoon.(Spending money for the Donner Lake snack bar is optional)
- Pajamas, and clothes to relax in.
- Toiletries (don't forget sunscreen, bug spray and chapstick)
- Towel and washcloth
- Shorts, t-shirts, underwear, socks, hat (for 5 days).
- 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 logs, but not enough for everyone)
- A positive attitude + enthusiasm

Please fill out and return to Erica Swenson or Melissa Hymas with deposit

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 7/26? Yes / No

Willing to drive athletes home from camp on Friday 7/30? Yes / No

If "Yes" How many does your vehicle seat NOT including the driver? _____

Parent Interested in staying for the week and helping at camp? Yes / No