

2018 Callaway Gardens / Asics Cross Country Trip

WHEN: October 4th through October 6th

WHERE: Callaway Gardens
Pine Mountain, GA

HOTEL: Southern Pine 2 – Bedroom Cottages in Callaway Gardens. The phone number is **(706) 663-2281**.

Race Location: ALEXANDER HIGH SCHOOL/ASICS CROSS-COUNTRY INVITATIONAL
Fox Hall Farms Sporting Club
8000 Capps Ferry Road
Douglasville, GA 30135

TRANSPORTATION: We will be taking a charter bus *departing from North Gwinnett High School in the front of the school.*

MEALS: The cost of the trip covers charter bus, hotel, ropes course and zip lining on Friday, Thursday Pizza Dinner, and a portion of Saturday's Pasta Dinner (the athletes will pay \$10 toward the pasta buffet). The athletes will be responsible for their other meals. The cottages have full kitchens with refrigerators. Therefore, athletes are encouraged to bring any food items they would like for lunch and dinner. We will stop at a grocery store once we get to Callaway Gardens to get any items athletes need for breakfast and lunch.

Thursday, October 4th

9:30 a.m.: Load North Gwinnett High School (front of school)
9:45 a.m.: Depart North
11:15 a.m.: Team Lunch in Newnan (Chick fil A, Subway)
1:15 p.m.: Arrive Callaway Gardens
1:30 p.m. – 3:30 p.m. Team Activities at Pool or Lake (make sure to bring your bathing suit)
4:00 p.m. – Room Check In
4:00 p.m. – 6:00 p.m. Team Activities
6:30 p.m.: Team Dinner (Pizza Delivery)
11:00 p.m.: In rooms (Room Check)

Friday, October 5th

9:00 a.m. - Pre-Race Run at Lake
10:30 a.m. – 2 p.m. Team Activities and Lunch on own
2:30 p.m. – Girls load bus for ziplining
3:00 p.m. – Boys load bus for ziplining
4:30 – 5:30pm return to Cabins
6:15 p.m. Load buses for team pasta dinner
6:30 p.m.: Team Pasta Dinner
9:00 p.m.: Team meetings
10:00 p.m.: In room (Room Check)

Saturday, October 6th

7:00 a.m.: Load Bus to depart for Asics Invitational
7:15 a.m.: Depart Callaway Gardens
8:30 a.m.: Arrive at meet
10:00 a.m. – 12:30: Asics Invitational
1:30 p.m.: Depart Asics Invitational
3:00 p.m.: Arrive North Gwinnett High School

PACKING: The most important items are your uniform & spikes.

Other items to bring:

Uniform	Training shoes	Toiletries
Racing shoes	Extra socks	Water Bottle and Snacks

Shool rules will be enforced on this trip. You will ALWAYS be in minimum groups of 3. If you are caught anywhere by yourself or in 2s, then you will spend the remaining time with a coach. This is the most important safety rule that will be strictly enforced. Also, whatever activities we have planned for the group, ALL runners will participate. The purpose of this trip is to race a competitive meet, go over team and individual goals, and bond as a team. There will be a lights-out policy in which everyone must be in their rooms at night and we will do room checks each night to make sure you are where you are suppose to be. No girls are allowed in a boy's room at any time and vice versa. Parents will be contacted for any violation of these rules. Violations may result in spending the remainder of the trip with a chaperone.

We want this to be a fun, safe, and rewarding trip for all that attend. We will do everything to make sure that the well-being of each of the athletes is a top priority.

Rooming Lists: Rooming lists will be handed out on the bus.

Coach Rowland's cell: 404-665-7748

Coach Stanfield's cell: 770-654-3600

Coach York's cell: 678-983-3943

Coach Recchia's cell: 678-630-3755