



CAMP INFORMATION

Parents/Athletes,

As you may know, on August 14-17, the Pine-Richland Cross Country program is hosting its fourth annual cross country camp. The camp is being held at Raccoon Creek State Park. As indicated at the end of the year meeting with the athletes, the purpose of this camp is to build team unity, train hard, promote running and have fun. The coaches and booster parents have many fun and exciting things planned for the camp. Attendance at the camp is mandatory for all high school runners unless you have a family emergency or vacation planned.

This informational packet is to provide details for the camp. Included in this packet is a checklist of things to bring, a tentative schedule and directions to the camp.

Arrival and Departure:

High School: A bus will transport the High School runners to and from the camp. The High School runners are to meet at the high school NO LATER than 2:00 PM on Sunday, August 14. The return trip is scheduled for Wednesday, August 17, arriving back at the high school between noon and 1:00 PM.

Middle School: The Middle School runners are invited to attend the camp on Monday, August 15. The Middle School runners will be departing from the middle school on Monday, August 15 at 8:30 AM. They will be returning back to the middle school the same day around 8:30 PM. Additional details will be announced.

Cost:

The charge for the camp is \$70.00 for the High School runners and \$20.00 for the Middle School runners. To reserve a spot, please make your check payable to "Pine-Richland Cross Country Boosters". Your payment must be sent to the Saklads on or before Friday, July 22.

Mail your check to:

Doug/Debbie Saklad
1168 Woodhill Drive
Gibsonia, PA 15044

Physicals:

The completed physical forms must be turned into the Athletic Office prior to attending camp. You will not be able to attend camp unless you have completed these forms. Do not bring the forms to camp. They must be turned into the Athletic Office. The physical forms can be found online at:

<http://www.prsd.k12.pa.us>

Closing Remarks:

This camp will be a rewarding experience and enhance the quality of our teams and program. Mr. Thomas and I are looking forward to working with our runners at this camp and for another exciting fall running season.

Regards,

Coach Devinney
(724) 625-4444 x 1817
(412) 828-8063

Other important contact information:

Doug/Debbie Saklad (724) 444-6530
Email: debbiesaklad@zoominternet.net

Pine-Richland High School Cross Country Camp

When: August 14 – August 17, 2005

Where: Raccoon Creek State Park

Who: P-R High School and Middle School students who enjoy Cross Country Running

Cost: There will be a registration fee of \$70 for High School Students and \$20 for Middle School Students (Monday only)

Transportation: A School bus will be provided for this event.

Meals: Included as part of the registration fee

Program: Pine-Richland Coaches Brian Devinney and Don Thomas along with the Cross Country Booster Organization is sponsoring this Cross Country Running Camp

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☐ Yes, I'm a High School Student interested in attending the Pine-Richland High School running camp.

☐ Yes, I'm a Middle School Student interested in attending the single day running camp.

Student's Name:

Grade: _____

Address:

Phone: _____

Cross Country Camp Shirt (optional) * **High School Runners Only** * Size _____ \$12.00

Parent's or Guardian's Name:

Parent's or Guardian's Email Address (optional):

**Please return the bottom part of this form with payment no later than July 22.
Make checks payable to "Pine-Richland Cross Country Boosters."**

TENTATIVE DAILY SCHEDULE

AUGUST 14:

2:00 PM..... Bus Departs from High School
3:00 PM..... Check In
4:00 PM..... Team Meeting
5:00 - 7:00 PM Dinner
7:00 - 9:00 PM Evening Activities
10:00 PM..... Lights Out

AUGUST 15 – 16:

High School

7:00 AM.....Breakfast
9:00 - 11:00 AM.....Training
12:00 PM.....Lunch
1:00 PM.....Guest Speaker
3:00 - 5:00 PMTraining
6:00 PM.....Dinners
7:00 - 10:00 PMEvening Activities
10:00 PM.....Lights Out

Middle School - August 15:*

8:30 AM.....Depart from Middle School
9:30 AM.....Check In & Orientation
12 :00 PM.....Lunch
1:00 PM.....Guest Speaker
3:00 - 5:00 PMTraining and Exercise
6:00 PM.....Dinner
7:15 PM.....Departure
8:30 PM.....Arrival to Middle School

AUGUST 17:

7:00 AM.....Breakfast
9:00 -10:30 AM.....Training
12:00 PM.....Check Out

* On August 15, the Middle School runners will arrive in the late morning and stay through dinner.

- This Schedule is Tentative and is Subject to Change -

THINGS FOR ATHLETES TO BRING

- **WATER BOTTLE**
- Air mattress/foam pad/cardboard to place over springs
- Sleeping bag
- Pillow
- Extra blankets
- Towels
- Soap/shampoo/personal health items
- Toilet paper
- Sun screen
- Bug repellent
- Alarm clock
- Lawn chair
- Workout clothes
- Socks
- Flashlights
- Sweatshirt/jacket
- Extra pair of shoes
- Swimsuit
- Umbrella

DO NOT BRING:

- Money
- Anything valuable
- **No cell phones – the coaches have cell phones if there is an emergency**

** The coaches and boosters will take care of the rest.*

DIRECTIONS TO RACCOON STATE PARK

Driving Time: Approximately 1.5 Hours :: Park Office: (724) 899-2200

1. Take PA-910 W. [5.4 miles]
2. Turn LEFT onto I-79 S..... [12.5 miles]
3. Take the PA-60 N exit, towards AIRPORT/MOON RUN..... [0.4 miles]
4. Merge onto PA-60 N. [3.0 miles]
5. Stay straight to go onto STEUBENVILLE PIKE..... [0.5 miles]
6. Stay straight to go onto US-30 W. [3.5 miles]
7. Stay straight to go onto PENN LINCOLN PKWY..... [0.3 miles]
8. PENN LINCOLN PKWY becomes WILLIAM PENN HWY. [9.1 miles]
9. WILLIAM PENN HWY becomes US-22 W..... [1.6 miles]
10. Take the PA-18 exit towards FLORENCE/BURGETTSTOWN. [0.2 miles]
11. Turn LEFT onto PA-18..... [6.0 miles]
12. Follow PA-18 into Raccoon State Park
13. Make a left at the Park Office
14. Refer to detailed park map for directions to Organized Camp Site #2



Pine-Richland School District

Administrative Office
702 Warrendale Road
Gibsonia, PA 15044-9534
(724) 625-7773

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