



MISSION VIEJO XC CAMP AUGUST 26-30

BIG BEAR CALIFORNIA

Train, Learn and Cohesiveness is the purpose of this training camp. We will train daily and sometimes twice a day. There will be classes on various running topics: physiology, psychology and nutrition. TEAM- Together Everyone Achieves More! 5 days of TeamHood.



LIMITED TO 30
ATHLETES

BEAUTIFUL
ACCOMODATIONS
FOR POST
PAINFUL
WORKOUTS!

EXCELLENT
LOCATION TO TEST
YOUR
ENDURANCE
RUNNING TWO
HOURS UP HILL!

Housing:

<http://www.vrbo.com/440424>

Cost: \$225/per
athlete.

Depart/Arrive:
Mission Viejo HS

Details to come on
<http://MVEndurance.com>

CONTACT INFORMATION

Coach Robert Belo

949-525-0567

CoachBelo@Gmail.com

2013 GRASSROOTS ATHLETICS BIG BEAR RUNNING CAMP

When: August 26th to August 30th

Departing 8/26 from MVHS parking lot by 12:35 pm (arrive by 12 pm to get situated)
Estimated arrival time of 3:30 PM / check in at 4:00 pm.

Departing 8/30 from Big Bear by 10:00 am
Estimated arrival time of 1:00 pm

Where: Rental Home
321 East Fairway
Big Bear City, CA 92314
<http://www.vrbo.com/440424>

Purpose: Next level training, bonding and learning.

Contacts: Robert Belo (949) 525-0567
Mayra Belo (949) 525-0566

Info: We will have 1-2 training sessions daily while at camp as well as learning hours to discuss the physiology, nutrition and psychology of running, training and competing. There will also be plenty of recreational/ study time, but the primary purpose of this camp is for cross country training. The large rental home accommodates 35 people with double occupancy per sleeping unit (bed/futon etc). There are washers/dryers for laundry and towels for showering so packing should be economical for the 5 day camp. You can learn more about the property by visiting <http://www.vrbo.com/440424>

Suggestions of what to bring.

1. Sleeping Bag / Air Mattress/ Pillow not required as the property is furnished for sleeping.
2. Running shoes. 1-2 pairs.
3. Shoes for non-running activities.
4. T-shirts for running double days (at least 6)
5. Shorts for running (at least 6)
6. Socks (pack extra)
7. Casual clothes for after running.
8. Cap or visor.
9. Sunglasses
10. Sunscreen.
11. Light Jacket (probably won't need, but just in case maybe)
12. Camera
13. Backpack
14. Towel for swimming and shower.
15. Swimsuit.
16. Toiletries
17. **Money for activities**
18. Entertainment for free time(music, book, magazine, board game)
19. **Proper attitude for running, bonding and having fun. MANDATORY!**

Big Bear Participants please bring the following items and assigned fruit:

1 notepad for class, writing utensil, water bottle and extra towel for sauna/Jacuzzi.

Please pack LIGHT as we have a washer and dryer. Bring warm clothing as it will drop to 45 degrees at night and \$50 for Thursday night pizza, any entertainment and food for the drive home.

