

# OHS Girls Cross Country 2022 Summer Camp

## **What to Bring:**

Please bring all items in a bag.

- Running clothes for at least 2 practices each day
- Two pairs of running shoes
- Casual clothes to change into after running (nothing fancy – no need to dress up)
- Swimsuit and towels
- Sweats/jackets - in case the evenings get cool around the campfire
- Beach towel to sit on for certain activities
- Lawn chair – we will be spending the majority of our time outside
- Toiletries – body wipes & deodorant
- Hand sanitizer
- Bug spray
- Sunscreen – apply before coming to camp each morning and have extra to reapply
- Reusable water bottle
- Trash bag for wet/dirty clothes
- Notepad & pen – for taking notes & interviews
- A healthy filling lunch –if anything contains nuts it must stay in your own bag/cooler
- 2-3 snacks for yourself. (You are welcome to bring snacks to share on the “snack table.”)

Fixings for s’mores & popcorn for our movie night will be provided by the booster group.

Ice & water will be available at camp.

## **Camp Rules:**

1. No leaving the campgrounds for any reason. (Unless pre-approved by Coach Dewese or Coach Sosa)
2. Stay together/run together – no individuals wandering off.
3. If you need to leave the team area let a Coach Dewese or Coach Sosa know where you are going.
4. Phones are only permitted during specified free periods.
5. Violation of camp rules will result in parents being called and asked to pick up their athlete early from camp.

## **How to reach us:**

Coach Dewese	(614) 561-4907
Coach Sosa	(614) 592-7484
Laurie McGill	(614) 542-7940
Julie Madsen	(614) 787-2127