

XC Team Camp 2018

XC Camp is optional and not a required activity to be on the team

This is a XC camp run by the Hoover High School Coach (Coach Devon Hind). This is the first year we will have a middle school camp. The dates below are for middle school (7th and 8th graders only). At this immediate time, if you have any questions please contact me, Coach Doran (Bumpus Middle School) at sdoran@hoover.k12.al.us or 205-757-8196.

Last full week of July.

Girls camp Monday-Wednesday, July 23-25, arrive at 1:00 pm, leave at 10:00 am

Boys camp Wednesday-Friday, July 25-27 arrive at 1:00 pm, leave at 10:00 am

Athletes will need to find their own transportation to camp this year on Smith Lake. It's about a 75 minute drive from Hoover HS. Directions are on the reverse side of this page. Monday's check-in time is 1:00 p.m. and Friday's departure time is 10:00 a.m.

What will we do? We will work out before every meal: long run is before breakfast. In between meals we will sleep, swim, kayak and have fun. Each day, everyone will be responsible for helping prepare a meal and helping clean up a meal. You will be given assignments upon arrival.

Where will we sleep? We are in a very nice house that sleeps 25. There are many beds/couches but not everyone is guaranteed a bed/couch. Bring a sleeping bag.

What are Coach Hind's (Doran's) expectations? I expect everyone to come ready to run. This camp is not designed to be your first day of training. I expect you to come to have a good time and to get to know each other. I expect you to come ready to learn some things about training and racing—don't think you know it all. I expect you to take care of the property—I would like the owners to allow us to use this place in future years. I will not tolerate any abuse of the premises. I expect you to come with a good attitude and ready to have fun.

Cost? \$200/athlete (\$100 deposit due by June 1st) (\$100 balance due before camp begins) (Do not send checks until later. It is very difficult to refund checks so make sure and check your schedules prior to sending)

**Make your checks out to Devon Hind and send them to my home address:
2240 Partridge Lane, Hoover, AL 35226.**

Things to bring: LOTS of running clothes and swimwear; towels; sunscreen; shampoo and toiletries; sleeping bag; fishing gear if you desire.

You **MUST** have a current physical and emergency form on file as well as a field trip form. Your physicals are only good for one year. If you had a physical at the school this spring, then just let me know that and I will verify that it is on file.

If you have further questions, feel free to call me on my cell. All paperwork required by the school, including a current physical, must be completed and turned into school prior to camp.

Coach Hind
Cell - 205-807-9144

Coach Doran
Cell - 205-757-8196

The address of the property is: Magnolia Manor, 128 County Rd 327; Crane Hill.

1. Take I-65 North from Birmingham.
2. Take EXIT 299; turn left and go over the interstate bridge. You'll be heading WEST on State Hwy 69.
3. Go approximately 7.3 miles on Hwy 69 and turn right at Cullman County Road 222. "Stoney Lonesome Cafe" is on your right at the turn.
4. Continue on County Rd 222 for about 7.5 miles total. (When you get to the lake and Ryan Creek Marina you will have another .8 miles to County Road 327.) Turn right onto County Road 327. The first house on the right is the Magnolia Manor lake house.

Let me hear from you if you are interested in doing this.

Coach Stan Doran
Bumpus Middle School
sdoran@hoover.k12.al.us
205-757-8196