



Dover Cross Country Camp 2012 Agenda

Friday	
7:30	Meet at school near track and load up
8:00	Leave school for camp
9:00	Arrive at Camp – Brief orientation and start of “Photo scavenger hunt”
9:30 – 4:00	Setup camp and free time
11:30 – 1:00	Lunch
4:00 – 4:30	Stretching / Core Strength Fundamentals
4:30 – 5:30	Prediction Run (Murphy → Fuller Lake → Quarry → Murphy)
6:00	Dinner
7:30	Ice Cream
10:00	Lights out

Saturday	
7:30 - 8:30	Morning run (Railroad Bed Rd → Pine Grove / Ice House Rd)
9:30 - 11:30	Free Time
11:30 – 1:00	Lunch
1:00 – 4:00	Free Time or Organized game/activity
4:00	Team Ribbon Run
5:30	Dinner
7:00	Campfire Seminar <ul style="list-style-type: none"> • Setting Goals for Running & Life – Movie “St. Ralph”
11:00	Lights out

Sunday	
7:30 - 9:00	Morning run – (Bendersville Rd → Piney Mt Rd → Slate Rd)
9:30 - 11:30	Free Time/Clean up
11:30	Lunch
12:30	Clean up camp
1:00	AT Ice Cream Challenge
2:00	Awards & Leave for Dover
3:30	Arrive back at School