

How do I get ready for fall sports, especially X Country?  
**CAMP!!**

This will be, D.V., our 28<sup>th</sup> year of getting young athletes ready for Cities, Provincial, and even National Championships. When we started this camp, we thought our maximum camper count would be 35! We're not very good at projections - or apparently, at saying, "No." Last year, we had a record of 55 campers attending camp!

## What is Camp?

Camp is: great running, basketball, soccer, volleyball, boffers (come and find out what this is), competitive challenges, swimming, canoeing, campfires, amazing food, chapel, gaga ball, more running, biking, games, lifelong friendships, much more running, tons and tons of fun!



28<sup>th</sup> ANNUAL

## X-Country Conditioning & Sport Camp

August 17<sup>th</sup> to 22<sup>nd</sup>

**Brian Zegers**, a Pastor in Scarborough, ON, is our camp speaker this year. He is married with 3 children. His mission is Word of Life Ministry.

([www.WordOfLifeMinistry.ca](http://www.WordOfLifeMinistry.ca))

Its purpose is to communicate to people of other faiths the teachings of the Holy Bible and the Good News of what Jesus did for sinners. If you want a 'preview' of Brian, you can find him online on Word of Life Ministry's YouTube channel called

**True Salaam.**



Camp is your family- for this one week- we do ALL things together. Eat, run, play games, go to bed all at the same time... and chapel. We are a Christian camp, and though we welcome youth of all faiths or races, we force no one to believe as we do. As a family, we expect all campers to attend every activity, including chapel.

## What to do I bring:

- water bottle
- mountain bike (bring own or borrow)
- helmet
- training shoes
- running gear- shorts, t-shirt, socks (a lot)
- towel
- modest bathing suit
- sweat top & jacket
- sleeping bags & blanket (nights can get cold)
- bug juice
- flashlight and batteries



**Camp Directors:** Pete and Darlene Wright

**Assistant Director:** Lois Greidanus

**Regular Staff: Coaches** - Lois Greidanus, Pete Wright, Sam Faszler, Marielle Young, Grace Konrad, Kiera DeHaas

**Program Director:** Pete and Lois

**Sports Director:** Sam Faszler

## Registration:

Go to

[www.goathleticsclub.ca](http://www.goathleticsclub.ca).

Scroll until you see summer camp and click on the **Google Form** to register.

For 27 years, we have developed great runners, and in those 27 years, we have preached Jesus Christ and Him crucified and risen again to save sinners. We welcome anyone of any faith to come to camp, and we encourage you to ask questions, but we will not force you to believe as we do.

**WE WANT YOU TO COME!**

## Got Any Questions?

Feel free to reach out to Peter Wright at [Peterwright5@hotmail.com](mailto:Peterwright5@hotmail.com) or 780-619-9690

