



Pastor Greg Bylsma and his wife, Charity

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 (if you have or can borrow one)
- 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 along with a daily basketball and soccer tournament..

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.

A Special and Different Main Competition Race Each Day

DAY 1: NEW! It's a surprise and it will be at night!

DAY 2 thru 5: One of: Bike/Run Duo Relay

OR What Goes Up MUST Come Down Hill Challenge

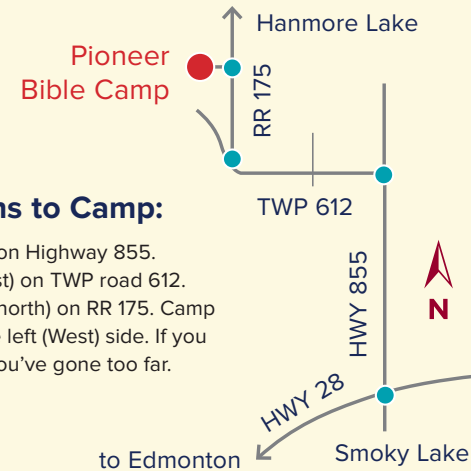
OR The 'improved' (read harder) Barkley mini Marathon

OR Pentathlon – Run/Swim/Bike/Tire Drag/Canoe

DAY 6: The Race – All camp 4.5 km Trail Run

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/ CHAPERONES/ COUNSELLORS are all people we know well and have worked closely with over the years

COACHES: Our four running coaches – Pete Wright, Rebekah Hoogendoorn, Travis Patten & Lois Greidanus have 65+ years of coaching experience at High School, Junior High School, Elementary and Club levels..

CAMP SPEAKERS: **Pastor Greg Bylsma** has been a follower of Jesus Christ since his high school years when God took hold of him and gave him a zeal to help others grow in their knowledge of Jesus. He has served as a pastor since 2005. He has been married to the best woman in the world, Charity, since 2001 and they have four crazy wonderful children. In his spare time he loves to play or coach soccer and other sports, work with youth, spend time with his family, and go biking along the Grand River. **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

GO ATHLETICS

CROSS COUNTRY, CONDITIONING AND YOUTH CAMP

AUGUST 13 - 18, 2018

OUR 19th YEAR!



ESTABLISHED IN 2000

“I determined not to know...”

This can be applied in many ways:

In deciding to come to camp this year...

I determined not to know what eating all the great food at camp would do to me in ‘The Race’ (4.5 km) at the end of camp!

I determined not to know what playing 3 sports **AND** completing a competitive running event would do to my body!

I determined not to know how much effort and strain it would take for me to stay on the tube as Henry whipped me through the boat’s wake!

I determined not to know how much sleep would be lost worrying about how early in the morning we might be awakened to quickly prepare for the Barkley Mini or how much more sleep I might desperately need after this ‘torturous’ event!

I determined not to know... (you can fill in the blank)

A more famous person than any of us first used this line in the book of 1 Corinthians in the Bible. That person was Paul, and he said in chapter 2, verse 2, “*For I determined not to know anything among you except Jesus Christ and Him crucified.*”

Jesus Christ, our Saviour from sin, is the theme of our camp every year and this year is no exception. Rev Greg Bylsma, Pastor of Living Waters URC, Brantford, ON (who will also be offering some soccer skill training) will be developing this theme in each of our chapels. Chapels are an integral part of camp and just as we require full group participate in all other activities, so we expect everyone to participate in the chapels.

All people, of any race, guys or ladies, any religion or no religion, greatly skilled or just learning are welcome and encouraged to join us for camp in 2018!

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 18 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 2018, 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:

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 individualized 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!

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:
GO ATHLETICS

SELECT YOUR T-SHIRT SIZE

GUYS: XS S M L XL

GALS: XS S M L XL

Campers may choose either men's or ladies shirts
as per their preference.

DON'T FORGET THE OTHER SIDE OF THIS FORM!

PARENT AUTHORIZATION

I hereby authorize the directors of the *GO Athletics* X-Country/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 street, Edmonton, AB T5B 2C1
EMAIL peterwright5@hotmail.com
PHONE 780.479.1860

