

Camp Activities

- Camping at Smugglers Den in Bar Harbor, Maine
- Swimming
- Hiking
- RUNNING!
- Night out on the town
- Skit Night
- Adventure activities
- Guest Speaker
- Great Food

Our Fabulous Camp Staff



Why Go To Camp?

Attending Cross Country Camp is a great way to meet everyone on the team. As a freshman or new student, attending camp enables you to get to know some people at Coe-Brown before starting school. If you're worried about the runs you will never be asked to do more than you can do. We have many different ability levels on the team. Camp provides the opportunity to get to know the team, the coaches, and see what Cross-Country is like before the season even starts. It is a week full of fun and exciting adventures and promises to be the highlight summer!

*Before and after camp, starting in mid-June, the team will be meeting at the Bow Lake Dam every Tuesday and Thursday at 5:30PM to run.

Come join the fun!

Coe-Brown X-Country Camp

July 22-27



Questions?

Coach Tkaczyk 942-8405
Cell: 988-5935

Coach Cox 942-5245

Henry Snow 664-7297

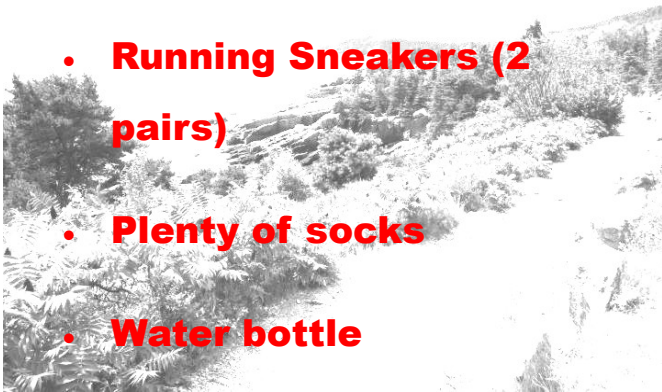
Location

For the fourth consecutive year, Coe–Brown’s XC camp will be held in Bar Harbor, Maine. We will be staying at Smugglers Den campsite and running along beaches and through the gorgeous Acadia National Park. For more information about the campsite, you can visit www.smugglersdencampground.com

We will also venture into the town of Bar Harbor for our “night out”. This will include, shopping, ice cream, and other activities. Bar Harbor is a great place for our cross country team to enjoy a fun-filled week together.



What Should I Bring?



- **Running Sneakers (2 pairs)**
- **Plenty of socks**
- **Water bottle**



- **Running clothes**
- **Camping clothes**
- **Watch**
- **Bathing suit/towel**
- **Tent (Important)**



- **Sleeping bag**
- **Toiletries**
- **Snacks**
- **Flashlight**

X–Country Running Camp
Price: \$260.00
Make checks payable to CBNA XC
(please have payment available by June or as soon as possible)
Send to Coach Tkaczuk at:
30 Mill Pond Road, Northwood, NH 03261

Name of Runner _____

Address _____

Phone _____

E–mail _____

Shirt Size _____

T–shirt size (circle one)

Small Medium Large

Method of Payment
__ Check made payable to CBNA X–C or
__ Cash

Waiver and Release: I, the undersigned agree that my child, _____, is physically fit to participate in strenuous athletic activity and waiver Coe – Brown Academy, the CBNA X–C program and it’s employees/chaperones any and all responsibility for any injury or illness. I authorize CBNA X–C coaches to make their best judgment in the case of an emergency. I also understand that I am responsible for the payment of any medical expenses.

Signature _____