

# PRINCETON UNIVERSITY

## BOYS CROSS COUNTRY CAMP

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July 31 – August 3, 2025

#### Day 1 – Thursday, July 31

##### **2:00p | Check-In at Foulke Hall**

- 4:00p | Meet outside Foulke Hall
  - Discuss camp rules and expectations
  - Divide into running groups
  - Introductory run 2-6 miles
- 6:00p | Walk to Dinner at Yeh College
- 7:15p | Meet outside dorms
- 7:30p | Guest Speaker – Jason Vigilante at Zanfrini room
- 8:15p | Group activity (capture the flag) White Peff Field
- 9:00p | Walk to WaWa

##### **9:15p | Day Camper pick up at Wawa**

- 10:00p | Lights out

#### Day 2 – Friday, August 1

- 6:45a | Wake Up

##### **7:00a | Day Campers Drop-Off at Wawa**

- Slow jog to track, stretch, drills
    - Workout / Run on XC course
  - 9:00p | Breakfast at Yeh College
  - 10:00 | Shower / rest
  - 11:00p | Meet outside dorms, walk to Jadwin Gym
  - 11:15p | Strength Training in Jadwin
  - 12:15p | Lunch at Yeh College
  - 1:45p | Meet outside Dorm, walk to pool
  - 2:00p | DeNunzio Pool swim time
  - 3:45p | Injury Prevention Zanfrini Room Jadwin
  - 4:30p | Return to Dorms, shower
  - 6:00p | Dinner at Yeh College
  - 7:30p | Speaker – Zach Morton, Former US Navy Seal Zanfrini room
  - 8:15p | Group activity at White Peff Soccer Field
  - 9:00p | Walk to WaWa
- ##### **9:15p | Day Camper pick up at Wawa**
- 10:00p | Lights out

### **Day 3 – Saturday, August 2**

6:45a | Wake Up

**7:00a | Day Campers Drop-Off at Wawa**

7:15a | Meet Outside Dorm / Morning Workout and Run  
Slow jog to XC course, stretch, drills  
Run on XC course

9:00p | Breakfast at Yeh College

10:00p | Shower / rest

11:00p | Meet outside dorms

11:15p | Speaker – TBD

12:15p | Lunch at Yeh College

1:45p | Meet at Dorm

2:00p | Swim / Pool run in De Nunzio

4:00p | Scavenger Hunt

5:30p | Back to Dorms, Shower

6:30p | Pizza party in Zanfrini with guest speaker TBD

7:30p | Speaker – Student-athlete Panel in Zanfrini Room

9:00p | Walk to WaWa

**9:15p | Day Camper pick up at Wawa**

10:00 | Lights out

### **Day 4 – Sunday, August 3**

6:45a | Wake Up

**7:00a | Day Campers Drop-Off at Wawa**

7:15a | Meet Outside Dorm / Morning Workout and Run

9:00a | Breakfast

10:00a | Pack Bags and Clean Dorm Room

11:00a | Camp Wrap-Up Talk with Coach Vigilante

**12:00p | Check-Out at Foulke Hall / Return Room/Meal Cards**