



2024 XC TEAM CAMP

YMCA CAMP TIMBERS
WEST BRANCH, MICHIGAN

MONDAY, AUGUST 12 - WEDNESDAY, AUGUST 14, 2023
\$125 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
7:00		Workout/Run Session #3	Workout/Run Session #6
8:15		Breakfast	Breakfast
9:00		Camp Activities	Camp Activities
10:00	Team Arrival/Orientation		
11:00	Workout/Run Session #1	Workout/Run Session #4	5k Trail Run
12:30	Lunch	Lunch	Lunch
2:00	Camp Activities	Camp Activities	Departure
3:00			
4:00	Waterfront/Swimming	Waterfront/Swimming	
5:30	Dinner	Dinner	
7:00	Workout/Run Session #2	Workout/Run Session #5	
8:30	Campfire/Snack	Evening Activity	
10:30	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.