Under-15 Training Camp Info

*We’re headed back to the Boise/ Sawtooth National Forest for our third annual U-15 summer training camp. It should be a lot of fun with 3 days of hard training! This camp could easily be called XC-101 Intro to XC ski Training. We’ll Hike, Run, Soak in Hot Springs, and learn to Rollerski.*

*This camp is open to athletes under 15 who are at least going into 6th grade, but will be capped at 30 participants. Some XC skiing experience will help, but it is not required (so if you’re trying to convince a friend to join the team next year – this may be the time/place!)*

*The fitter you are coming into the camp the more fun that you’ll have – so get together with your teammates for some running, hiking, and mountain biking in the weeks leading up to the camp!*

**Lodging and Food**

Depending on water levels, campground conditions, availability, etc we’ll be camping in the:

Elks Flat Campground on the shore of the South Fork of the Boise River

<https://www.fs.usda.gov/recarea/boise/specialplaces/recarea/?recid=5094&actid=2>

OR

The Pioneer Campground near the base of the Soldier Mountain Ski Area

<https://www.fs.usda.gov/recarea/sawtooth/recarea/?recid=5973>

**Tentative Camp Schedule**

6/19: Tuesday

Depart Boise 7am.

AM - Short Run on arrival

PM - Intro to Rollerskiing

6/20: Wednesday

AM – Hike

PM – Night Games

6/21 Thursday:

AM – Hot Spring Hike/ Run

Mid-Day – Rollerski

Estimated Return to Boise 6:30pm

**Coaches:**

Wilson Dippo, Kendall Lutz, Jordi Johnson, Samantha Benzing and Aliya Brown will be coaching.

**Trip Costs:** $180 ($130 if you sign up for Summer or Year-round Devo)

Packing List

*Please email Wilson if you need help rounding up any of the gear think we will mostly encounter warm summer weather but please bring a rain jacket and a set of warmer clothes in case we have a colder day outside.*

**Snacks for the drive over**

**Training Equipment**

Helmet

Running Shoes

Small back pack to carry food/layers/water on a hike

Drink belt/ water bottle holder and bottle

(If you own Rollerskis, boots, and/ or poles bring those)

**Training Clothes for 3 Days**

3 Shirts

2 Short

Underwear

Light jacket

Light pants or warm up pants

Rain jacket

Baseball Cap

Bike Gloves (for rollerskiing)

4-6 Sets of Socks

Hat/ headband

**Camping Equipment**

Sleeping Bag

Tent (If you’re bringing one for your tent group)

Sleeping Pad

Pillow

Bowl/ Plate

Spoon/ Fork/ Knife

Mug

Flashlight/ Headlamp

Extra Water bottle

Camp Chair

**Casual Clothes**

2 Shirts

1 Pants

1 Shorts

Underwear

Flip flops or sandals or pair of shoes other than your Running shoes

Sweat shirt/ Pants

Warm Jacket

**Other**

Swim Suit

Toiletries/Meds (inhaler if needed)

Book

Any must have foods/ snacks

Healthy snacks for the drive over