

Rocket Cross Country Camp (Onaway) 2015

August 18, 19, 20, 21

How Much Does Camp Cost?

The cost of the trip is \$160.00. Athletes should hand their check in with their permission slip by August 18th. Please make your check out to the Neenah Boys Cross Country Booster Club. The money pays for transportation, meals, housing, lifeguards, and use of all the equipment at the camp. The initial cost for each person was higher, however, because of contributions by the Boys Cross-Country Booster club the price is more reasonable. We do appreciate the difficult financial times we live in and will happily work with families if they feel that they are unable to pay for the cost of camp. Extra donations are always welcome and will be used to bring down expenses for the camp and equipment expenses.

What Should I Bring?

The athletes will be staying in cabins. Each person will need to bring a sleeping bag or sheets and a pillow. Participants may also want to bring snacks and beverages to consume between meals. Swimming trunks, running attire and at least **two pairs of shoes** are needed.

Freshmen /New Participants

I strongly recommend that all the freshmen consider going on this trip. Coaches, seniors and chaperones will ensure that all new participants feel welcome and at home. Neenah High School is a big place but Cross Country helps student athletes become part of an empowering community even before the school year starts. This is a great opportunity to get acquainted with each team member while getting in better shape.

What if Camp Onaway Conflicts with Registration for classes?

Arrangements will be made that will allow students to register at another time. Orientation tours will also be offered for the freshmen that choose to attend Camp Onaway.

What If I Don't Know Anyone On The Team?

No one will be left behind. The seniors, chaperones, coaches, and camp staff are very good at making sure that no one feels left out. Team building activities are used to break down awkward barriers creating the foundation for a unified team. Don't miss this opportunity!

Chaperones/Emergency Number

Along with the normal camp staff there will also be several chaperones and two coaches. If you need to contact your son for any reason please call (715) 258-9966.

What If I Cannot Attend Camp Onaway?

Participants still can be on the team even if they can't attend Camp Onaway. The expectation is that team members will run on their own on Tuesday, Wednesday and Thursday while the team is away and then rejoin the team for practice on Friday. If necessary, other arrangements can be made with Coach Morgen and/or Coach Jovanovich.

CAMP ONAWAY AGENDA

Tuesday August 18th, 2015

All times are tentative. **Make Sure You Bring or Eat Lunch Before Departing at 11:00 a.m. Athletes should wear clothes to run in.**

10:30-Supervisors report to the bus.

10:45-Cross country team meets on south side of building (load bus).

11:00-Bus leaves for Camp Onaway

12:00-Arrive at Hartman's Creek for a distance run.

1:00 Arrive on island (Assign Cabins)/Orientation to island

2:15-Team Meetings

2:30-Swim test and then let the games begin! - Big Splash - Jump or Dive - Swimming Relay.... Free Time (Open Swim)

5:30-Dinner/Announcements

7:30-Meet By the Camp Fire

7:45-Opening Game Ceremony

8:00-Games - Best Skit - Water Drinking Contest - Chubby Bunny - Trivia Contest (Running, Nutrition, Health Questions etc.) - Something To Think About - Locos of Control

9:00-Visualization 10:30-Report to cabins -Lights Out (To Be Announced)

Wednesday August 19, 2015

6:00-Early Runner Wake-up (Those interested in doing more miles)

7:00-Wake Up! 7:15-Morning Run (Location To Be Announced)

9:00-Breakfast

- Free Period (Open Swim) After Breakfast
- Supervisors meet after breakfast

11:00-Games

- Volleyball Tournament (4 on 4)
- Basketball Tournament (3 on 3)
- Kickball Tournament

1:45-Lunch

- Free Period (Open Swim) After Lunch
- Supervisors meet after lunch in the cafeteria

2:30-Military Track (Waterfront)

6:00-Dinner 7:30-Tournaments/Contests

- Frisbee Golf Tournament
- Shuffle Board Tournament
- Horseshoe Tournament
- Bad mitten Contest
- Ping-Pong Contest
- Horse (Basketball) Contest 8:30
- Team Meeting (Sight to be announced)
- Results of Day Two
- Recruiting Program
- Time Management
- Sleep Patterns
- PPM Program
- Team and individual goal setting
- Boundary Breaking
- Lights Out (To be Announced)!

Thursday August 20, 2015

Wake Up 6:00-Early Runners

7:00-Wake Up

7:15-Morning Run (Location To Be Announced)

9:00-Breakfast (Open swim after breakfast)

10:30-Canoe Race

- Double Canoe Race

- Sunken Canoe Race

1:00-Lunch

2:30-Cross Country Race (Variety of events combined into one grand event)

6:00-Dinner/Announcements

8:00-Trust Walk 9:30-Letter to yourself

Friday August 21, 2015

6:00-Early Wake Up

6:30-Wake Up - Morning Run (Location To Be Announced)

8:30-Breakfast

- Closing Ceremony

- Prepare for departure

- Clean up the island 10:30

-(Meet at dock and leave the island)

10:40-Load the bus 11:00

-Bus leaves for Neenah

12:00- Arrive at Neenah High School

Packing List

- Flashlight

- Bug Repellent

- Snack Food and Beverage

- Pillow

- Sheets or sleeping bag

- At least two pairs of shoes

- Running clothes

- Swimming trunks

- Soap, shampoo, toothbrush, etc...

- Please contact Mike Jovanovich at 920-540-2313 or John Morgen at 920- 216-2127 if you have any questions.

***Please make a check out to the Neenah Boys
Cross Country Booster Club for 160.00
dollars and sign the Onaway Permission
Slip found on the link of the cross country
website.***