

Parent Authorization

I hereby authorize the directors of the GO Athletics X-Country/Basketball/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:

GO Athletics
c/o Pete Wright

12415 -75 st, Edmonton, AB T5B 2C1

Email peterwright5@hotmail.com

Phone 780.479.1860

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
- Bible
- Sleeping bag & blankets (there are always some cool nights)
- Warm sweat tops & jacket
- Rain gear
- Toiletries – including deodorant
- Day back pack
- Track spikes
- Bug juice
- Flash light & extra batteries
- Smile, grit & readiness to work

What are the activities?

Running is the primary activity and a basketball tournament are the two sports of instructions with accompanying drills and work-outs.

Informal but competitive sports of all kinds – beach volleyball, football, soccer, ultimate Frisbee, bucket ball (a perennial favourite), capture the flag, prisoner base, badminton tournament.

Swimming, canoeing, other water games.

Campfires and night games.

FOURTH ANNUAL SPRINT TRIATHLON: The Man and Woman of Teak Pentathlon – Swim/Run/Bike/Canoe/Obstacle Course.

Daily team challenges with both mind AND muscle benders!

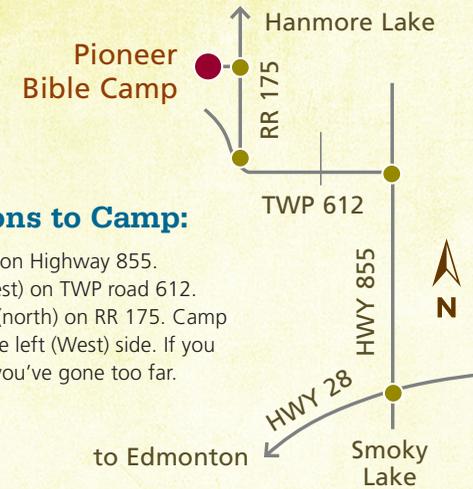
THE 2nd YEAR OF THE RUN AND BIKE RELAY!

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

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

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

CAMP DIRECTOR
Pete Wright

ASSISTANT CAMP DIRECTOR and PROGRAM DIRECTOR
Rebekah Hoogendoorn

SPORTS DIRECTOR
Travis Patten

CAMP COOK
Darlene Wright

CAMP NURSES
Shirley Goutbeck
Jacilyn Goutbeck

KITCHEN STAFF
Lois Greidanus
Michelle Korver
Kim Thorsteinson
Sheena Patten (*and others*)

CABIN SUPERVISORS
LADIES CABINS: Jessica Prins,
Sarah Strydhorst
MENS CABINS: Darren vanLuik

RUNNING: Pete Wright – Too many years of experience to count at Elementary, Junior High, High School and Club level.
Rebekah Hoogendoorn – Three years at Junior High level and new to High School coaching.
Travis Patten – Three years of High School and Junior High coaching. He coached his High School team to 1A City Championship.

CAMP SPEAKER: Rev Steve Williamson from Cornerstone URC Church in London, ON. Steve, and his wife Amy are the parents of 3 boys and a girls. As a disciple of the Lord Jesus Christ, Pastor Steve is passionate to connect young people to Christ, leading them into a life of faith, hope and love in Him, for His glory!
Scottie Wright (see the introductory paragraph for his biography).

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: **GO Athletics**



17th ANNUAL
GO ATHLETICS
CROSS COUNTRY,
CONDITIONING
AND YOUTH CAMP
ESTABLISHED IN 2000
AUGUST 15-20, 2016

WEEK LONG CAMPER/STAFF
BASKETBALL TOURNAMENT



17 years ago this August, 7 campers and one coach and his wife headed out to Crimson Lake, near Rocky Mountain House for the what was to be the first of many cross country running camps. We only stayed one night, and at that we stayed in a motel; but the runners did a 10K trail race before we came home. (This camp came to be known as the Wetaskiwin X- Camp, then Covenant X-Country Camp and now *GO Athletics X-Country, Conditioning and Youth Camp.*)

Other things besides the name changed over the years. More campers, the variety of activities, new location, revolving staff... but some things stayed the same. Same director and cook – and thus the same great food! – running has always been the central activity and the Message has not changed and we pray it never will!

This year we welcome back one of those original 7 campers of 17 years ago. Scottie Wright will be coming, D.V., as a camp speaker along with Pastor Steve (last year's speaker). Scottie had a good 'career' in high school as a runner and pole vaulter and then spent 8 years in the work force, mostly in construction before going to college. He's married to Vanessa and has 3 boys and expecting a 4th child this summer. He is engaged in evangelism in London, ON and doing seminary work on line before actually attending a seminary in hopes of someday being a pastor.

He and Pastor Steve will bring the same Message the camp has always had, 'Only Jesus'. We are all sinners and Only Jesus can save us. Only Jesus died for our sins. Only Jesus rose from the dead. Only Jesus can make us righteous. Only Jesus can give us eternal hope.

We have not changed who can come to camp. Anyone, regardless of religion or no religion, good runners, bad runners or non-runners (but we'll teach you how!) If you are going into grade 8 this fall, in high school or college age – you are welcome to come!



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 17 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 as much as you fairly can, and come!

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 2016, 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.

To watch a video of camp go to [YouTube.com](https://www.youtube.com) and type in: **GO Athletics Camp Promo Video**

A TYPICAL DAY:

The bell, or a stirring recording of Chariots of Fire, sounds early in the morning to awaken the campers into action.

To get everyone awake and their appetites hungry for breakfast, everyone goes for a short run, brisk walk, or bike ride before...

A hearty BREAKFAST is served around 8 am. Breakfast is followed by the morning chapel with our Camp speaker or pastor, where they talk about a range of topics regarding the Gospel. All of our speakers are of a Reformed Protestant persuasion.

After breakfast dishes need to be done, and throughout the week everyone takes a turn. Those who aren't on dishes duty get some free time in which they can relax, play games, or just hang out, until about 10 am when everyone goes for the day's workout. The workouts are all individualised speciality ones focusing on introducing a diet of steady training for the campers.

Then comes one of the best parts of the day: LUNCH. But not before we play some trivia or other games while everyone is sitting down and getting settled in for the good food! And of course, after that is some more dishes and free time!

Then comes the FUN. The afternoon is filled with plenty of sports (basketball, soccer, volleyball, flag football, and the camp favourite: bucketball!), and other Camp activities like the canoe trip, the Pentathlon, the Race, and the trip into town to play baseball!

After all that activity, we give you plenty of free time to rest, relax, and enjoy some swimming, canoeing, sleeping, or whatever you feel like doing in the afternoon.

After that is the other best part of the day: SUPPER. This is the BIG meal of the day which replenishes everyone's energy and is usually served between 5 or 6 pm. After that are more games or sports until we break for a snack and evening chapel, followed by group games, night games, or a campfire.

By now (usually between 10 and 11 pm) most are ready to shower and head to 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
(this is still our registered name)

Select your t-shirt size

S M L XL

Don't forget the other side of this form!