

# 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.

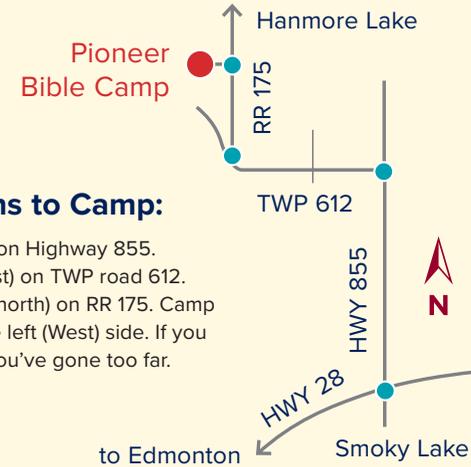
**FIFTH ANNUAL SPRINT TRIATHLON:** The Man and Woman of Teak Pentathlon – Swim/Run/Bike/Canoe/Obstacle Course.

Daily team challenges with both mind AND muscle benders!

**THE 3<sup>rd</sup> 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

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:**

Sarah Strydhorst

**MENS CABINS:**

Darren vanLuik

Mark Rekken

### RUNNING: Pete Wright –

Too many years of experience to count at Elementary, Junior High, High School and Club level. **Rebekah Hoogendoorn** – Four years at Junior High level and new to High School coaching. **Travis Patten** – Four years of High School and Junior High coaching. He coached his High School team to two consecutive 1A City Championships in x-country running.

### CAMP SPEAKER: Rev Brian Cochrane

from Redeemer Reformed Church of Regina. We all have a passion and although Brian enjoys golf, soccer, basketball, Settlers of Catan, ping-pong and music, he relates his passion as 'helping people to find Christ.'

**Pete Wright** (camp director) will also take a session or two.

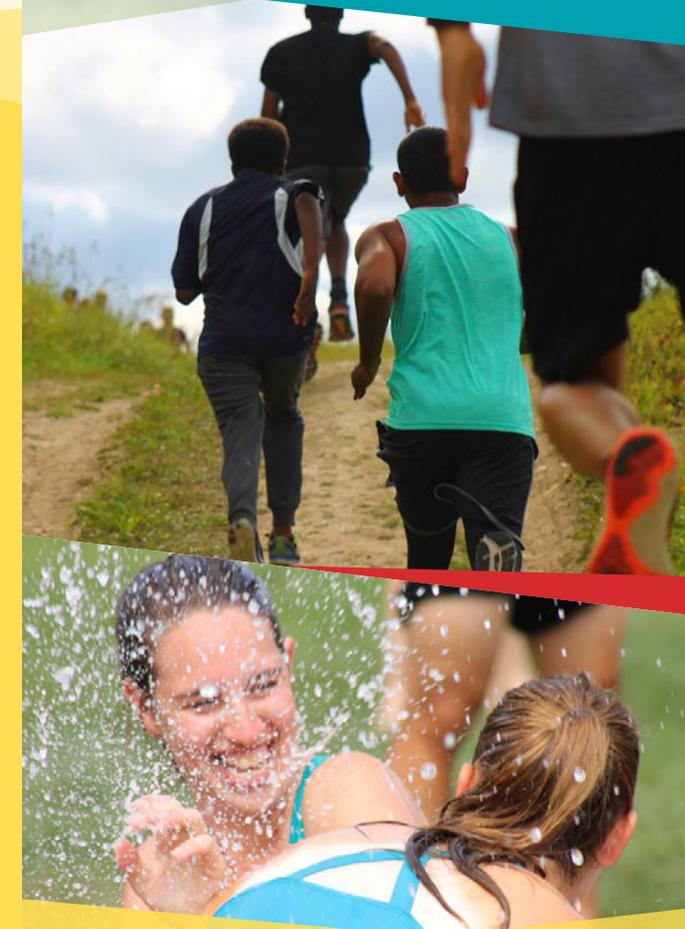
**Other Staff:** We may add other staff as necessary but all our staff are men and women we are well acquainted with and have confidence in.

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

# 18<sup>th</sup> ANNUAL GO ATHLETICS CROSS COUNTRY, CONDITIONING AND YOUTH CAMP

**AUGUST 14 - 19, 2017**



**ESTABLISHED IN 2000**

18 years of Running and the Gospel. That's the age (18) of our camp and its older than most of our campers.

We've had various themes over the year, most of them we can't remember but we are thankful that if pressed, and had the time, we could probably name every camper that has enjoyed a week or 2 or more with us.

Most years we have tried to add something new to the activities while keeping the best from previous years. This year looks like it will prove to be no exception.

We will host the first, 'Barkley –type – Marathon'. Never heard of it?! Well, come and find out what is perhaps the most challenging event we have ever had at camp! I will give you a hint – be ready to have a surprise awakening some morning at camp around 5 am or earlier!!

After enjoying Pastor Steve for two years we have invited Rev. Brian Cochrane from a sister church in Regina, SK. He tells me he is challenging all of you in a one on one game of B-Ball and soccer skills – well he didn't really tell me that but he did use to play them. His family – wife and 4 daughters – will be along with him. I also believe you may have to battle him to keep your place in the food line!

Each day Rev. Cochrane will be bringing the one thing that has never changed at our camp, the Gospel.

*"For I delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the Scriptures, that he was buried, that he was raised on the third day in accordance with the Scriptures,"*  
1 CORINTHIANS 15:3,4.

What are you doing, August 14-19 this summer?!

**YOU are welcome to come and join us** for a week of running, a variety of other sports and water activities, friendship, amazing food (and lots of it!) and to participate in our chapels, listen and ask questions.

## 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 2017, 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 30<sup>th</sup> a full refund will be issued. Any cancellations after June 30<sup>th</sup> 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!