



## Team Camp

This camp is for any girl running cross-country during the fall of 2009. Each girl is EXPECTED to attend unless written permission has been verified by Coach Dobson as this is during official practice.

### Contact Information:

Northwest Ohio Christian Youth Camp  
8877 S. Twp. Rd. 131  
McCutchenville, OH 44844

(419) 981-2662

Camp Director: Ron Martin

Dates of Camp: Sun., Aug. 16<sup>th</sup> - Thurs., Aug. 20<sup>th</sup>

Cost: \$110.00 (check payable to Centerville Girls Cross Country)

Departure Time: Sunday, August 16<sup>th</sup> @ 1:30 PM – HS Athletic Entrance

Arrival Time: Thursday, August 20<sup>th</sup> @ ~ 5:00 PM – HS Athletic Entrance

### General Information:

This is a team camp developed by my former HS coach Ron Martin. Ron is one of the most decorated HS coaches in Ohio and is renowned by many as one of the best coaches in America. Ron took a break from coaching and started this camp but has now returned to coaching at Tiffin University. He began this camp as a way to give back to coaches and athletes in the sport of running.

This camp is a team camp. Boys and girls teams from around the state will be participating. The camp is designed to be a place where coaches can bring their athletes to train. The camp is as structured as I design it to be. You will stay in a cabin with 9-16 other Centerville ladies. We will run one or two times a day and usually have a water workout in the afternoon. The other times will be filled with team activities, competitions, guest speakers, evening activities, individual goal sessions, team meetings, etc.

## What To Bring

Sleeping bag/bed linens

Pillow

Swimsuit(s) and towel (1 must be a 1 piece suit)

Running clothes for 4-6 running sessions

Running shoes

Wash cloth and towel

Toiletries

Flashlight

Bug spray

Fan (1-3 per cabin – it was cool enough last year that they were not needed)

Extension cord (1-2 per cabin)

Food (3 nutritious meals will be served plus a snack, but if you want anything else you'll need to bring it)

Water bottle

Goals for upcoming season (team and personal)

Positive attitude

There is also a team camp T-shirt for sale. The cost is \$10.00 and is only available if ordered before camp. Let Coach Dobson know your size along with your money ASAP. You may include this on your check. Please be certain to include the size in the memo line. A camp shirt can be only guaranteed if ordered and paid for before August 10th.