



## 2018 Washington Cross Country Camp July 8<sup>th</sup> – 12<sup>th</sup>, 2018 **Commuters**

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### **CHECK-IN (Sunday, July 8<sup>th</sup>) at 4:00pm – 4:30pm**

- Day campers are welcome to attend our first evening on Sunday July 12<sup>th</sup> at the *McMahon Hall Lounge*. This is an optional not mandatory session. || **See Drop Off/Parking Map Below** ||
- Campers can be dropped off in front of the *McMahon Hall* dorm, and then proceed to the Padelford Parking Garage for free Sunday parking.
- Check-in for remaining days (July 9<sup>th</sup> – 12<sup>th</sup>) will be at the *Outdoor Track Plaza* daily from 8:45am – 9:00am || **See Drop Off/Parking Map** ||
- We will provide lunch each day, but you may consider bringing some light snacks and water bottle.
- We will begin our first session Sunday with an easy run at 4:30 through the Arboretum, after getting settled. Please be on time and come dressed to run. Our bus will leave each morning at 9:05am for our morning training location. Call Coach Drake on the camp phone (206-240-3343) if you are going to miss a day of camp. Please be on time, as we need to leave on time.

### **CHECK-OUT (Thursday, July 12<sup>th</sup>) at 11:30am**

- We will have a Closing Presentation Thursday July 12<sup>th</sup> at 10:30am in the *Alaska Airlines Arena Tunnel Assembly Room* in which parents are welcome to attend.
  - Camp will conclude at 11:30am on Thursday July 12<sup>th</sup> following our closing presentation.
  - Checkout will begin following the closing presentation. Temporary parking is available in the E-18 Parking Lot || [Click to Download TEMPORARY Parking Pass](#) ||. Please be aware that if you attend the closing presentation you will need to pay for parking. There are several parking kiosks around the athletic facilities.
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### **GENERAL DAILY SCHEDULE**

A general agenda for the week is as follows:

(Sunday/Thursday will be abbreviated to accommodate Check In/Check Out.)

8:45-9:00	COMMUTERS CHECK IN AT – OUTDOOR TRACK PLAZA
9:05	HEAD TO BUS AND DEPART FOR - TRAINING LOCATION
10:00	RUN
11:30	LUNCH AT TRAINING LOCATION (We will provide lunch)
1:00	RETURN TO DORMS – FREE TIME ON CAMPUS
1:45	MEET AT HAGGETT TO WALK TO STADIUM
2:00	DAILY LECTURE
3:00	AFTERNOON TRAINING SESSION
5:00	COMMUTERS DISMISSED – OUTDOOR TRACK PLAZA



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### **CAMP FAQs:**

#### **FOOD AND HOUSING**

Day Campers will be provided lunch, and are also welcome to attend our opening session with a light run and Pizza Night Sunday evening July 16<sup>th</sup>.

#### **SUPERVISION AND CONDUCT**

Campers will be supervised at all time to ensure a secure and safe environment. Any misconduct by a camper is grounds for immediate dismissal from the camp without a refund. Drugs, alcohol and smoking are strictly prohibited and our staff will implement a strict, zero-tolerance policy when dealing with these issues. Please see the list of camp rules attached.

#### **MEDICAL**

Any medical conditions must be reported to our medical staff upon check-in. Washington Track Camps will not be held responsible for administering medications, but can house and store medications during camp. Please be aware that Washington Track staff will not administer medications of any type (prescription or over-the-counter) to camp participants of any age.

