

# Cross Country Summer Camp

Leadville, Colorado

July 8<sup>th</sup> – 15<sup>th</sup>, 2017

## General Information:

The cross country teams will be headed for Colorado again this summer to participate in the annual High Altitude cross country summer camp. This camp is designed to build upon the athlete's current base, as well as give the runners a jump-start to their summer training. This camp will include lots of running, hiking, and team-building activities. Cost of the camp will cover transportation, lodging, and most of the food. Please note, this trip is not sponsored nor connected in any way with RayPec High School or the Raymore-Peculiar School District.

## Cost:

Based on \$2.50 per gallon of gas, camp-food, campsite, lodging, rafting, and miscellaneous expenses, the fees associated with this camp will tentatively start at \$250. However, depending on gas prices and number of participants, costs may still rise or fall by an additional \$25. Please make all checks out to "Jamin Swift", as I am covering all expenses ahead of time. Because this trip will require participants to already be physically fit, we require that all attendees accomplish one of the three following objectives before we leave for the trip.

<u>Team Practices</u>	<u>OR</u>	<u>Miles logged w/team</u>	<u>OR</u>	<u>Total Miles</u>
<b>20</b>		<b>100</b>		<b>200</b>

## Campsite:

We are staying at the Printer Boy Campsite near Leadville, Colorado. We will be running and hiking daily on the nearby trails. Campers will need to bring their own sleeping bags, while some will be asked to bring a tent to share.

## Eligibility:

To be eligible for this camp, we are asking that campers pay a \$50 deposit by May 15<sup>th</sup> (the balance is due by June 15<sup>th</sup>). Campers need to have a fall physical on file with the school. There will be lots of running this week, so we want to make sure that each camper is prepared physically before attending (campers should be logging at least 15-20 miles per week by July 1<sup>st</sup>).

## Due Dates:

May 15 <sup>th</sup>	\$50 deposit (non-refundable)
June 15 <sup>th</sup>	All money due!!!
July 8 <sup>th</sup>	All forms (copy of athlete's insurance card, permission form, waivers, permission to treat, physical for the fall)

# **PARENTS AND ATHLETES INFORMATION**

1. All paperwork must be completed and given to Coach Swift prior to departure.
2. Please pay by check if possible. Since this trip is not sponsored by the RayPec School District, all checks should be made out to Coach Swift. If you are genuinely unable to pay prior to departure, talk to Coach Swift and make arrangements.
3. **PAPERWORK AND DISCLAIMER:** While there have not been any significant injuries the last 10 years of this camp, I want you to know that safety of your sons and daughters is the #1 priority of our trip. For this reason, it is necessary for you to complete and sign all paperwork.

A. **Physical form:** All athletes must have a current physical on file at the start of the cross-country season in order to participate anyway. It is important that I am aware of the exact medical status of every person on the trip. **IF YOUR SON OR DAUGHTER IS TAKING ANY MEDICATIONS, OR HAS ASTHMA OR ANY ALLERGIES, IT IS IMPERATIVE THAT YOU LET ME KNOW PRIOR TO THE TRIP.** If your son or daughter has asthma, it is their responsibility to bring along medication in case of an asthma attack. An asthma attack at high elevation, without medication, and with medical treatment possibly hours away could be a potentially fatal situation.

B. **Waiver/release form:** neither the school nor the school district is a sponsor of this trip. For this reason, a waiver must be signed which absolves Coach Swift of any legal responsibility should an accident and/or injury occur on the trip.

C. **Emergency contact & permission to treat form:** It is critical that I have emergency contact information should I need to contact you for any reason while on the trip. If your son or daughter would happen to be seriously injured on the trip, it is necessary that I have permission to have them treated at a medical facility immediately. When in doubt, I would have an athlete treated rather than not. To date, no athletes have needed medical attention.

