

# *ERHS Cross Country Mammoth Camp 2023*



**We are very excited to be able to offer running camp at Mammoth Lakes, CA this year. This is a wonderful opportunity for your student athlete to bond with teammates, train under strenuous conditions with elevation and varying weather. It is also a time for**

**adherence to proper nutrition, sleep, and balancing a healthy lifestyle. Thank you for supporting your Boosters to make this a reality.**

**DATES:** Monday, July 17, 2023 7:00am through Friday, July 21, 2023, approximately 5:00pm.

**DEPARTURE:** Meet at the ERHS track @ 7:00am. 7:30 am departure. BE PROMPT! Have your reusable water bottle filled, have eaten before arrival, and be mindful of the quantity of your belongings (we are sharing carpool spaces with some).

**RETURN:** ERHS approximately 5:00pm. Dinner will not be provided on the return trip.

**LOCATION:**

221 Canyon Blvd. #119 Mammoth, Lakes, CA 93546

221 Canyon Blvd. #125 Mammoth Lakes, CA 93546

221 Canyon Blvd. #126 Mammoth Lakes, CA 93546

221 Canyon Blvd. #127 Mammoth Lakes, CA 93546

**FEE:** \$300.00 for the week. The fee includes accommodations, meals, snacks, camp t-shirt, coaching, bonding, and bonus history lesson!

**DUE DATE:** Please return your registration form along with a deposit of \$100.00 (or payment in full as soon as possible). Final payments are due by Monday, July 10, 2023. You may Zelle your payment to: [RooseveltCrossCountry@gmail.com](mailto:RooseveltCrossCountry@gmail.com) or write a check payable to E.Roosevelt Cross Country Boosters. On the memo line of either platform you MUST INCLUDE: "Student Athlete Name- MAMMOTH CAMP."

*\*\*\*If a student athlete is eligible to attend and there is a financial concern, PLEASE SEE XC Booster President, Laura Itokazu. Thank you.*

**ELIGIBILITY:** The Coaching staff will determine student athlete eligibility to participate. Those ineligible will complete runs "on your own/ OYO" during the week.

**TRANSPORTATION:** Transportation will be “on your own.” There is an attached liability waiver all applicants should review and sign. Please see a board member or coach for transportation questions.

**WHAT TO BRING:** BE MINDFUL- We are only up there for five days, try not to pack too heavy. We have to transport both gears and bodies up.

- |                                                        |                                                                                                                                                                     |
|--------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Pillow                        | <input type="checkbox"/> Lip Balm                                                                                                                                   |
| <input type="checkbox"/> Toothbrush                    | <input type="checkbox"/> Sunscreen                                                                                                                                  |
| <input type="checkbox"/> Shampoo/Conditioner           | <input type="checkbox"/> Feminine Products                                                                                                                          |
| <input type="checkbox"/> Washcloth                     | <input type="checkbox"/> Bug Spray                                                                                                                                  |
| <input type="checkbox"/> Bath Towel                    | <input type="checkbox"/> Reusable Water Bottle (labeled with your name!)                                                                                            |
| <input type="checkbox"/> Beach Towel                   | <input type="checkbox"/> Hat                                                                                                                                        |
| <input type="checkbox"/> Comb and/or brush             | <input type="checkbox"/> Running Shoes                                                                                                                              |
| <input type="checkbox"/> Multiple Running Shirts       | <input type="checkbox"/> Casual Shoes (all weather)                                                                                                                 |
| <input type="checkbox"/> Multiple Running Shorts       | <input type="checkbox"/> Phones are allowed (bring your own charger)                                                                                                |
| <input type="checkbox"/> Sweatshirt or Warm Jacket     | <input type="checkbox"/> Running Watch                                                                                                                              |
| <input type="checkbox"/> Warm up clothes               | <input type="checkbox"/> Running Gloves                                                                                                                             |
| <input type="checkbox"/> Swimming Suit                 | <input type="checkbox"/> Rollers, Bands                                                                                                                             |
| <input type="checkbox"/> Socks for everyday (7-8 runs) | <input type="checkbox"/> Snacks are allowed (this is an opportunity for your student athlete to grow. “Healthy” snacks are preferred. Snacks will be provided also) |
| <input type="checkbox"/> Pajamas                       |                                                                                                                                                                     |
| <input type="checkbox"/> Undergarments                 |                                                                                                                                                                     |
| <input type="checkbox"/> Laundry Bag (or pillow case)  |                                                                                                                                                                     |
| <input type="checkbox"/> Notebook/Pencil/Pen           |                                                                                                                                                                     |
| <input type="checkbox"/> Flashlight (extra batteries)  |                                                                                                                                                                     |
| <input type="checkbox"/> Camera                        |                                                                                                                                                                     |

