

St. Vincent - St. Mary Fighting Irish
Cross Country
Mohican camping trip
July 15th – July 17th

Agenda of events

Attention all Irish cc runners and parents:

We will be making our annual trek to the beautiful mountainous Mohican resorts in the middle of July. Even though this is going to be a great opportunity for all of us to grow together as one “family” it is also going to be a working weekend. Our goal is to have all of you come to one common objective – November 5, 2016! We believe that we have the make up of two very good teams that can advance to the ultimate prize – the state championships in Columbus.

In order to achieve this goal, we all need to be on the same page and have the same vision and what it will take to climb this mountain-top. It all begins now. Mohican is one of our most important journey’s we have to travel together. It will require a great deal of hard work and sacrifice. Keep your faith in God strong and you will grow both physically and spiritually.

The following is the times and activities we will be addressing while we are on our trip:

Friday July 15th	9:00 am	leave by bus from school
	11:00 am	Workout session #1
	Noon	Lunch (provided) by the pool
	1:00 pm	Free swim
	2:15 pm	Check in and unpack
	3:30 pm	circuit training and workout session #2
	5:30 pm	pizza and snacks by the pool
	11:00 pm	lights out
Saturday July 16th	8:00 am	Workout session #3 meet
	9:00 am	Aquatics workout in the pool
	9:45 am	Breakfast (all supplies will be in my room)
	11:30 am	circuit training and workout session #4
	1:00 pm	Lunch (provided) by the pool
	3:00 pm	Workout session #5
	5:00 pm	Buffet dinner at the resort
	8:00 pm	camp fire and team meeting
11:00 pm	Lights out	

Sunday July 17th 7:30 am Workout session #6 (time trial)
8:00 am breakfast & pack up
9:00 am leave for mass
11:00 am Mass @ St. Vincents – new location

Incidental footnotes:

- You will want to pack the following items:
- Running clothes, swim suit, clothes for mass, snack foods, sun screen, bug repellent, board games, card games.
- The resort offers a breakfast buffet on Sunday. The cost is around \$12. This is on your own.
- Menu items for the weekend are as follows:
- Breakfast (assorted cereals, bagels, milk, juice, sports drinks, water, fruit, cookies) Lunch (subway sandwiches, chips, drinks, fruit, cookies)
- All athletes are to be picked up at St. Bernards church by 12:30 pm.
- The cost is **\$125** made payable to Dan Lancianese (I am advancing the entire trip on my credit card).
- Be prepared to work hard and at the same time get to know each other in a very enjoyable environment.

If you are not planning on going, please let me know as soon as possible. You can reach me at 330-352-5602. If there is anyone who will have problems with the cost, please call me. I do not want this to be the reason you do not go. I will make it work.

Coach Dan Lancianese
Coach Cori Hammer
Coach Bob Shell
Coach Mike Iacofano

Remember the past – Plan for the Future – Conquer the day

***The race is not for the swift – but for those who endure to the end –
November 5th!***