

PRINCETON UNIVERSITY

GIRLS CROSS COUNTRY CAMP

July 28 – August 1, 2024

Day 1 – Sunday, July 28

- 2:00p | Check-In at Baker Rink
- 3:30p | Meet Outside Brown Hall for Camp Introduction – Parents Depart following introductions
- 4:00p | Group Run – From Dorm to Track and Field Facility to Cross Country Mini – Strides at Track
- 5:30p | Group Check-In at Outdoor Track – Walk to Whitman Dining Hall
- 5:45p | Dinner @ Whitman Dining Hall
- 6:45p | Group Check-In Outside Whitman – Walk to Dorm
- 7:15p | Group Check-In Outside Dorms – Walk to Guyot Hall – Running Specialty Store Presentation
- 8:45p | Day Camper Pick-Up at U-Store (36 University Place)**
- 10:00p | Return to dorms following Panel and WaWa Walk of Fame
- 10:30p | Lights Out

Day 2 – Monday, July 29

- 7:00a | Wake-Up
- 7:00a | Day Campers Drop-Off at U-Store (36 University Place)**
- 7:15a | Long Run – Meet Outside Brown Hall For Check-In – Warm-Up to Outdoor Track to Towpath Right
- 8:45a | Group Check-In at Outdoor Track - Walk to Dining Hall @ Whitman College
- 8:55a | Breakfast @ Whitman College
- 10:15a | Group Check-In Outside Brown Hall – Walk to DeNunzio Pool – Dressed for Pool with Towel
- 10:45a | Aquatics Cross Training + Team Challenge
- 12:00p | Depart Pool for Dining Hall
- 12:15p | Lunch @ Whitman College
- 1:45p | Group Check-In Outside Brown Hall – Walk to Jadwin Gym
- 2:00p | Strength with Coach Zach Purcilly
- 3:00p | Form Drills and Analysis at Outdoor Track
- 4:15p | College Counselor Panel at Guyot Hall
- 5:15p | Group Check-In Outside Guyot Hall – Walk to Dining Hall
- 5:45p | Dinner @ Whitman College
- 6:25p | Return to Dorms – Clean-up for guest speaker
- 7:00p | Group Check-In outside dorms – Walk to Guyot Hall
- 7:15p | Guest Speaker, **Holly Lockhoff, Sports Dietician** + Downtown Princeton
- 8:45p | Day Camper Pick-Up at U-Store (36 University Place)**
- 10:00p | Return to dorms
- 10:30p | Lights Out

Day 3- Tuesday, July 30

- 7:00a | Wake-Up
- 7:00a | Day Campers Drop-Off at U-Store (36 University Place)**
- 7:15a | Group Check-In Outside Brown Hall: From Track - Cadence Fartlek on Cross Country Course + Hill Strides
- 8:40a | Group Check-In From Outdoor Track: Walk to Whitman College Dining Hall
- 8:50a | Breakfast @ Whitman College
- 9:45a | Group Check-In Outside Whitman College – Walk to Princeton Canoe
- 10:15a | Canoe The Canal – **Waiver Required – Signed During Registration/Check-In**
- 11:45a | Walk to Dining Hall from Princeton Canoe
- 12:15p | Lunch @ Whitman College
- 1:45p | Group Check-In at Dorm – Walk to Dillon Gym Dressed Ready to Move. Bring Swimsuit and Towel
- 2:15p | Team Scavenger Hunt – Starts and Ends at Dillon Gym
- 3:30p | Water Refresher at Dillon Gym Student Pool
- 4:30p | Recovery Time @ Brown Hall

Day 3- Tuesday, July 30 – cont.

- 5:15p | Group Check-In Outside Dorm – Walk to Dining Hall
- 5:30p | Dinner
- 6:45p | Group Check-In Outside Dining Hall – Walk to Guyot Hall
- 7:15p | Guest Speaker, **Sport Psychology with Meg Waldron** + Downtown Princeton or Wawa Walk
- 8:45p | Day Camper Pick-Up at U-Store (36 University Place)**
- 10:00p | Return to dorms
- 10:30p | Lights Out

Day 4 – Wednesday, July 31

- 7:00a | Wake-Up
- 7:00a | Day Campers Drop-Off at U-Store (36 University Place)**
- 7:15a | Hill Circuit Session on Washington Hill Loop – Start and End at Outdoor Track
- 8:45a | Group Check-In at Outdoor Track – Walk to Dining Hall
- 8:55a | Breakfast @ Whitman College
- 10:00a | Group Check-In Outside Brown Hall – Walk to On Campus Yoga Space
- 10:15a | Yoga
- 11:15a | Recovery Time at Dorms
- 12:00p | Group Check In at Dorms – Walk to Dining Hall
- 12:15p | Lunch at Whitman College
- 2:15p | Group Check-In for Outdoor Track and Field Complex – Dress to be active
- 2:30p | Dynamics and Circuit (45 minutes) – Bring Bathing Suit and Towel
- 3:30p | Water Refresher at Dillon Pool – Second Run Opportunity
- 4:30p | Depart for Brown Hall – Team Skit/Team Talent Practice
- 5:20p | Depart Dorms for Dining Hall – Group Check-In
- 5:30p | Dinner @ Whitman College
- 6:45p | Group Check-In Outside Brown Hall – Walk to Guyot Hall
- 7:00p | Team Talent Show + Team Trivia + Downtown and Wawa Walk of Fame
- 8:45p | Day Camper Pick-Up at U-Store (36 University Place)**
- 10:00p | Return to dorms
- 10:30p | Lights Out

Day 5 – Thursday, August 1 (FINAL DAY)

- 7:00a | Wake-Up
- 7:00a | Day Campers Drop-Off at U-Store (36 University Place)**
- 7:15a | Long Run (Towpath Left) – Meet Outside Dorms
- 8:45a | Breakfast followed by Guyot Hall Gathering
- 10:00a | Camp Champ + Locker Room Lottery + Camp Recap
- 11:15a | Return to Dorms for Packing and Clean Out
- 12:00p | Check-Out at Baker Rink for Overnight Campers/Day Campers @ U-Store (36 University Place)**

EMERGENCY CONTACTS

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