

# XC Camp 2007



Sunday, July 22<sup>nd</sup>-Friday,  
July 27<sup>th</sup>. (If you can not  
go this week of the camp  
you may sign up for one  
of the two  
previous weeks: July 8-  
13<sup>th</sup> or July 15-20<sup>th</sup>.)

Sign up by going  
to  
[www.  
ussportscamps.  
com](http://www.ussportscamps.com)

## WHAT TO BRING

- Running Clothes (lots of socks—3 pair a day)
- At least Two pairs of running shoes (one can be old)
- Watch that has a stopwatch
- Water Bottle
- Sheets, pillow case, blanket or sleeping bag
- Towels (at least 2)
- Toiletries
- Insect repellent
- Casual clothes for evenings
- Swim suit & Sunscreen
- Healthy snacks
- Summer Reading & Bible
- Money for two lunches on the road
- Money for one dinner out
- Money to buy snacks at camp (if needed)
- Any medication needed—inhaler, bee sting, etc. (please alert coaches if prescription strength)

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