

## Seminole Trails Camps Detailed information

### **Check-In:**

Check in for both camps is 1-3pm. We will have an introductory meeting at 3pm and then go for a trail run. First meal is dinner that evening.

### **Check-Out:**

Check out for both camps is 11am to Noon. Please pick up campers no later than Noon on the camp's last day.

### **Airport/Bus Station:**

Free pick up from the Tallahassee Regional Airport or Bus Station. Please arrange with Coach Braman so that the travel closely approximates the check-in and check-out times.

### **Payments:**

Mail a check or money order with Camp application. If necessary we can accept a \$100 deposit to hold the camp spot. Total payment is due upon registration.

Cancellation of camp is 100% refundable up until 10 days prior to the camp.

Cancellations in the last 10 days result in a \$50 fee.

### **What to Bring:**

Bring a copy of your family **Insurance Card** with you to check-in (can also be faxed-at least a week in advance of check-in to: 850-644-4845)

**Linens** for a twin bed (questions to Seminole Oaks: 850-222-0674)

### **Basic Toiletries**

**Two Towels** (one for bathing—one to sit on in vans/busses)

**Running Shoes** (two pair recommended)

**Activity Shoe** (not your good running shoes)

About **\$30-\$40 in spending money** (Bowling, Movies, etc.)

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### **Team Camp – July 12-16:**

Teams consist of *five or more runners* per program (can be of differing sexes).

A **Coach must accompany** team, but their Camp is free.

Assistant Coach is also free with 10 or more runners.

**Coach must provide local transportation** to the trails or make arrangements with Coach Braman to purchase seats with another team's bus.

Any additional coaches can attend for a reduced fee (\$150 each).

Teams don't have to consist of all runners from one high school. A team could be a group of several high schools combined, as long as there is a designated coach for the group.