| | |
|------------------|------------------------------|
| Allan Alexander | 1 Watermelon |
| MacLean Andrew | 1 Watermelon |
| Daily Brett | 1 Watermelon |
| Robbins Brian | 1 Watermelon |
| Ashbaugh Cameron | 1 Watermelon |
| Weissman Connor | 1 Watermelon |
| Harris Corben | 1 Watermelon |
| Bray Dylan | 1 Watermelon |
| Adams Ethan | 1 Watermelon |
| Levy Gabe | 4 to 5 pounds of of Apples |
| Downing Jackson | 4 to 5 pounds of of Apples |
| Boulter Jackson | 4 to 5 pounds of of Apples |
| Hamilton Justin | 4 to 5 pounds of of Apples |
| Keer Keith | 4 to 5 pounds of of Apples |
| Flood Kevin | 4 to 5 pounds of of Apples |
| Sandford Kurtis | 4 to 5 pounds lbs of Oranges |
| Hilberath Luke | 4 to 5 pounds lbs of Oranges |
| Palmer Mathew | 4 to 5 pounds lbs of Oranges |
| Nilkanth Mihir | 4 to 5 pounds lbs of Oranges |
| Finley Mikey | 4 to 5 pounds lbs of Oranges |
| Gonzalez Nicolas | 4 to 5 pounds lbs of Oranges |
| Hansen Quinn | 4 to 5 pounds lbs of Oranges |
| Dana Ryan | 4 to 5 pounds of Banana |
| Millward Ryan | 4 to 5 pounds of Banana |
| Mc Connell Shay | 4 to 5 pounds of Banana |
| Facer Stephen | 4 to 5 pounds of Banana |
| Cooper Tommy | 4 to 5 pounds of Banana |
| Holt-Hillis Will | 4 to 5 pounds of Banana |

BIG BEAR TENTATIVE SCHEDULE

Monday, August 26, 2013

| | |
|---------------------|---|
| 12:00 pm | Meet at MVHS parking lot by boys locker and load vehicles |
| 12:30 pm to 3:30 pm | Travel to Big Bear (4:00 pm check in and get organized) |
| 5:30 pm to 6:30 pm | Shake out run to Big Bear HS |
| 7:00 pm to 8:00 | Dinner |
| 8:00 pm to 10:00 pm | Lights Out |

Tuesday, August 27, 2013

| | |
|----------------------|--|
| 6:30 am | Up and at em! |
| 7:00 am | Workout 1 |
| 9am to 10:15 am | Breakfast |
| 11:30 am to 12:30 pm | Class: Exercise Physiology 101- Understanding Training |
| 12:35 pm to 2 pm | Lunch |
| 2:00 pm to 4:15 | Free Time |
| 4:30 pm to 6:00 pm | Workout 2 |
| 6:00 pm to 7:30 | Dinner |
| 7:30 pm to 10:00 pm | Free Time |

Wednesday, August 28, 2013

| | |
|----------------------|--|
| 6:30 am | Up and at em! 7:00 am workout |
| 7:00 am | Workout 1 |
| 9am to 10:15 am | Breakfast |
| 11:30 am to 12:30 pm | Class: Sports Nutrition Basics- We Run Like We Eat |
| 12:30 pm to 1:30 pm | Lunch |
| 1:30 pm to 5:00 | Free Time |
| 5:00 pm to 6:00 pm | Dinner |
| 6:00 pm to 7:30 | Night Run |
| 7:30 pm to 10:00 pm | Free Time |

Thursday, August 29, 2013

| | |
|----------------------|---|
| 8:30 am to 10:00 am | Workout 1 |
| 10:00 am to 11:30 am | Breakfast |
| 11:30 am to 1:00 pm | Class: Sport Psychology- Basics/Applications For Personal Success |
| 1:00 pm to 2:15 pm | Lunch |
| 2:15 to 5:00 pm | Free time |
| 5:00 pm to 6:00 pm | Dinner |
| 6:00 pm to 6:45 pm | Pre pack for Friday am departure |
| 6:45 pm to 10:00 pm | Free Time- Star Wars |

Friday, August 30, 2013

| | |
|---------------------|--|
| 6:15 am to 9:00 am | Lake challenge 14 mile run (1:38 @ 7 min pace) |
| 9:00 am to 10:00 am | Breakfast |
| 10:00 am to 2:00 pm | Load vans / Depart for home |

Menu

Monday & Tuesday August 26 & 27, 2013
Big Bear Camp



Spaghetti with Meat Sauce

Family secret recipe handed down many generations. Homemade noodles with meaty tomato sauce served with Cesar salad and French bread.