D. **Behavior contract:** the signature of the athlete on this form indicates that they understand that the coaches and chaperones are in charge of the trip, not the athletes. By signing, they also agree to follow the contract as outlined. Athletes who fail to follow the contract may be assigned non-corporal punishments, up to and including being sent home at the expense of their parents. To date, no punitive measures have been taken on any altitude training trip thus far.

# LODGING AND CONTACT INFORMATION

**SATURDAY-THURSDAY:** Printer Boy Campsite, Leadville, Co  
Campsites #GR4

**FRIDAY EVENING:** Chaparral Budget Host, Burlington, CO (1-719-346-5361)

**Coach Swift Cell Phone: 816-786-6925**

**Coach Johnson Cell Phone: 816-686-5003**

**Coach Shields Cell Phone: 816-896-5573**

## INDIVIDUAL PACKING LIST FOR TRIP

**NOTE:** We are taking lots of people in a few vehicles in order to save money on gasoline. Please do not over-pack. You should be able to fit all of your personal items in one gym bag + one backpack. Do not bring rigid suitcases.

- Money for roughly 6 meals, souvenirs, snacks, etc.
- 2 pairs of running shoes
- Sunscreen and sunglasses
- 2 water bottles
- Sleeping bag!!! It gets cold at night!
- Soap, shampoo, toothbrush, toothpaste, etc.
- 1 towel, swimming suit
- 1 waterproof jacket
- Backpack (make sure it can hold 2 large water bottles + lunch + jacket)
- Flashlight w/ new batteries
- Running clothes
- Short & long-sleeved T-shirts for running
- Camera
- Inhaler or any other medication that you take regularly

## GROUP PACKING LIST

athlete paperwork

5-6 tents

ground tarps

first aid kit

cell phone numbers

plastic bowls, plates, etc.

camping dish soap

water jugs and coolers

2 key sets per vehicle

handsaw

walkie-talkies

can opener

propane cooking stove (w/matches)

GPS

# ALTITUDE CAMP CHECK SHEET

NOTE: Please complete this check sheet, along with the attached paperwork, and give to Coach Swift prior to departure on Sunday.

RUNNER: \_\_\_\_\_

COPY OF INSURANCE CARD: \_\_\_\_\_

FALL PHYSICAL FORM: \_\_\_\_\_

WAIVER/RELEASE FORM: \_\_\_\_\_

EMERGENCY CONTACT/  
PERMISSION TO TREAT FORM: \_\_\_\_\_

BEHAVIOR CONTRACT: \_\_\_\_\_

EXPENSES PAID: \_\_\_\_\_

HAVE YOU CHECKED YOUR  
"STUFF" AGAINST THE  
CHECKSHEET TO BE SURE  
THAT YOU ARE NOT MISSING  
ANYTHING? \_\_\_\_\_

**MEET ON SATURDAY MORNING AT 6:00AM TO PACK. EAT  
BREAKFAST BEFORE YOU GET THERE. WE MUST LEAVE AT  
6:30AM IN ORDER TO BE AT THE CAMPSITE ON TIME SATURDAY  
EVENING.**

# **ALTITUDE TRIP WAIVER AND RELEASE**

**I UNDERSTAND THAT THIS TRIP IS NOT SPONSORED BY NOR ASSOCIATED IN ANY WAY WITH THE RAYPEC SCHOOL DISTRICT.**

I know that participation in a high-altitude training trip involves potentially dangerous activities and situations. I understand that I should not participate unless I have been training properly in the weeks leading up to the trip. I assume any and all risks involved in participating in the trip, including, but not limited to the following: altitude sickness, pulmonary and cerebral edema, the risks of falling associated with hiking and running on mountains, mountain trails, and mountain roads, the risks of being struck by moving vehicles while running or hiking on mountain trails and mountain roads, the effects of weather including severe heat and/or cold, the risk of being struck by lightning, the risks of highway and road travel in vehicles operated by other people, all such risks being known and appreciated by me.