**APPLICATION CHECKLIST, ITEMS TO BE TURNED INTO BOOSTERS:**

- Page 3- Emergency Contact Form (OTC auth, Medications and Allergies list). Also on this page is acknowledgement that you and your student athlete have reviewed the camp expectations page and agree to adhere to the contract
- Copy of your medical insurance card
- Page 4- Transportation Release of Liability (a copy of a parent’s driver’s license must be submitted with the transportation release, please staple to the final application).
- Payment of \$300.00 total by 7/10/23 via Zelle or Check

**EMERGENCY CONTACT FORM, MEDICATIONS LIST, ALLERGIES, OTC AUTH, BEHAVIOR CONTRACT ACKNOWLEDGEMENT**  
**(writing must be legible to be accepted)**

Student Athlete's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Student Athlete Nickname \_\_\_\_\_ Grade \_\_\_\_\_  
Address \_\_\_\_\_

Parent/Guardian 1 Name \_\_\_\_\_  
Address (if different) \_\_\_\_\_  
Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Parent/Guardian 2 Name \_\_\_\_\_  
Address (if different) \_\_\_\_\_  
Phone Number \_\_\_\_\_ Email \_\_\_\_\_

**Medical Information (please provide a copy of your insurance card)**

Name of Athlete's Physician or Medical Provider \_\_\_\_\_  
Address \_\_\_\_\_  
Phone Number \_\_\_\_\_ Policy \_\_\_\_\_  
Health Insurance Provider \_\_\_\_\_ \*\*Allergies and current Medications  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Emergency Contact Other Than Parents**

Name \_\_\_\_\_ Phone Number \_\_\_\_\_  
Name \_\_\_\_\_ Phone Number \_\_\_\_\_

**Persons to whom Athlete can be released to (if different than emergency contact or parents/guardians already listed)**

Name \_\_\_\_\_ Phone Number \_\_\_\_\_  
Name \_\_\_\_\_ Phone Number \_\_\_\_\_

**Parent Signature Required for the Following**

Emergency Med Care Auth \_\_\_\_\_  
Minor First Aid Auth (including use of OTC's) \_\_\_\_\_  
Wading and Water Activities \_\_\_\_\_  
Acceptance of Student Athlete Behavior contract \_\_\_\_\_  
Date \_\_\_\_\_

**Student Athlete Signature Required**

Acceptance of Student Athlete Behavior contract \_\_\_\_\_  
Date \_\_\_\_\_

**TRANSPORTATION RELEASE OF LIABILITY**



**Student Transportation Exemption Request Form**

(Must be approved by Athletic Office 24 hours in advance)

Student Name \_\_\_\_\_ ID # \_\_\_\_\_

Activity \_\_\_\_\_ Location \_\_\_\_\_

The below Parent/Guardian hereby requests permission to provide his/her own transportation, at his/her own expense.

IF THE STUDENT PROVIDES HIS/HER OWN TRANSPORTATION, IT IS FULLY UNDERSTOOD THAT THE DISTRICT IS IN NO WAY RESPONSIBLE, NOR DOES THE DISTRICT ASSUME LIABILITY, FOR ANY INJURIES OR LOSSES RESULTING FROM THIS NON-DISTRICT SPONSORED TRANSPORTATION. ALTHOUGH THE DISTRICT MAY ASSIST IN COORDINATING TRANSPORTATION AND/OR RECOMMEND TRAVEL TIME, ROUTES, OR CARAVANNING TO OR FROM THIS EVENT. I FULLY UNDERSTAND THAT SUCH RECOMMENDATIONS ARE NOT MANDATORY. I ALSO UNDERSTAND THAT IF I RIDE WITH ANOTHER PERSON, THE DRIVER IS NOT DRIVING AS AN AGENT OF OR ON BEHALF OF THE DISTRICT.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Legal Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athletic Director Signature

\_\_\_\_\_  
Date

\*If you are not signing the form in person, please include a legible copy of your Driver's License.

## DAILY ITINERARY

**Monday July 17th-** Meet at the ERHS track @ 7am. 7:30 am departure.

Please eat breakfast before driving up. We will caravan up and plan on stopping once (gas/restroom/snacks) on the drive up before stopping for lunch in Bishop. Athletes will need to pack a lunch or carry meal money for lunch. We will meet up at Schat's Bakery in Bishop for lunch, before heading the rest of the 45-50 minutes into Mammoth Lakes. ETA 4 pm arrival. Check in to cabins, drop items off, get changed for a 4:45 pm shake out run to Shady Rest Park. Ultimate frisbee. We will drive some of the athletes home from the park, others will run back or add on in the park before departing in cars. Showers & Dinner. **Gratitude.** Quick team meeting Lights out by 10 pm.

