

Irish Training Trip 2010

The Rosemount Cross Country team will embark on the annual preseason training camp to picturesque Deep Portage Conservation Reserve. The camp is at the modern cedar and firestone lodge, which is located near Hackensack, MN (near Brainerd). The team will board on Monday, August 23 at 7:45 a. m. and return at approx. 12:00 noon Thursday, August 26. Meals will be provided by the home cooking staff at Deep Portage. All meals are buffet style. You can take as much as you want, but eat as much as you take. If you need alternative meals, let Coach Harder know and we can work with the Deep Portage staff to make the necessary arrangements.

Accommodations: Deep Portage Conservation Reserve
2197 Nature Center Drive NW
Hackensack, MN 56452
(218) 682-2325
Coach Harder's Cell Phone: (612) 845-2498

We will stay in the lodge. The reserve includes well marked running trails, nature walks, interpretive center, basketball court, volleyball court, the McMonigal Bocci Court, the Ryan Ultimate Recreation Center, canoeing, the Dr. & Mrs. William E. Ludwick indoor theater, the Dr. Malcolm Moos library, and much more.

History: home of Lucette Diana Kensack and the birthplace of Paul Bunyan, jr.

Cost: The cost is \$135 payable to Rosemount Cross Country. The cost includes rooms for three nights, three main meals a day, transportation, and all use of equipment and facilities.

Questions: Any questions or concerns, please feel free to contact Coach Harder at (612) 845-2498 or chris.harder@district196.org

Championship Wednesday: competition concludes for the Bocci, Basketball, and Ladder Golf tournament. Competition begins and ends for the (Officially Sanctioned) Sand Volleyball Tournament(s).

Things to Bring:

- running shoes and apparel
- baseball cap (for running on trails vs. bugs....advised by DP staff although not worn by Coach Harder)
- bug repellent to spray on cap
- sleeping bag
- pillow
- towel
- personal entertainment items for bus ride
- water bottle
- sweatshirt
- old shoes (for canoeing and recreational activities)
- **NOTE: 3 days, not 3 weeks.**

General Itinerary:

Monday, August 23

- 7:45 A. M.: Board bus from Rosemount High School
- 12:00 Noon: Arrive at Deep Portage
- 12:15: Lunch
- 1:00 P. M.: Use of facilities. Start of Bocci, Basketball, and Ladder Golf Tournaments. Unofficial Sand Volleyball games.
- 3:30: Main workout
- 5:30: Dinner
- 6:00: Recreational Activities, etc.
- 10:00: In your rooms.

Tuesday, August 24

- 6:30 A. M.: Main workout (could be 7:00 if breakfast is pushed back)
- 8:30: Breakfast
- 9:15: Prepare sack lunches
- 9:45: Canoeing--Big Deep Lake
- 2:00 P. M.: Return from Big Deep
- 3:00: Secondary workout
- 5:00: Dinner
- 6:00: Recreation Activity, etc.
- 7:30: Dr. & Mrs. William E. Ludwick Theater -- Movie (TBD) or other activities.
- 10:00: In your rooms.

Wednesday, August 25

- 6:30 A. M. Main workout (could be 7:00 if breakfast can get pushed back)
- 8:30: Breakfast
- 9:15: Championship Wednesday. Completion of Bocci, Basketball, and Ladder Golf Tournaments.
- 9:30: Coach Maresh completes teams and brackets for Officially Sanctioned Sand Volleyball tournament(s).
- 11:30: Lunch
- 12:30: Recreational Activities
- 3:00 P. M.: Secondary workout
- 5:00: Dinner
- 6:00: Recreation Activity, etc.
- 7:00: Championship Wednesday Awards.
Order of Prestige: 1. Bocci (oldest), 2. Basketball (the return), 3. Ladder Golf (skill + luck), 4. Sand VB
- (after awards) "Coach Harder On The Blender"
- 10:00: In your rooms

Thursday, August 26

- 6:00 A. M. Main Workout
- 7:30 Breakfast
- 8:00: Depart for Rosemount High School
- 12:00 Noon Arrive at Rosemount High School