I understand that the trip will involve running, hiking, mountain climbing at high altitudes, and whitewater rafting, in areas where medical assistance may not be readily available in the event of an illness or injury. I understand that such lack of availability of medical assistance does increase the risks of permanent injury and death in the unlikely event of a catastrophe.

Knowing these facts, and as a condition of my being allowed to participate in the trip, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Coach Jamin Swift or any other person associated with the trip, from any and all claims of liability for death, personal illness, injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in the trip, though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

This waiver and release extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, known or unknown. Applications will only be accepted with the signature of a parent or legal guardian. A parent signing on behalf of a minor agrees to defend and indemnify all persons, listed or not listed in this release and waiver against any claim brought against them by that minor at any time, arising out of the minor's participation in the trip.

PARTICIPANT'S SIGNATURE: \_\_\_\_\_

PARENT/GUARDIAN'S SIGNATURE: \_\_\_\_\_

# **PERMISSION TO TREAT FORM**

**I UNDERSTAND THAT THIS TRIP IS NOT SPONSORED BY NOR ASSOCIATED IN ANY WAY WITH THE RAYPEC SCHOOL DISTRICT.**

I understand that the trip will involve running, hiking, and mountain climbing at high altitudes, rock climbing, and whitewater rafting, in areas where medical assistance may not be readily available in the event of an illness or injury. I understand that such lack of medical assistance does increase the risk of permanent injury or death in the unlikely event of a catastrophe.

I certify that I/my son or daughter has been personally examined by a medical doctor in the past 12 months, and that no doctor has advised me/my son or daughter against participation in high-altitude training.

I understand that, in the event of me/my son or daughter being ill or injured, it will be the decision of Coach Jamin Swift to determine whether to seek medical treatment or not. I agree to pay all costs associated with such treatment.

I understand that, in the event of my son or daughter becoming ill or injured, an attempt will be made to contact me as soon as is reasonably possible. Such a contact does not waive the right of Coach Jamin Swift to determine whether or not to seek medical treatment for my son or daughter.

Applications will be accepted only with the signature of a parent or legal guardian. A parent signing on behalf of a minor agrees to defend and indemnify all persons listed or not listed in this waiver and release against any claim brought against them by that minor at any time, arising out of the minor's participation in the trip.

**PARTICIPANT'S SIGNATURE:** \_\_\_\_\_

**PARENT/GUARDIAN'S SIGNATURE:** \_\_\_\_\_

## **EMERGENCY CONTACT INFORMATION**

HOME PHONE NUMBER: \_\_\_\_\_

WORK PHONE NUMBER: \_\_\_\_\_

CELL PHONE NUMBER: \_\_\_\_\_

ADDITIONAL CONTACT PERSON AND NUMBER : \_\_\_\_\_

ATHLETE CELL PHONE NUMBER: \_\_\_\_\_

# **ALTITUDE TRIP BEHAVIOR CONTRACT**

**I UNDERSTAND THAT THIS TRIP IS NOT SPONSORED BY NOR ASSOCIATED IN ANY WAY WITH THE RAYPEC SCHOOL DISTRICT.**

I know that participation in a high-altitude training trip involves potentially dangerous activities. I understand that I should not participate unless I am medically able and have been training properly in the weeks leading up to the event. I assume any and all risks involved in participating in the high-altitude training trip.

I acknowledge that I have completed distance runs of three miles or more at least five times per week for a minimum of four weeks preceding the trip.

I agree to bear responsibility for my own personal health and safety.

I agree to bring with me any and all equipment necessary for my own personal health and safety, including any necessary medicines or medical equipment.

I agree not to perform or participate in any event that would knowingly put myself or anyone else at risk of illness or injury.

I agree not to use alcohol or illegal drugs at any time during the training week.

I agree not to operate any type of motor vehicle at any time during the training week, even though I may have a valid driver's license. I furthermore agree to wear a seatbelt at all times when riding in a motor vehicle on the trip.

I agree to remain at all times in the immediate vicinity of Coach Swift unless I have permission to be elsewhere.

