

Parent Authorization

I hereby authorize the directors of the Covenant Cross Country and Conditioning Camp to act for me according to their best judgement in any emergency requiring medical attention. I know of no mental or physical problems which might affect my child's ability to safely participate in the camp. I will be responsible for any medical or other changes in connection with his or her attendance of camp. I have read and understood the conditions of this registration including the cancellation policy.

Signed: _____

Date: _____

Witness: _____

Date: _____

MAIL TO:

Covenant Cross Country Camp
c/o Pete Wright
12415 - 75st, Edmonton, AB T5B 2C1
Phone 780.479.1860
Email peterwright5@hotmail.com

GETTING READY FOR CAMP

What to bring to camp

Arrive at camp between 3:00 pm to 5:00 pm on Monday. Leave Saturday at 12:00 noon.

ATHLETES ARE ASKED TO BRING THE FOLLOWING:

- Labeled water bottle
- Mountain bike (in good running condition)
- Bike helmet
- Training shoes – a couple of pairs
- Running gear – a couple of changes
- Ball glove
- Towel and modest bathing suit
- Whistle and lanyard
- Sleeping bag & blankets (there are always some cool nights)
- Bible
- Warm sweat tops & jacket
- Rain gear
- Toiletries – including deodorant
- Day back pack
- Track spikes
- Bug juice
- Wiener sticks
- Flash light & extra batteries
- Smile, grit & readiness to work

What are the activities?

Running and learning specific running drills and workouts.

Sports of all kinds – beach volleyball, basketball (we have a small gym), football, soccer, ultimate Frisbee, bucket ball (a perennial favourite), capture the flag, prisoner base.

Water front – swimming, canoeing, other water games.

Campfires and night games.

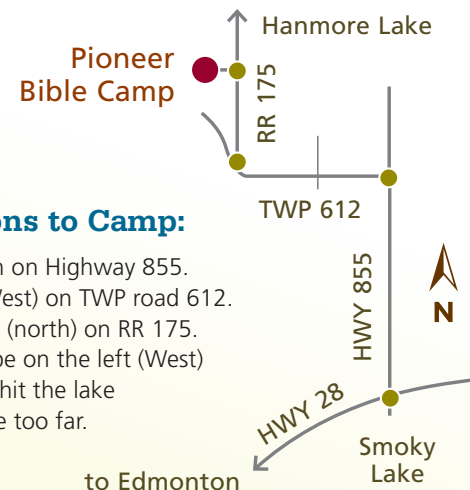
THIRD ANNUAL SPRINT TRIATHLON

The Man and Woman of Teak Pentathlon – Swim/Run/Bike/Canoe/Obstacle Course

At press time we were trying to arrange for a Basketball Coach for an option to camp this year – stay tuned

Directions to Camp:

Travel North on Highway 855. Turn left (West) on TWP road 612. Take a right (north) on RR 175. Camp will be on the left (West) side. If you hit the lake you've gone too far.



CAMP STAFF (INCLUDES ALL OR SOME OF BELOW AND MORE.)

Pete Wright: Camp Director & Coach – Spruce Ave Junior High, Covenant Athletics – too many years of experience (Level 3 NCCP Distance, Level 2 NCCP – Jumps/Sprints/Throws), Track Coach at Eastglen High School

Darlene Wright: Cook & Ladies' Chaperone

Lois Greidanus: Ladies' Chaperone, Track and Basketball Coach – 11th year at camp

Shirley Goutbeck: Nurse & Cook – 4th year

Jackie Goutbeck: Nurse, Kitchen Assistant, Counsellor, All-Round Good Person – 3rd year

Kim Thorsteinson: Assistant Cook – 3rd year

Christa Scheffer: Kitchen help – 2nd year

Rebekah Hoogendoorn: Soccer captain and occasional running coach – 2nd year

Sarah Strydhorst: Long time Rec Night leader with Covenant Sports/ORC – 2nd year

Travis Patten: Sports Director and Assistant Coach – 3rd year

Jean David Jutras: Counsellor – 1st year

Amy Emmanuelle Jutras: Counsellor – 1st year

Scott Bredenhoff: Counsellor, Assistant Sports Director – 1st year

Camp Pastors: Our speakers are **Rev Bill Pols** and **Ralph Pontier** both long time camp attendees / speakers and both United Reformed Church Ministers.



