

Cape Elizabeth Boys XC 2011 Running Camp

@ Camp Towle

Location

14 Stonehouse Rd, North Chatham, NH 03813

Phone Number: Veilleux cell 523-0993

Dates: Friday August 26th-Sunday August 28th

Supervisors: Derek Veilleux

Cost: estimated \$40-50 per athlete to cover food and porta-potty rentals (cost will depend on # of team members attending)

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 Friday at 3:30pm August 26th, drive to camp.

Depart camp at 2PM. on Sunday August 28th and arrive at Cape HS at 4PM

Meals

Dinner on August 26th

Breakfast, Lunch, Dinner on August 27th

Breakfast & Lunch on August 28th

*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

Hiking

Card games

Wiffleball

Questions

Contact: Derek Veilleux

Home: 894-5026 Cell 523-0993