

## 2026 WITHOUT LIMITS YOUTH CROSS COUNTRY CAMP ZOOM MEETING

Contact: Michelle Hackman – [michelle@its-go-time.com](mailto:michelle@its-go-time.com)

Camp Directors: Colin Hackman | Tom Clifford

### Decisions Made

- **Communications platform:** Band app replaces Remind app; parents only (not campers); Michelle will send a test message a few days before camp.
  - **Cell phones:** Campers keep phones, but must approach a counselor first before texting parents for non-urgent issues.
  - **Evening programming:** Middle school and high school separated each night except opening and closing nights; middle schoolers lights-out at **9 PM**, high schoolers at **9:30–10 PM**.
  - **Camp Theme:** Luau (dress in your best Luau for the final camp night)
  - **Camp Teams:** You will receive an email prior to camp with your Team so campers can prepare with team colors for team competitions.
  - **PRs/group updates:** Athletes can update fitness levels/times via RunSignUp through the following night only; after that, email Michelle directly.
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### Transportation Summary

- **Wilmington campers:** Check-in 8:00–8:30 AM at Fleet Feet (Mayfair location); buses depart 8:30 AM sharp; campers need cash for a lunch stop en route.
- **Durham campers:** Check-in 10:30 AM, depart 11:00 AM at Harris Teeter, South Point Crossing; eat beforehand or grab food at nearby options.
- **Charlotte/Airport campers:** Counselor Mike picks up in a 15-passenger van; a group text thread with campers and Mike will be set up the night before. Parents-send Michelle flight information and child's cell phone.
- **Banner Elk drop-off:** 1:00–2:00 PM at Banner Oak, Evans Auditorium; parents may help campers settle into dorms.
- **Closing day:** Checkout begins 9:00 AM; buses depart for Durham/Wilmington at 9:30 AM; Lees-McCrae pickup for local parents at 9:45 AM.

- **Return Wilmington drop-off:** Near Gabe's (old Time Pottery), across from Hoggard High School.
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## Training Structure

- **Three core workouts** led by Tom (Predator Runs) and Colin (Hill Sprints):
    - **Rich Mountain:** ~4-mile gradual uphill out-and-back; treat as a long/easy run.
    - **Watauga River Road:** Double predator run — go out at a set pace, return faster; progressive tempo focus.
    - **Campus Hill Sprints:** 10–15 second efforts; form-focused, glute/hamstring activation.
  - **Grouping:** Based on submitted 5K or mile PRs; athletes should submit current fitness level, not just season-best PR.
  - **Week before camp:** Should be a deload week — no peak workouts or long runs.
  - **Watch required:** All runs are time-based; a basic timekeeping watch is mandatory.
  - **Fitness Level:** Email Michelle any changes or injuries if child has not been training this summer or past spring.
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## Medical Protocols

- **Medical team:** Bridget Phillips (RN, clinical manager — lead), Allison Rogers (RN), Jeff Kinney (paramedic), Tammy Pruden (special education teacher).
- **Medications:** A medication form will be emailed to parents. Submit only if child has a prescription or daily medication need; bring only the amount needed for camp, in original labeled bottle. Drop off to medical staff at drop off.
- **Inhalers:** Must be kept **on the athlete's person** during runs.
- **EpiPens:** Must travel with the athlete; specify allergy and reaction type on the form.
- **Illness protocol:** Fever >100°F → quarantine room + parent notified immediately; COVID/flu positive → parent must pick up.

- **Emergency:** Parents called immediately; medical insurance cards held on-site to avoid delays.
  - **Contact rule:** Keep phones off silent; provide a reliable secondary emergency contact.
  - **Medical Staff:** If parents needs to speak with medical staff prior to camp, email Michelle at michelle@its-go-time.com
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## Food & Nutrition

- **Dietary restrictions/allergies:** Lees-McCrae dining is fully equipped; staff will monitor younger campers to ensure adequate eating.
  - **Snacks:** Encouraged, especially for nervous first-day campers; **no nut-related snacks** due to allergy risk.
  - **Hydration:** Begin hydrating the week before camp; campus is at ~4,100 ft elevation and can be dry.
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## Packing Highlights

- **Bedding:** sleeping bag or twin long sheets + blanket; store in a large trash bag.
  - **Clothing:** 5–6 sets of running clothes; layers for 50–80°F range; rain jacket; extra shoes.
  - **Essentials:** fan (dorms have no A/C), sunscreen, bug spray, water bottle, cash (~\$50–\$100).
  - Label everything; [oliverlabels.com](https://oliverlabels.com) recommended for clothing labels.
  - **Camp store orders** (sweatshirts, etc.) must be placed by **July 1st** for pre-camp delivery.
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## Action Items

- **Michelle:** Add all parent contacts to Band app and send test message before camp.
- **Michelle:** Re-send handbook PDF and email recap with AI notes, recording, and links post-meeting.

- **Michelle:** Email team color assignments to all campers before camp so they can pack themed outfits.
- **Michelle:** Update Wilmington return drop-off address in handbook.
- **Parents:** Update PRs and transportation details in RunSignUp **by Thursday night.**
- **Parents:** Complete medication form only if child requires administered medication.
- **Jaden Kingsley (UNCW coach):** Confirmed as guest speaker