

PRINCETON UNIVERSITY

GIRLS CROSS COUNTRY CAMP

July 27 – July 31, 2025

Day 1 – Sunday, July 27

2:00p | Check-In at Brown Hall
3:30p | Meet Outside Brown Hall for Camp Introduction – Parents Depart following introductions
4:00p | Group Run – From Dorm to Track and Field Facility to Cross Country Mini – Strides at Track
5:30p | Group Check-In at Outdoor Track – Walk to Yeh Dining Hall
5:45p | Dinner @ Yeh
6:45p | Group Check-In Outside Yeh – Walk to Brown Hall
7:10p | Group Check-In Outside Dorms – Walk to Neuroscience A32 – Sport Psychology Presentation with **Kathryn Rowe**
8:45p | Day Camper Pick-Up at WaWa Campus Convenience Store (152 Alexander Street)
10:00p | Return to dorms following Panel and WaWa Walk of Fame
10:30p | Lights Out

Day 2 – Monday, July 28

7:00a | Wake-Up
7:00a | Day Campers Drop-Off at U-Store (36 University Place)
7:15a | Long Run – Meet Outside Brown Hall For Check-In – Warm-Up to Outdoor Track to Towpath Right
8:45a | Group Check-In at Outdoor Track - Walk to Dining Hall @ Yeh Dining Hall
8:55a | Breakfast @ Yeh
10:15a | Group Check-In Outside Brown Hall – Walk to DeNunzio Pool – Dressed for Pool with Towel
10:45a | Cross Training Discussion + Aquatics Cross Training Activity + Team Challenge
12:00p | Depart Pool for Yeh Dining Hall
12:15p | Lunch @ Yeh
2:15p | Group Check-In Outside Brown Hall – Walk to Jadwin Gym
2:30p | Strength with Coach Chris Meng
3:15p | Form Drills and Analysis at Outdoor Track
4:15p | Ask Us Anything – Training with Coach Amy, Coach Lindsey and Coach Kim – Neuroscience A32
5:30p | Group Check-In Outside Lecture Hall – Walk to Yeh Dining Hall
5:45p | Dinner @ Yeh
6:30p | Return to Dorms – Clean-up for guest speaker
7:15p | Group Check-In outside dorms – Walk to Neuroscience A32
7:30p | Nutrition Presentation with **Kassidy Johnson** + Downtown Princeton
8:45p | Day Camper Pick-Up at WaWa Campus Convenience Store (152 Alexander Street)
10:00p | Return to dorms
10:30p | Lights Out

EMERGENCY CONTACTS

Brad Hunt (Director): 330.221.7505

Kim Keenan Kirkpatrick (Assistant Director): 862.216.8210

(Health Director):

Day 3 - Tuesday, July 29

- 7:00a | Wake-Up
- 7:00a | Day Campers Drop-Off at U-Store (36 University Place)**
- 7:15a | Group Check-In Outside Brown Hall: From Track - Cadence Fartlek on Cross Country Course + Strides
- 8:45a | Group Check-In From Outdoor Track: Walk to Yeh Dining Hall
- 8:55a | Breakfast @ Yeh
- 9:45a | Group Check-In Outside Brown Hall – Dress to Canoe
- 9:50a | Running Beyond High School -
- 11:00a | Canoe The Canal – **Waiver Required – Signed During Registration/Check-In**
- 12:00p | Walk to Dining Hall from Princeton Canoe
- 12:25p | Lunch @ Yeh
- 1:45p | Group Check-In at Dorm –Dressed Ready to Move. Bring Swimsuit and Towel
- 2:00p | Team Scavenger Hunt – Starts and Ends at Dillon Gym
- 3:00p | Water Refresher at Dillon Gym Student Pool – Ends at 4PM
- 4:15p | Recovery Time @ Brown Hall
- 5:15p | Group Check-In Outside Dorm – Walk to Dining Hall
- 5:30p | Dinner
- 7:00p | Group Check-In Outside Dining Hall – Walk to Neuroscience A32
- 7:30p | Coach Hunt Presentation + Downtown Princeton or Wawa Walk
- 8:45p | Day Camper Pick-Up at WaWa Campus Convenience Store (152 Alexander Street)**
- 10:00p | Return to dorms
- 10:30p | Lights Out

Day 4 – Wednesday, July 30

- 7:00a | Wake-Up
- 7:00a | Day Campers Drop-Off at U-Store (36 University Place)**
- 7:15a | Hill Circuit Session on Washington Hill Loop – Start and End at Outdoor Track
- 8:45a | Group Check-In at Outdoor Track – Walk to Dining Hall
- 8:55a | Breakfast @ Yeh Dining Hall
- 10:00a | Group Check-In Outside Brown Hall – Walk to On Campus Yoga Space
- 10:15a | Yoga with Ally and Lindsey
- 11:15a | Recovery Time at Dorms
- 12:00p | Group Check In at Dorms – Walk to Yeh Dining Hall
- 12:15p | Lunch at Yeh
- 1:45p | Group Check-In for Dynamics and Circuit - Dress to be active
- 2:00p | Dynamics and Circuit (45 minutes) – Bring Bathing Suit and Towel
- 3:00p | Water Refresher at Dillon Pool – Second Run Opportunity
- 4:00p | Depart for Brown Hall – Team Skit/Team Talent Practice (Neuroscience A32 Available)
- 5:20p | Depart Dorms for Dining Hall – Group Check-In
- 5:30p | Dinner @ Yeh
- 6:45p | Group Check-In Outside Brown Hall – Walk to Neuroscience Institute, Room A32
- 7:00p | Team Talent Show + Team Trivia + Downtown and Wawa Walk of Fame
- 8:45p | Day Camper Pick-Up at WaWa Campus Convenience Store (152 Alexander Street)**
- 10:00p | Return to dorms
- 10:30p | Lights Out

Day 5 – Thursday, July 31 (FINAL DAY)

- 7:00a | Wake-Up
- 7:00a | Day Campers Drop-Off at U-Store (36 University Place)**
- 7:15a | Medium Run (Towpath Left or Cross Country Course) – Meet Outside Dorms
- 8:45a | Breakfast followed by Final Session at Neuroscience A32
- 10:00a | Camp Champ + Locker Room Lottery + Camp Recap
- 11:30a | Return to Dorms for Packing and Clean Out
- 12:00p | Check-Out at Brown Hall for Overnight Campers/Day Campers**