



Dover Cross Country Camp 2009 Agenda

Friday, July 24th	
7:30	Meet at school near track and load up
8:00	Leave school for camp
11:00 – 12:00	Stop for lunch at General Store. There are short order and deli options available. Bring your own money.
12:30	Arrive at Camp – Brief orientation
1:00 – 4:00	Setup camp and free time
4:00 – 4:30	Stretching Fundamentals
4:30 – 5:30	Prediction Run / Swap Meet
6:00	Dinner
7:30	Campfire Seminar <ul style="list-style-type: none"> • The will to win means nothing without the will to prepare
10:00	Lights out

Saturday, July 25	
7:30 - 8:30	Morning run
9:30 - 11:30	Free Time
11:30 – 1:00	Lunch
1:00 – 4:00	Organized game/activity (Relay Run)
5:00	Dinner
7:00	Team Run
9:00	Campfire Movie <ul style="list-style-type: none"> • St. Ralph
11:00	Lights out

Sunday, July 26	
7:30 - 9:00	Morning run – West Rim Trail
9:30 - 11:30	Free Time
11:30	Lunch
12:30	Clean up camp
2:00	Awards & Leave for Dover
6:00	Arrive back at School