I agree to obey and comply with all reasonable directives given to me by Coach Swift.

I agree to participate in all running sessions during the trip.

I understand that if I fail to abide by this contract, I may be assigned non-corporal punishments, up to and including being sent home at the expense of my parents. I agree that in the event of such a situation, I will pay all reasonable costs associated with such transportation.

Applications will be accepted only with the signature of a parent or legal guardian.

**PARTICIPANT'S SIGNATURE:** \_\_\_\_\_

**PARENT/GUARDIAN'S SIGNATURE:** \_\_\_\_\_

# TENTATIVE ITINERARY FOR ALTITUDE TRAINING TRIP JULY 8-15, 2017

## SATURDAY, JULY 8

6:00am Paperwork, load for trip (eat before you leave and bring snacks for day)  
6:30am I70 West to Frisco, Colorado  
11:00am Lunch at Freddie's, Hays, KS (Bring \$)  
6:30pm Set up camp at Printer Boy Campground (Unless we stay in Denver the 1<sup>st</sup> night)  
7:15pm Trail run (25-40 min)  
8:00pm Dinner and Games at Campground: Hot dogs and smores  
10:00pm Lights Out!

## SUNDAY, JULY 9

6:30am Wake Up  
7:00am Trail run (45-60 min)  
8:30am Breakfast  
9:00am Free time at camp (Games, Disc Golf, Campfire, etc...)  
12:00pm Lunch at Campground: Sandwiches  
6:00pm Dinner at Campground: Pasta  
8:30pm Pack for the Mountain Hike  
9:00pm Lights Out!

## MONDAY, JULY 10

5:00am Wake up  
5:30am Leave for Mt. TBA (90 min drive, Class 2, 4.5 mi, Altitude 14,271')  
7-11:00am Start Climbing (lunch on the mountain)  
2-6:00pm Free time at camp (Games, Disc Golf, Campfire, etc...)  
6:00pm Dinner at Camp: LSW - Soup

## TUESDAY, JULY 11

7:00am Wake Up  
7:30am Leadville Run (45-60 min)  
8:30am Breakfast at Camp  
9-11:00 Free time at camp (Games, Disc Golf, Campfire, etc...)  
11:30pm Lunch at Campground: Sandwiches  
12-5:00pm Aspen (Devil's Punchbowl)  
6:00pm Dinner at Camp: RayPec - Pasta  
10:00pm Lights Out!

### **WEDNESDAY, JULY 12**

7:30am Wake Up  
8:00am Breakfast at Camp  
10:00am Leadville Run (45-60 min)  
11:30am Lunch at Camp  
12-5:00pm Free time in Leadville or Campsite (shopping or disc golf)  
5:30pm Dinner at Quincy's (Bring \$)  
8:30pm Pack for Mountain Hike  
9:30pm Lights Out!

### **THURSDAY, JULY 13**

4:00am Wake up  
4:30am Leave for Mt. TBA (70 min drive, Class 2, 7.5 mi, Lincoln Altitude -14,286')  
6-3:00pm Start Climbing (lunch on the mountain)  
3-6:00pm Free time at camp (Games, Disc Golf, Campfire, etc...)  
6:00pm Dinner at Camp - Leftovers

### **FRIDAY, JULY 14**

6:30am Wake Up  
7-9:00am Breakfast and Pack Up Camp  
10:00am Leave campground (pack a lunch)  
12:00pm Lunch on your own (Bring \$) or sandwiches you packed  
6:00pm Check in: Chaparral Budget Host, Burlington CO (719-346-5361)  
7:00pm Dinner on your own (Bring \$)  
10:00pm Lights Out!