***Breakfast: OYO, BEFORE departure***

***Lunch: Bring your own sack lunch or money for Schat's Bakery in Bishop, CA***

***Dinner: Provided by Boosters at campsite***

**Tuesday July 18th-** 6:00-6:20 am wake up time. In the cars at 7:00, 7:15 run start time, it's a short drive to Mammoth Creek Park. Mammoth Rock Run loop. One Loop is six miles. Varsity will run more. Core/Strength/Yoga session in the park. Mammoth Creek picnic breakfast & games tournament after ice baths in the creek. Bring a towel, and warm/dry clothes to change into. Lunch at the cabins. Quick showers, naps, hydration and refueling... be ready to run again in the afternoon. Drive to Horseshoe Lake at 4 pm for a shakeout run and ice bath in the lake. Quick team meeting at Horseshoe Lake after the run. **Gratitude + Positivity.** Showers & Dinner 6:30-7:30. Lights out by 10 pm.

***Breakfast: Provided by Boosters at Mammoth Creek Park after morning run***

***Lunch: Provided by Boosters but is self serve (likely sandwiches) at cabins***

***Dinner: Provided by Boosters***

**Wednesday July 19th-** 6:00-6:20 wake up. 7:00 am cars drive to Convict Lake. One loop is 2.4 miles. Bring towels & breakfast snacks. Icing & snacking after the run at the lake. Drive back. Shower, lunch oyo at the cabins. Showers, naps, hydration and refueling. Be ready to run again at 4 pm. Drive to Mammoth creek park, Mammoth Town Loop trail to Shady Rest Park 3.3 miles. Yoga/core/strength in the park. Ultimate frisbee after. Team meeting after showers during dinner. **Gratitude + Positivity + Discipline.** Lights out by 10 pm.

***Breakfast: Provided by Boosters, but athletes will need to grab items from the cabins before departure***

***Lunch: Provided by Boosters but is self serve (likely sandwiches) at cabins***

***Dinner: Provided by Boosters***

**Thursday July 20th-** 5:30 am wake up. Drive to Red's Meadow for Rainbow Falls Run IF WE CAN. <https://www.nps.gov/depo/planyourvisit/conditions.htm>

If not, we will pivot and do Hot Creek run Long run. Showers & Breakfast when we get back.

Lunch oyo as usual. 4 pm ACTIVITY. Dinner in town 6-6:30 pm. Lights out by 11 pm. **Gratitude + Positivity + Discipline + Best Teammate**

***Breakfast: Provided by Boosters at cabins after morning run***

***Lunch: Provided by Boosters but is self serve (likely sandwiches) at cabins***

***Dinner: Provided by Boosters or students may walk into the Village OYO (bring money if going).***

**Friday July 21st-** 6:00-6:20 am wake up. 7 am shakeout run from condos for varsity. Clean cabins, eat leftovers for breakfast. Drive back home. Brunch in and or near Schat's Bakery in Bishop. We will be leaving brunch in Bishop and stopping shortly after in Manzanar to visit the historic Japanese Internment camp from WWII era. Home by 5 pm

***Breakfast: Provided by Boosters at cabins, likely leftovers***

***Lunch: Pack a lunch BEFORE departure OR have money for brunch in Bishop***

***Dinner: not provided***

## **STUDENT ATHLETE BEHAVIOR CONTRACT and EXPECTATIONS**

This is in addition to your team policy... We have not had any major issues in the past but kids are still young and make mistakes and it's important that we all do our parts to ensure all school rules, team rules, and the laws are followed. If you know someone is thinking about doing something lacking integrity or maturity or breaking rules or laws, discourage them and tell a coach or parent please. Also, you a

- 1) All parents on the trip have equal authority with the coaches. What they ask is to be obeyed without comments.
- 2) 10:00 pm lights out!! (11:00 pm last night). No Exceptions.
- 3) Trips into town or on the trolley must have the permission of one coach or adult and go in a group of at least four (4) people. This means anytime you leave the condo complex. NO EXCEPTIONS!!
- 4) Violation of any rules will result in consequences for ALL ATHLETES. Athletes may be sent home.
- 5) Always remember that you are a representative of Eleanor Roosevelt High School Cross Country.
- 6) Additional rules may be added at any given time.
- 7) SHOW RESPECT TO OTHERS TO EARN THEIR RESPECT.
- 8) Attending Mammoth Lakes Camp is a privilege, and I hope that you help make Mammoth Camp an enjoyable experience for everyone, obey all rules, and get all that you can out of yourself. We hope that we are going to be able to make this training camp an annual tradition.
- 9) There will be boys allowed in the girls' cabins, or girls allowed in the boys' cabins WITHOUT PERMISSION FROM a chaperone or coach.
- 10) Participation in social activities is requested. As much as this camp is about your grow athletically, it is also an opportunity to form bonds with your teammates. Cross Country is a TEAM sport. Developing a sense of PACK MENTALITY is imperative to our success. It is also requested that you be a supporter of victories, big or small, and champion your fellow athletes. We want everyone to "Be the Best at Getting Better."

You will be assigned rotating kitchen duties, please be prepared to clean up and help the parents with cooking if asked. We need to be mindful that people come up to Mammoth for vacations and we have a responsibility to be good citizens and good representatives of our school and the running community.