

2008 Cross Country Training Camp

WHEN: July 24th (starting at 6:00pm), 25th & 26th (ending at 6:00pm)

WHERE: Pine Lake Fellowship Camp (10371 Pine Lake Rd just off Woods Rd)
(This is just a few miles from Midway Baptist Church off Hwy 19 North)

COST: \$75.00 per student (7th grade – 12th grade in 08/09 school year)
(cost includes food, drink, lodging, and all other activities)

LIMITED NUMBER OF SPOTS AVAILABLE! (07/08 Cross country members have first choice, but \$20.00 deposit required by March 31st to secure spot)
After March 31st first come, first serve with \$20.00 deposit) **ONLY 24-28 SPOTS AVAILABLE!**

Activities to include:

Organized training runs through the trails (different level group runs of beginner, intermediate, or advanced) Three runs on Friday & Saturday +

Running games, Ropes course, Zip line

Guest speakers (to include Coach Doug Pinkerton of Delta State University, Dr. Durgin, and Clay Wall) speakers subject to change

Free time to swim, fish, play volleyball, basketball, canoe, paddle boat, or just hang out and chill!

Three students per cabin + one adult, all cabins air conditioned with private bath.

The goal of this camp is to teach running skills and training methods for becoming a better runner, but also to teach how applying the discipline of running to life can make you a better person. (Devotion and quiet time each day)

ALL RULES AND REGULATIONS OF THE CAMP AND COACHES MUST BE AGREED TO BY PARENTS AND STUDENTS, AS WELL AS A MEDICAL WAIVER SIGNED BEFORE THE STUDENT CAN ATTEND!

To reserve your spot or to obtain more information, contact:

Coach Doug Ishee @ 601-692-6999 or racin4.god@comcast.net OR
Coach Brent Manasco @ 601-527-7930 or dmanasco@lauderdale.k12.ms.us