

NE OHIO CROSS COUNTRY CAMP

Dear Runner,

Welcome to the NE Ohio Cross Country Camp. We hope that you are as excited about this summer's camp as we are. This is your acceptance letter for Week 1 of camp that runs from July 16th - 21st. Also, important information regarding camp is provided to you in this letter along with information about the necessary forms that you need for the camp. If you have teammates attending camp, please alert them to read their email to receive this important information.

The first and most important of preparations is for you to make certain that you use the time before camp begins to get in distance training. By the week prior to camp, you should be running 5-7 days a week for at least 3-6 miles per day. Speed isn't as important as the distance at this time of year, but do work on increasing your weekly mileage. Coming to camp without the proper base of training will only set you up for disappointment and/or injury. **SO RUN!!!**

By July 1st we must have the following two forms completed as well as payment of the balance of the camp fee. Please place your camp ID# on all forms and checks. Your camp ID# can be found at this link - [Camp Roster Link](#) .

1. A copy of current school physical form signed by doctor submitted via this form: [Physical Submission Form](#) (electronic submission via the form is strongly preferred - instructions are included in the form). If you cannot submit it electronically you may mail it to NEO CC Camp, 2533 Davis Peck Rd, Cortland, OH 44410.
2. Camp rules and precautions form submitted online at this [Camp Rules and Safety Link](#) - This form must be read and approved by parents, also.
3. Payment of the balance of the camp fee must be completed by July 1st. You can see how much you owe for the balance of the camp fee and make payment online here - [Camp Online Payment Link](#) (this link is also on the camp web page). Payment can also be made by check and mailed in to my home address following. The balance of fee can be determined by subtracting your deposit paid (\$75) from the camp fee of \$340. For online payments, the fee is your deposit subtracted from \$350 to cover the fee that we are charged for a secure online transaction.

If paying by check, mail the payment to my home address of: **NEO XC Camp - 2533 Davis Peck Road - Cortland, OH 44410** (This is my home address, not the camp address - **do not show up there for camp!**)

You are asked to report to the camp for **check-in** between 2:00 and 4:00 PM on Sunday, July 16th. Please try not to arrive before 2:00, as we will be unavailable to assist you until that time. If for some reason you cannot arrive until after 4:00 PM, please contact us in advance to make arrangements for check-in.

The location of the camp is the Temple Hills Camp, 5734 Durbin Road, Bellville, Ohio 44813 (please do not send mailings to this... use my home address above). When you arrive, park in the first parking area to the right at the end of the long driveway, across from the picnic shelter. Carpooling is encouraged as there will be more cars than parking spaces at camp. Cabin assignments and other information will be given to you there. You will then be instructed to drive to your cabin and unpack. You **MUST** stop to check in at the registration site so that we know you have arrived!

Following is a list of items that you should bring for your stay:

- Running clothes, running shoes, leisure clothes and some warmer clothes
- Sleeping bag and pillow or sheets, blanket and pillow

- Water Bottle with your name on it - we supply coolers with water and Gatorade but you will need to keep a water bottle with you.
- Bottled water if you think you may not like the camp water
- Swimsuit, shower sandals and several towels
- Toiletries and sunscreen
- Flashlight (bring it to every evening meeting, it is dark when we leave!)
- Phone Charger
- Multiplug outlet/extension cord - each cabin has only 1-2 outlets
- Bug spray
- Optional: fan, cards, frisbee, etc.

Camp dismissal will occur between 11:00 PM and 1:00 PM on Friday, July

21st. Parents can arrive any time during this interval to pick up their runners. Upon arrival on that day, parents can go straight to their runner's cabin and load up their gear. All athletes must be picked up by 1:00 PM.

In case of emergency, I can be reached on my cell at camp at 330-984-2081.

Ted Rupe and Staff

ted.rupe@gmail.com

PS - After camp check-in, we will be going on a relaxed distance run Sunday afternoon at 4:30 PM. We will eat dinner at 6:30. Plan your Sunday eating schedule accordingly. Also, updates concerning camp, including tentative cabin assignments will be posted on www.gopherarun.com. Check your email frequently!