Pancakes with Sausage Patties

Fluffy lumberjack pancakes to fill your carbohydrate appetite! Served with Sausage patties and vitamin C loaded fruit (oranges).



Gourmet Chili/ Hot Dog

Straight from New York authentic Filipino vendor style chili dogs ordered at the corner on Wall street. Served with chili dip and red sugar water (watermelon).



Beef Burrito

Hand rolled burrito loaded with ground beef, cheese, sour cream and beans. Served with your favorite vegetables. Make sure your roommate has a sleeping bag!



Menu

Wednesday August 28, 2013
Big Bear Camp



Oatmeal & Sausage Patties

Slow cooker steel cut oats right out of a top shelf cardboard box providing you a nourishing recovery meal. Served with brown sugar, bananas and sausage patties.



Cheese Quesadillas

Not your typical fast food cheese tortillas sandwich. Made with homemade cheese and prepared tortillas right from the supermarket. Served with salad and chips.



Chicken with Rice

Authentic mix of the west meet east menu. Organic steamed rice with foster farm chicken served with delicious green beans and French bread.



Snacks- Trail Mix, Granola Bars & Fruit

Runners always need an extra meal here and there. Nothing like trail mix, granola bars and fruit to fill those working bodies.



Menu

Thursday & Friday August 29 & 30, 2013
Big Bear Camp



Breakfast Burrito

Great for that post 20 mile run meal! Hand pressed tortillas filled with your favorite egg, bacon salsa cheese and sour cream. Yummy!



Barbeque Chicken Sandwich

Healthy BBQ chicken slowed cook to perfection placed between freshly baked buns. Served with carrots and celery sticks to help with night vision for Star Wars battles!



Pizza Dinner

Give the cooks a break and the kitchen a cool down! Old school back in the hood pizza to be delivered. Great way to spend your Xbox nights chillin with your teammates!



Cereal

Good Mooooorning BIG BEAR. I just ran the longest run in my life and all I want is something quick to fill my tummy. CEREAL it is quick and easy for our trip back home!



Athlete's Name: _____ Cell Phone: _____
Address: _____
City: _____ Zip: _____
Date of Birth: _____ Age: _____ Grade: _____
School: _____
E-Mail Addresses:
Athlete: _____
Parent: _____

EMERGENCY CONTACT INFORMATION

Father's Name: _____
Home Phone: _____ Work: _____ Cell: _____
Mother's Name: _____
Home Phone: _____ Work: _____ Cell: _____
Alternate Contact: _____
Phone: _____

MEDICAL INFORMATION

Any Respiratory Illness? _____
Medical Issues: _____
Medications: _____
Allergies: _____
Insurance Carrier: _____
Policy Number: _____
Family Doctor: _____ Phone: _____

ASSUMPTION OF RISK AND RELEASE AND WAIVER OF LIABILITY

CONSENT FOR MEDICAL TREATMENT OF MINOR

In consideration for the training/competition program/camp in which my child will be participating with GrassRoots Athletics XC Camp, I fully and forever waive all rights and claims for any injuries and damages that may occur during said program. I agree to hold free liability any representative, coach, administrator, director, volunteer or sponsor of *GrassRoots Athletics*, Saddleback Unified School District, and facilities in which we hold organized training/competition sessions. Furthermore, I enter this XC Camp/program knowing that certain risk of injury does exist and by signing below, I am also implying that my child has been medically cleared by my physician to participate in this type of physical fitness training program. As I give permission to *GrassRoots Athletics*, and their associates to use photos captured during training sessions, races, and club events for advertisement, promotional, and other uses. Also as the parent of the above named athlete, and in the event I cannot be reached, I hereby give my consent for emergency medical care prescribed by a duly licensed physician. This care may be give under whatever conditions are necessary to preserve the well-being of my child. By signing below I have read and understand the assumption of risk and release and waiver of liability.

Signature of Parent/Legal Guardian: _____ Date: _____