### **SATURDAY, JULY 15**

7:00am BEAR RUN: 4.25 mile tempo run from power substation to "The Bear".  
9:00am Showers and breakfast at motel  
10:30am Leave Burlington, CO.  
1:00pm Lunch on the road (Bring \$)  
6-7:00pm Arrive back in Kansas City

## **Bear Run – All Time Bests**

### TOP MALE TIMES (26:00 or faster)

22:45 Stephen Saylor 2008 (cool, slight tailwind)  
23:12 Jason Fambrough 2013 (60 degrees, 10 mph tailwind)  
23:49 Daniel Worthington 2010 (cool, strong tailwind)  
23:51 Cole Rockhold 2011 (72 degrees, 10 mph headwind)  
24:28 Jason Fambrough 2010 (cool, strong tailwind)  
24:29 Geoff Hughes 2004 (misting, slight tailwind)  
24:30 Luke Abouhalkah 2008 (cool, slight tailwind)  
24:31 Coach Littrell 2010 (cool, strong tailwind)  
24:55 Rafe Lozano 2010 (cool, strong tailwind)  
25:06 Justin Brown 2011 2011 (72 degrees, 10 mph headwind)  
25:09 Tyler Musgrave 2016 (65 degrees, 15-20 mph headwind)  
25:11 Justin Howard 2013 (60 degrees, 10 mph tailwind)  
25:17 Keaton Wasson 2014 (70 degrees, 10mph headwind)  
25:22 Tyler Ishmael G 2010 (cool, strong tailwind)  
25:33 Micah Palmer 2012 (70 degrees, 15 mph headwind)  
25:45 Tyree Meadows 2010 (cool, strong tailwind)  
25:47 Coach Swift 2010 (cool, strong tailwind)  
25:58 Nathan Phelps 2004 (misting, slight tailwind)  
26:00 Coach Nunn 2004 (misting, slight tailwind)

### TOP FEMALE TIMES (30:00 or faster)

28:13 Alex Marko 2015 (68 degrees, 10-12 mph tailwind)  
28:17 Liga Blyholder 2009 (cool, no wind)  
28:24 Cami Tabor 2015 (68 degrees, 10-12 mph tailwind)  
28:27 Kylie Deann 2014 (70 degrees, 10 mph headwind)  
28:49 Chelsea Phoebus 2010 (cool, strong tailwind)  
28:50 Kiersten West 2010 (cool, strong tailwind)  
28:55 Alex Moase 2009 (cool, no wind)  
28:57 Alex Marko 2016 (65 degrees, 15-20 mph headwind)  
29:17 Kaitlyn McLeod 2009 (cool, no wind)  
29:17 Miranda Dick 2016 (65 degrees, 15-20 mph headwind)  
29:18 Makenzie Stucker 2016 (65 degrees, 15-20 mph headwind)  
29:20 Kennadee Williams 2013 (60 degrees, 10 mph tailwind)  
29:28 Kayla West 2010 (cool, strong tailwind)  
29:28 Megan Fox 2010 (cool, strong tailwind)  
29:47 Jamie Wharton 2015 (68 degrees, 10-12 mph tailwind)  
29:55 Ashley Wolkomir 2009 (cool, no wind)  
29:57 Breanna Birkett 2015 (68 degrees, 10-12 mph tailwind)  
29:58 Elizabeth Nolke 2012 (70 degrees, 15 mph headwind)  
29:58 Johanna Kleinsasser 2009 (cool, no wind)

### MASTERS (30:00)

27:49 Coach Nunn 2010 (cool, strong tailwind)  
28:02 Jeff Nunn 2015 (68 degrees, 10-12 mph tailwind)  
28:21 Coach Swift 2016 (65 degrees, 15-20 mph headwind)  
34:01 Dr. James Chapman 2011 (72 degrees, 10 mph headwind)  
34:27 Poppa Swift 2012 (70 degrees, 15 mph headwind)  
36:28 Sarah McIntyre 2014 (70 degrees, 10 mph headwind)  
37:30 John Rockhold 2012 (70 degrees, 15 mph headwind)  
38:50 Coach Dudek 2016 (65 degrees, 15-20 mph headwind)