

## 2024 Bengal Cross Country Team Camp Sign-Up Form

**Deadline: Friday, August 16<sup>th</sup>** at practice-8am (this is a hard deadline)

Dates of Camp: **August 23-24 (Friday 9:30 am through Saturday 5:00 pm)**

Cost: \$110.00 (includes 1 night lodging, t-shirt and 4 meals) Athletes should arrive having eaten breakfast, but we will eat lunch at camp! Write checks to BHS.

My athlete \_\_\_\_\_ has permission to attend Cross Country Team Camp at Koronis Retreat Center August 23-24.

Adult T-Shirt Size \_\_\_\_\_ **OR** Youth T-Shirt Size \_\_\_\_\_

Dietary Restrictions? \_\_\_\_\_

Emergency Contact Name(s) \_\_\_\_\_

Phone #: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

---

### Tear off and keep this packing list:

- **Water bottle**
- Pillow
- Sleeping bag or sheets/blankets
- Toothbrush/Toothpaste
- Sunscreen
- Pajamas
- Flashlight
- Running clothes for up to 3 workouts (1 is a game)
- 2 regular outfits-things that you won't care if they get a little dirty
- Long sleeve shirt and pants for evening (bugs)
- Raincoat or poncho
- Shampoo, soap, razors etc. that you need (you **WILL** shower)
- Sandals
- Shoes/Running shoes
- Towel(s)
- Swim suit/trunks
- Insect repellent (stick or lotion if you have it!)
- Running watch if you have one
- Snacks (optional-all food is provided!) please don't bring a ton.
- Games (optional)

**Departure Time Reminder: 9:30am on Friday the 23rd-put this in your calendar!!!!!!**