



2023 XC TEAM CAMP

**YMCA CAMP TIMBERS
WEST BRANCH, MICHIGAN**

OPTION A MONDAY, AUGUST 14 - WEDNESDAY, AUGUST 16, 2023, \$115 PER STUDENT
OPTION B MONDAY, AUGUST 14 - THURSDAY, AUGUST 17, 2023, \$145 PER STUDENT

The **benefits of a camp experience, without the hassle of planning for meals, lodging, and activities.** This team-based camp is designed for middle/high school XC teams, and includes:

**Miles of Trails, Optional Shared Workouts,
Meals, Lodging, 5K Trail Course, and Camp Activities**
(zip lines, giant swing, paddleboards, climbing tower, and more!)



YMCA CAMP TIMBERS
3269 Horseshoe Lake Road, West Branch, MI 48661
989-345-2630 • Timbers@SaginawYMCA.org • CampTimbers.org

XC Team Camp at YMCA CAMP TIMBERS

West Branch, Michigan

Sample Schedule:

| | DAY 1 | DAY 2 | DAY 3 | | DAY 1 | DAY 2 | DAY 3 | DAY 4 |
|-------|--------------------------|------------------------|------------------------|-------|--------------------------|------------------------|------------------------|------------------------|
| 7:00 | | Workout/Run Session #3 | Workout/Run Session #6 | 7:00 | | Workout/Run Session #3 | Workout/Run Session #6 | Workout/Run Session #8 |
| 8:15 | | Breakfast | Breakfast | 8:15 | | Breakfast | Breakfast | Breakfast |
| 9:00 | | Camp Activities | Camp Activities | 9:00 | | Camp Activities | Camp Activities | Camp Activities |
| 10:00 | Team Arrival/Orientation | | | 10:00 | Team Arrival Orientation | | | |
| 11:00 | Workout/Run Session #1 | Workout/Run Session #4 | 5k Trail Run | 11:00 | Workout/Run Session #1 | Workout/Run Session #4 | Teambuilding | 5k Trail Run |
| 12:30 | Lunch | Lunch | Lunch | 12:30 | Lunch | Lunch | Lunch | Lunch |
| 2:00 | Camp Activities | Camp Activities | Departure | 2:00 | Camp Activities | Camp Activities | Camp Activities | Departure |
| 3:00 | | | | 3:00 | | | | |
| 4:00 | Waterfront/Swimming | Waterfront/Swimming | | 4:00 | Waterfront/Swimming | Waterfront/Swimming | Waterfront/Swimming | |
| 5:30 | Dinner | Dinner | | 5:30 | Dinner | Dinner | Dinner | |
| 7:00 | Workout/Run Session #2 | Workout/Run Session #5 | | 7:00 | Workout/Run Session #2 | Workout/Run Session #5 | Workout/Run Session #7 | |
| 8:30 | Campfire/Snack | Evening Activity | | 8:30 | Campfire/Snack | Evening Activity | Evening Activity | |
| 10:30 | Lights Out | Lights Out | | 10:30 | Lights Out | Lights Out | Lights Out | |

Facilities:

YMCA Camp Timbers is a 300-acre camp and retreat facility located near West Branch, Michigan. The camp is beautifully situated on wooded, rolling terrain surrounding a 30-acre private lake. Over 4 miles of trails are available within camp's forests and fields, and adjacent state land and dirt county roads and ORV trails provide extensive options for varying the distance and difficulty of runs.

Training/Run Sessions:

Customize workouts specifically for your team, or collaborate with other coaches and teams at your discretion. Trail maps and suggestions for various mileages of wooded camp trails, dirt/gravel roads, ORV trails, and paved county roads will be provided. The camp culminates with a camp-marked, coach-timed 5k Trail Run.

Camp Activities:

Camp activities include our "best-of-camp" adventure activities: zip lines, climbing tower, high ropes course, giant swing, kayaking/paddle-boarding, and more. A team-based challenge course is available by request.

Lodging and Meals:

Lodging will be team-based and gender-based in our 14-bunk cabins. At least one coach or chaperone (18+ years old) must be present for overnight supervision in each cabin. Two bathhouses, new in 2018, are available within short walking distance of cabins. Buffet-style meals are included in the cost of camp.

Cost:

The cost includes all lodging, meals, and camp activities. One coach or adult chaperone per 10 students is complementary; additional adults cost \$25 per day for meals and lodging.

More Information and Reservations:

To learn more, schedule a tour, or reserve cabins for your team, contact Morgan Betters, Program Director, at MBetters@SaginawYMCA.org or 989-345-2630.