

## Cape Elizabeth Boys XC 2010 Running Camp

@ Camp Bottomley

### Location

91 Hummingbird Lane, South Bridgton, ME 04009

Phone Number: Bottomley cell 807.1133 or Veilleux cell 286.6445

Dates: Saturday August 21<sup>th</sup>-Tuesday August 24<sup>th</sup>

Supervisors: Derek Veilleux & Pete Bottomley

Cost: estimated \$60 per athlete to cover food and porta-potty rentals

### Purpose

To prepare the high school boys xc team for the upcoming season as well as provide an opportunity for athletes to develop friendships and trust among their teammates in a relaxed environment.

### Travel Plans

Depart Cape Elizabeth HS Parking Lot on Saturday morning at 8AM August 21<sup>st</sup>, drive to camp.

Depart camp at 11:15 A.M. on Tuesday August 23<sup>rd</sup> and arrive at Cape HS at 12:30

### Meals

Lunch & Dinner on August 21<sup>st</sup>

Breakfast, Lunch, Dinner on August 22<sup>nd</sup> & August 23<sup>rd</sup>

Breakfast on August 24<sup>th</sup>

\*Athletes will be required to assist with meal preparation and cleanup

## Accommodations

Tents

Porta Potties will be available

Athletes will bring: sleeping mat (if desired), sleeping bag, toiletries, bathing suits, towels, sneakers

## Other Activities

Watersports

Card games

Wiffleball

Miniature Golf

Fishing

## Questions

Contact: Derek Veilleux

Home: 894-5026 Cell 286-6445

### **Camp Bottomley Trip Permission and Waiver of Liability**

The Cape Elizabeth High School Boys cross-county team is invited to attend Camp Bottomley, on August 21<sup>st</sup> – August 24<sup>th</sup>. By signing this release, I, for myself and anyone entitled to act on my behalf, waive and release Derek Veilleux & Peter Bottomley, their representatives, successors and assigns, and hold them harmless from all claims or liabilities of any kind arising out of my participation with this team building camp.

\_\_\_\_\_  
Name of Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

**Permission for Watersports:**

I grant permission for my son, \_\_\_\_\_, to participate in the following water sports while attending Camp Bottomley.

\_\_\_\_\_ Swimming \_\_\_\_\_ Kayaking \_\_\_\_\_ Canoeing \_\_\_\_\_ Fishing \_\_\_\_\_ Miniature Golf

In case of a medical issue or emergency, parents will be called. 911 is available. All school/sport medical forms will be brought to this camp. In Emergency, the closest hospital is in Bridgton ([www.bridgtonhospital.org](http://www.bridgtonhospital.org))

If you would rather your child go to another hospital then please specify which hospital:

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