15th ANNUAL GO ATHLETICS CROSS COUNTRY, CONDITIONING AND YOUTH CAMP

ESTABLISHED IN 2000

AUGUST 18-23, 2014

GO Athletics Camp Staff can provide a program to help prepare you for camp, contact:

Pete Wright at 780-479-1860
peterwright5@hotmail.com

For more information or registration, please contact Pete Wright at the following:

Email peterwright5@hotmail.com or
Phone 780-479-1860 or 780-619-9690 { cell }
Mail 12415 - 75 Street, Edmonton, AB, T5B 2C1
Facebook Covenant/ORC Sports



The GREAT AUSTRALIAN DISTANCE RUNNER RON CLARKE said,

"I like running because it's a challenge. If you run hard, there's the pain, and you've got to work your way through the pain. You know lately it seems all you hear is 'Don't overdo it' and 'Don't push yourself.' Well, I think that's a lot of bull. If you push your body, it will respond."

This statement is probably more true now than when Mr. Clarke said it 40 years ago. In many years of coaching I have developed the '2 week rule' that I give every season at the beginning of Track or X-Country practices. The talk goes like this, 'Just stick with us for 2 weeks, some days it will hurt, you will be tired, in fact the training isn't even a lot of fun most days but if you can hang in for 2 weeks you will make it; and once you 'make it' that's when the fun starts coming – success in racing!"

Our camp, Lord willing, heading into its 15th year has always striven to develop good runners by introducing a 'diet' of hard steady training. Camp is fun – games (indoor and out), swimming, fellowship, competition, biking, lots of good food but whether you are training to be a runner or to be conditioned for another sport it is still some hard work, self-denial and dedication. Are you 'athlete' enough to join us?

But running / conditioning / fun are not all that we are about. We have spent 14 years at camp telling people about Jesus. One may be a great athlete, a superb musician, brilliant in school, gorgeous or handsome, rich or poor, famous or anonymous but without a Saviour from sin we have no enduring hope. Do you a hope that will last for eternity?

You needn't be a Christian to come to camp, in fact we welcome anyone of any nationality, faith or no faith at all. Come enjoy the sports, do the training, make and acquaint with friends, ask questions, get answers and find rest for your souls.

PLEASE COME AND JOIN US!

ANYONE, entering grade 8 through college, male or female, is welcome. Although Chapel attendance is compulsory, as are all camp activities (this shared experience in all aspects of camp helps build community), no one is coerced or required to believe as we do (i.e. the camp is open to anyone regardless of race or creed.)



REGISTRATION INFORMATION

\$325

PER ATHLETE

\$550

TWO FROM THE
SAME FAMILY

\$700

MAXIMUM
PER FAMILY

Transport to and from camp MAY be available at an extra cost. Please contact us for information.

We have never, in 15 years, had to turn away a youth for lack of funds. God, through His people, is faithful. If you cannot pay the full cost you are asked to pay something, as much as you fairly can, and come! Thank you!

Once payment is received you will receive a confirmation and receipt.

CAMP FEE Includes all meals / snacks and accommodations.

AGE Campers should be entering grade 8 in the fall of 2014, in high school or college/university. Some younger athletes may be accepted in exceptional circumstances.

CANCELLATION POLICY If you choose to cancel for any reason before June 30th a full refund will be issued. Any cancellations after June 30th will incur a \$50 non refundable deposit.

A TYPICAL DAY:

(SCHEDULE VARIES ACCORDING TO WEATHER
AND ACTIVITIES PLANNED FOR THAT DAY)

The bell clangs at 8:00 am to stir the dreamers into action.

To further activate the sleepy ones, BREAKFAST is preceded by a run, brisk walk or bike ride all to have your ready for ...

A hearty breakfast at 8:00 or 8:30 am. Before or after you get to eat there is a 15 minute devotional led by the camp director or a camp pastor (all our speakers are of a Reformed Protestant persuasion).

Dishes need to be done and we all get a turn. Those who aren't on dish duty have some free time until 9:30 am – or thereabouts – when we will have specialty workout or arduous sport experience.

None too soon comes a satisfying LUNCH and of course – more dishes!

After all the activity and lunch a little R&R is needed so you get about 45 minutes and then ...

MORE sports or training from 2:00 pm or so until 3:30 pm, but we don't forget that you need some free time – swimming, canoeing, sleeping, talking.

SUPPER. The BIG meal of the day is on tap from around 5:30 pm to 6:30 pm.

What would a day be without more sports – 6:30 pm to 8:30 pm followed by the major Chapel of the day, snack and a campfire.

By now (approx. 11:00 pm) most are ready for bed!

ATHLETE INFORMATION

PLEASE PRINT

NAME

ADDRESS

POSTAL CODE

BIRTH DATE : month/day/year

GENDER

PHONE

E-MAIL

EMERGENCY CONTACT

Primary Name: _____

Contact Number: _____

Secondary Name: _____

Contact Number: _____

If there are medical concerns please include a separate sheet – information will be kept confidential.

Make cheques payable to:

COVENANT CROSS COUNTRY CAMP

Select your t-shirt size

S M L XL

Don't forget the other
side of this form!