

## 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  
Phone 780.479.1860  
Email peterwright5@hotmail.com

# 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
- Wiener sticks
- Flash light & extra batteries
- Smile, grit & readiness to work

## What are the activities?

Running and Basketball are the two sports of instructions with accompanying drills and work-outs.

Informal but competitive sports of all kinds – beach volleyball, basketball (we have a small gym), 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.

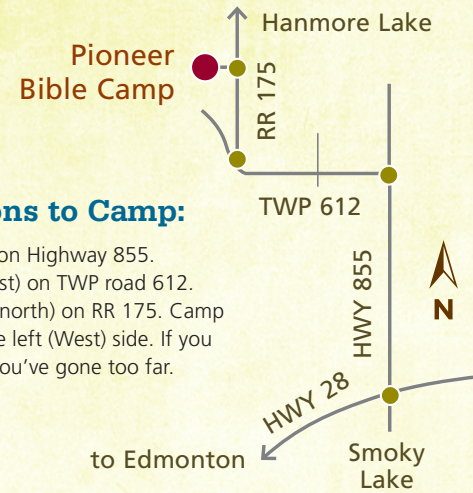
**FOURTH ANNUAL SPRINT TRIATHLON:** The Man and Woman of Teak Pentathlon – Swim/Run/Bike/Canoe/Obstacle Course.

**NEW!!** Daily team challenges with both mind AND muscle benders!

**NEW B-BALL CAMP:** This is our first trial with this sport at camp. In its 'probationary' year we will use the small gym at the camp, but if the program develops we hope to move the B-Ball camp to a local gym.

**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

### SPORTS DIRECTOR

Travis Patten

### ACTIVITY DIRECTOR

Rebekah Hoogendoorn

### CAMP PASTOR

Rev. Bill Pols

### CAMP COOK

Darlene Wright

### CAMP NURSES

Shirley Goutbeck,  
Jacqueline Goutbeck

### KITCHEN STAFF

Christa Scheffer,  
Lois Greidanus, Michelle Korver,  
Kim Thorsteinson  
Sheena Patten (and others)

### CAMP COUNSELLORS

Marie Christine Jutras,  
Rebekah Hoogendoorn,  
Jean David Jutras, Noel Kamara,  
Sarah Strydhorst, Jacqueline  
Goutbeck (and others)

**RUNNING: Pete Wright** – Too many years of experience to count at Elementary, Jr High, High School and Club level. **Rebekah Hoogendoorn** – Two years at Jr High level and new to High School coaching.

**Travis Patten** – Two years of High School and Jr High coaching

**BASKETBALL: Paul Kirwan** – Paul is new to our staff but not new to us. He is a graduate of our camp and the Wetaskiwin X-Country, Track and B-Ball programs.

He also has graduated from U of A in engineering and has 6 years of B-Ball coaching experience in minor ball at Jr High Picard School in Edmonton.

**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!

**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



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

ESTABLISHED IN 2000

**AUGUST 17-22 2015**

**NEW THIS YEAR  
BASKETBALL CAMP**



## The GREAT AUSTRALIAN DISTANCE RUNNER RON CLARKE said,

"I like running because it's a challenge. If you run hard, there's the pain, and you've got to work your way through the pain. You know lately it seems all you hear is 'Don't overdo it' and 'Don't push yourself.' Well, I think that's a lot of bull. If you push your body, it will respond."

This statement is probably more true now than when Mr. Clarke said it 40 years ago. In many years of coaching I have developed the '2 week rule' that I give every season at the beginning of Track or X-Country practices. The talk goes like this, 'Just stick with us for 2 weeks, some days it will hurt, you will be tired, in fact the training isn't even a lot of fun most days but if you can hang in for 2 weeks you will make it; and once you 'make it' that's when the fun starts coming – success in racing!"

Our camp, Lord willing, heading into its 16<sup>th</sup> year has always striven to develop good runners – and now good basketball players – by introducing a 'diet' of hard steady training. Camp is fun – games (indoor and out), swimming, fellowship, competition, biking, lots of good food but whether you are training to be a runner, basketball player or to be conditioned for another sport, it is still some hard work, self-denial and dedication. Are you 'athlete' enough to join us?

But running / basketball / conditioning / fun are not all that we are about. We have spent 15 years at camp telling people about Jesus. One may be a great athlete, a superb musician, brilliant in school, gorgeous or handsome, rich or poor, famous or anonymous but without a Saviour from sin we have no enduring hope. Do you a hope that will last for eternity?

You needn't be a Christian to come to camp, in fact we welcome anyone of any nationality, faith or no faith at all. Come enjoy the sports, do the training, make and reacquaint with friends, ask questions, get answers and find rest for your souls.

## PLEASE COME AND JOIN US!

ANYONE, entering grade 8 through college, male or female, is welcome. Although Chapel attendance is compulsory, as are all camp activities (this shared experience in all aspects of camp helps build community), no one is coerced or required to believe as we do (i.e. the camp is open to anyone regardless of race or creed.)



## 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 16 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 2015, 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](#) and type in: **GO Athletics Camp Promo Video**

## A TYPICAL DAY:

(SCHEDULE VARIES ACCORDING TO WEATHER AND ACTIVITIES PLANNED FOR THAT DAY)

The bell clangs at 8:00 am to stir the dreamers into action.

To further activate the sleepy ones, BREAKFAST is preceded by a run, brisk walk or bike ride all to have you ready for ...

A hearty breakfast at around 8:00 am. Breakfast is followed the morning chapel time with our Camp speaker or pastor. (All our speakers of are of a Reformed Protestant persuasion.)

Dishes need to be done and we all get a turn. Those who aren't on dish duty have some free time until 9:30 am – or thereabouts – when we will have a specialty workout on the track or in the gym.

None too soon comes a satisfying LUNCH and of course – more dishes!

After all the activity and lunch a little R&R is needed so you get about 45 minutes and then ...

MORE sports or training from 2:00 pm or so until 3:30 pm, but we don't forget that you need some free time – swimming, canoeing, sleeping, talking.

SUPPER. The BIG meal of the day is on tap from around 5:30 pm to 6:30 pm.

What would a day be without more sports – 6:30 pm to 8:30 pm followed by the evening chapel, snack, campfire and maybe a night game!

By now (approx. 11:00 pm) most are ready for 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 keep 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!