



PARKVIEW HIGH SCHOOL CROSS COUNTRY

998 Cole Drive Lilburn, GA 30047 770.921.2874 Fax: 770.806.3797

Team Retreat 2010

As we prepare for the upcoming cross country season, we invite you to get away from running the sidewalks of Lilburn and join us on the trails of Berry College for our 3rd annual team retreat! The goal of the retreat is to make us a stronger team--by making each individual a better distance runner through training and education while at the same time bringing the group together as a team. Like other running camps, each day will consist of some training runs, informational clinics, team activities and some free time. Unlike other running camps, however, our retreat will be designed with only our team in mind which means we can be as flexible as we want while getting us motivated for the 2010 season. It promises to be a lot of fun!

The team retreat will begin on Monday, July 26th and conclude on Friday, July 30th. We will depart by bus from the front of the school at 9:00 am on Monday and return around 3:00 pm on Friday afternoon. While at the camp, the runners and coaches will be staying one of the forms on campus. Each dorm room is equipped with two twin beds and dressers.

What to Bring

Each person will be responsible for bringing the following items:

- Sheets for twin bed, pillow, blankets
- Bath Linens
- Toiletries
- Training shoes
- Several sets of training clothing*
- Plenty of socks
- Bathing suit & towel

*The dorms are equipped with a laundry room but please bring enough running clothes to last at least a few days.

Tentative Daily Schedule

- 7:00 am Morning Run
- 9:00 am Breakfast
- 10:30 am Education Clinics
- 12:00 pm Lunch
- 1:00 pm Free Time
- 3:00 pm Swimming
- 5:00 pm Easy Run
- 6:30 pm Dinner
- 8:00 pm Team Activities

We are going to try to be a bit more flexible with the schedule this year which may mean eating outside of the dining hall on some meals. Hopefully, this will allow us more time on our runs and more time to do what we want.

Camp Fees

The cost of the team retreat will be **\$300** for each athlete, which includes 4 nights lodging, 12 meals, limited accidental insurance, use of the facilities, camp T-shirt, and other amenities. All checks need to be made out to our booster club: **Parkview Cross Country Booster Association** and turned in to Coach Tigie or Coach Johnson by July 19th.

Contact Coach Tigie at james_tigue@qwinnett.k12.ga.us or coachtigue@hotmail.com with any questions.

Please fill out and detach and return to Coach Johnson or Coach Tigie to let them know if you are planning on attending this year's team camp.

2010 Team Retreat Reservation Form

Name: _____ T-Shirt Size: _____

Street Address: _____ City: _____ Zip: _____

Home phone number: _____ Cell phone number: _____

Student email: _____

Parent's email: _____

Parents' names: _____ and _____

Preferred Roommate: _____