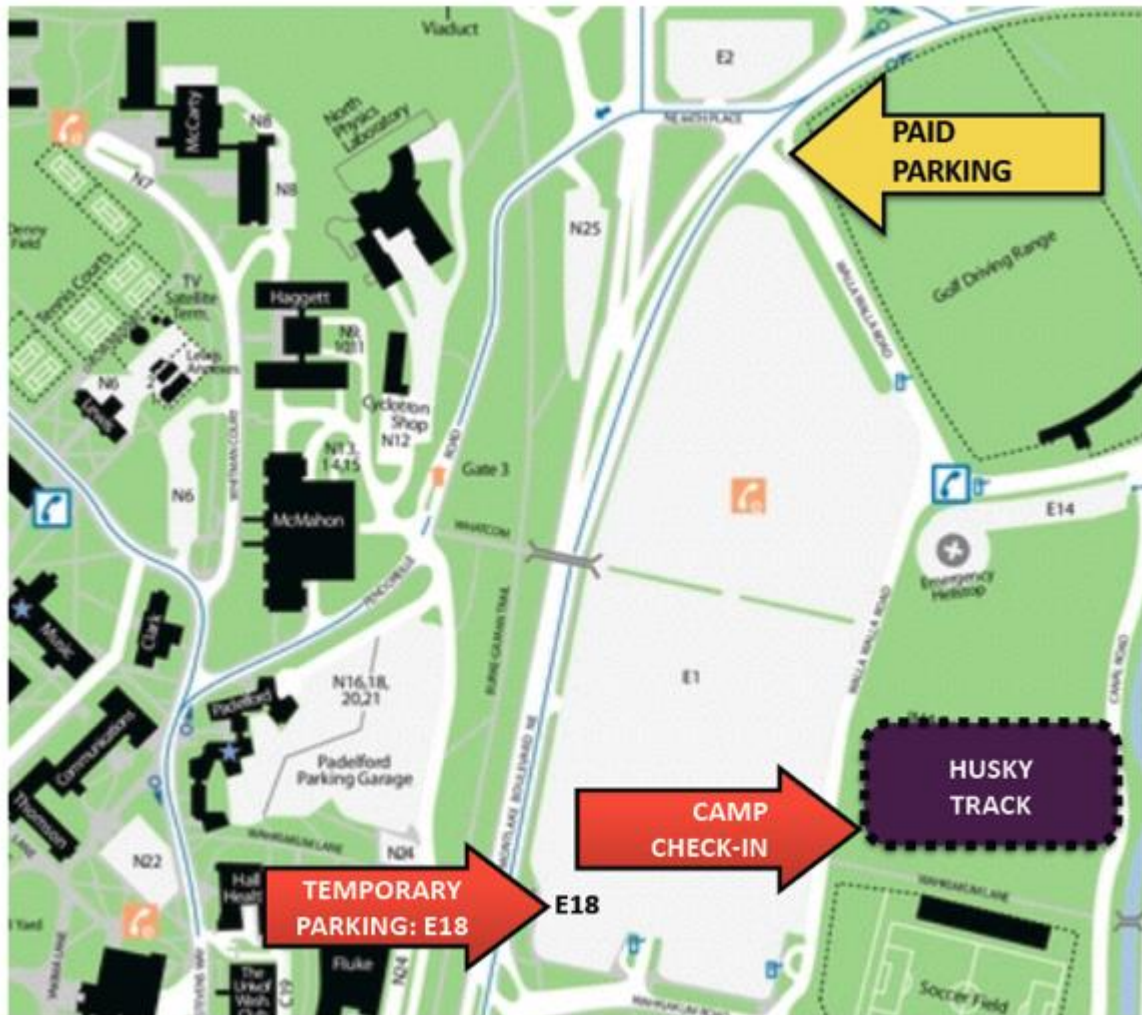
#### **CONTACT INFO**

Please feel free to call our camp director Jason Drake on the camp phone at 206-240-3343 with any questions or concerns.



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# XC CAMP PARKING MAP





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### Items To Bring to Camp (**commuter**)

#### CHECKLIST TO BRING TO CAMP

- Camp Wavier
  - Training Shoes
  - Clothing for workouts, including t-shirts, shorts, and athletic socks
  - Backpack
  - Notebook with pens and pencils
  - Swimsuit (we will cool off in several lakes/rivers)
  - Towel
  - Light rain jacket
  - Running Watch
  - Weather appropriate clothing
  - Sunscreen
  - Spending money for snacks, souvenirs, and free time
  - Water Bottle (staying hydrated is critical at camp)
  - Cell phones and iPods are acceptable, but **NO RUNNING** with these devices. We encourage campers to unplug and enjoy the moment.
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#### ITEMS TO LEAVE AT HOME

- Absolutely no Alcohol, Tobacco, Illegal Drugs, Firearms, etc.
- Boom boxes or other large music players
- Portable speakers for iPods or other audio players
- Video game consoles
- Anything that's not in the spirit of a camp (razor scooters, water guns, etc.)
- Firecrackers or other explosive devices



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### CAMP RULES

Campers will be supervised at all times, and any misconduct by a camper is grounds for immediate dismissal from the camp without a refund. Please review the following rules and policies of camp:

- Treat others with kindness and respect and only use appropriate language and gestures.
- Bring a great attitude and willingness to work hard!
- Respect personal property of others and do not take or use anything that does not belong to you.
- Please be aware of the camp schedule, and be to scheduled meetings, meals, and training sessions on time.
- Possession or use of illegal substances (including drugs) or any legal substance illegally (including alcohol, tobacco, and prescribed medications) is strictly prohibited.
- Possession of any functioning, non-functioning or prop weapon or firework is strictly prohibited.
- Cell phones and other valuables may be brought to campus; however Washington Track Camps will not be responsible for damaged, lost or stolen items.
- Switching assigned dormitory room without authorization from camp staff is strictly prohibited.
- Boys stay out of girls rooms, and girls stay out of boys rooms at ALL TIMES! No exceptions!
- You may not leave camp without permission from our staff, and campers are NOT to leave campus ever during free-time.
- Campers that drive to camp must turn in keys to camp staff until the conclusion of camp.
- Misuse or damage of University of Washington property is prohibited. Fees will be assessed against participants responsible for damaged or missing University of Washington property.
- Room key cards and meal cards issued to a participant must be returned by that person at check-out. Fees will be assessed for any item not returned as follows; room key - \$100.00, meal card \$10.00

**\*\* Failure to comply with these policies and rules may result in immediate dismissal from camp with no refund. \*\***