

PRINCETON UNIVERSITY

GIRLS CROSS COUNTRY CAMP

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July 9 – July 13, 2023

For day campers the fee includes instruction, lunch and a camp t-shirt. For overnight campers the fee includes instruction, meals, housing and a camp t-shirt.

Day 1 – Sunday, July 9

- 2:00p | Check-In at Baker Rink
- 3:15p | Meet Outside Dorms for Camp Introduction
- 3:45p | Group Run
- 5:45p | Dinner
- 7:30p | Team Activity + Guest Speaker (Guyot Lecture Hall 6:30p-9p) + Wawa
- 8:30p | Day Camper Pick-Up at U-Store (36 University Place)**
- 10:00p | Return to dorms
- 10:30p | Lights Out

Day 2 – Monday, July 10

- 7:00a | Wake-Up
- 7:00a | Day Campers Drop-Off at U-Store (36 University Place)**
- 7:15a | Long Run – Meet Outside Dorms
- 8:45a | Breakfast
- 10:15a | Camp Yoga + (Guyot Lecture Hall needed 10a – 12p)
- 12:15p | Lunch
- 2:00p | Water Training at DeNunzio Pool
- 3:30p | Dynamics and From Analysis at Weaver Stadium
- 4:15p | Guest Speaker (Guyot Lecture Hall 4p-5p)
- 5:30p | Dinner
- 7:00p | Team Activity + Guest Speaker (Guyot Lecture Hall 6:30p-9p) + Downtown Princeton
- 8:30p | Day Camper Pick-Up at U-Store (36 University Place)**
- 10:00p | Return to dorms
- 10:30p | Lights Out

Day 3- Tuesday, July 11

- 7:00a | Wake-Up
- 7:00a | Day Campers Drop-Off at U-Store (36 University Place)**
- 7:15a | Cadence Run – Meet Outside Dorms
- 8:45a | Breakfast
- 10:15a | Canoe Activity
- 12:15p | Lunch
- 2:00p | Water Works at DeNunzio Pool
- 3:30p | Team Scavenger Hunt – Wear Running Shoes and Clothes

4:15p | Guest Speaker (Guyot Lecture Hall 4p-5p)
5:30p | Dinner
7:00p | Team Activity + Guest Speaker (Guyot Lecture Hall 6:30p-9p) + Downtown Princeton
8:30p | Day Camper Pick-Up at U-Store (36 University Place)
10:00p | Return to dorms
10:30p | Lights Out

Day 4 – Wednesday, July 12 (Princeton Running Company)

7:00a | Wake-Up
7:00a | Day Campers Drop-Off at U-Store (36 University Place)
7:15a | Hill Circuit
8:45a | Breakfast
11:00a | Shoe Presentation (Guyot Lecture Hall 10a-12p)
12:15p | Lunch
2:00p | Water Training at DeNunzio Pool
4:15p | Watermelon Contest + Molly Huddle Presentation (Guyot Lecture Hall 4p-5p)
5:30p | Dinner
7:00p | Team Activity + Guest Speaker (Guyot Lecture Hall 6:30p-9p) + Downtown Princeton
8:30p | Day Camper Pick-Up at U-Store (36 University Place)
10:00p | Return to dorms
10:30p | Lights Out

Day 5 – Thursday, July 13 (FINAL DAY)

7:00a | Wake-Up
7:00a | Day Campers Drop-Off at U-Store (36 University Place)
7:15a | Long Run – Meet Outside Dorms
8:45a | Breakfast
10:00a | Camp Champ + Presentation (Guyot Lecture Hall 10a-12p)
12:00p | Check-Out at Baker Rink for Overnight Campers
12:00p | Day Camper Pick-Up at U-Store (36 University Place)

Girls Cross Country Camp

Our five-day program will serve as an excellent preseason conditioner and motivational/instructional running camp. In addition, our camp emphasizes being a healthy female student-athlete, team dynamics, and stresses the philosophy that cross country is a “team culture” experience. Come learn and run with the nationally ranked Princeton Tigers!

EMERGENCY CONTACTS

Brad Hunt (Director): 330.221.7505
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