



Pastor Greg Bylsma and his wife, Charity

# GETTING READY FOR CAMP

## WHAT TO BRING TO CAMP

Arrive at camp between 3:00 pm to 5:00 pm on Monday. Leave Saturday at 12:00 noon.

### ATHLETES ARE ASKED TO BRING THE FOLLOWING:

- Labeled water bottle
- Mountain bike (if you have or can borrow one)
- Bike helmet
- Training shoes – a couple of pairs
- Running gear – a couple of changes
- Ball glove
- Towel and modest bathing suit
- Whistle and lanyard
- Bible
- Sleeping bag & blankets (there are always some cool nights)
- Warm sweat tops & jacket
- Rain gear
- Toiletries – including deodorant
- Day back pack
- Track spikes
- Bug juice
- Flash light & extra batteries
- Smile, grit & readiness to work

## WHAT ARE THE ACTIVITIES?

Running is the primary activity along with a daily basketball and soccer tournament..

Informal but competitive sports of all kinds – beach volleyball, football, soccer, ultimate Frisbee, bucket ball (a perennial favourite), capture the flag, prisoner base, badminton tournament.

Swimming, canoeing, other water games. Campfires and night games.

### A Special and Different Main Competition Race Each Day

**DAY 1: NEW!** It's a surprise and it will be at night!

**DAY 2 thru 5:** One of: Bike/Run Duo Relay

**OR** What Goes Up MUST Come Down Hill Challenge

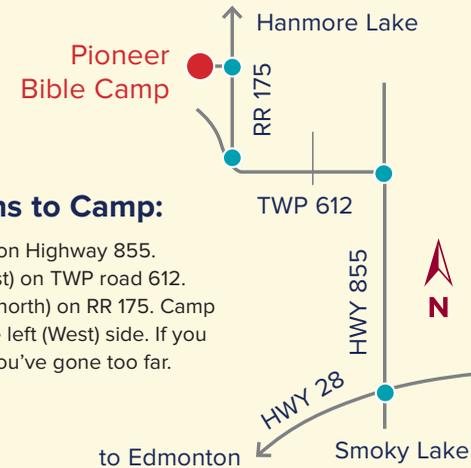
**OR** The 'improved' (read harder) Barkley mini Marathon

**OR** Pentathlon – Run/Swim/Bike/Tire Drag/Canoe

**DAY 6:** The Race – All camp 4.5 km Trail Run

**GO Athletics staff can provide a program to help prepare you for camp, contact:**

Pete Wright at **780-479-1860**  
**peterwright5@hotmail.com**



### Directions to Camp:

Travel North on Highway 855. Turn left (West) on TWP road 612. Take a right (north) on RR 175. Camp will be on the left (West) side. If you hit the lake you've gone too far.

## CAMP STAFF

**CAMP DIRECTOR**  
Pete Wright

**ASSISTANT CAMP DIRECTOR**  
Rebekah Hoogendoorn

**SPORTS DIRECTOR**  
Travis Patten

**CAMP COOK**  
Darlene Wright

**CAMP NURSES**  
Shirley Goutbeck  
Jacilyn Goutbeck

**KITCHEN STAFF**  
Lois Greidanus  
Michelle Korver  
Kim Thorsteinson  
Sheena Patten (and others)

**CABIN SUPERVISORS/ CHAPERONES/ COUNSELLORS** are all people we know well and have worked closely with over the years

**COACHES:** Our four running coaches – Pete Wright, Rebekah Hoogendoorn, Travis Patten & Lois Greidanus have 65+ years of coaching experience at High School, Junior High School, Elementary and Club levels..

**CAMP SPEAKERS:** **Pastor Greg Bylsma** has been a follower of Jesus Christ since his high school years when God took hold of him and gave him a zeal to help others grow in their knowledge of Jesus. He has served as a pastor since 2005. He has been married to the best woman in the world, Charity, since 2001 and they have four crazy wonderful children. In his spare time he loves to play or coach soccer and other sports, work with youth, spend time with his family, and go biking along the Grand River. **Pete Wright** (camp director) will also take a session or two. **Other Staff:** We may add other staff as necessary but all our staff are men and women we are well acquainted with and have confidence in.

For more information or registration, please contact Pete Wright at the following:

**EMAIL** peterwright5@hotmail.com or  
**PHONE** 780-479-1860 or 780-619-9690 {cell}  
**MAIL** 12415 - 75 Street, Edmonton AB T5B 2C1  
**FACEBOOK** GO Athletics

# GO ATHLETICS

## CROSS COUNTRY, CONDITIONING AND YOUTH CAMP

**AUGUST 13 - 18, 2018**

**OUR 19<sup>th</sup> YEAR!**



**ESTABLISHED IN 2000**



“I determined not to know...”

This can be applied in many ways:

**In deciding to come to camp this year...**

**I determined not to know** what eating all the great food at camp would do to me in ‘The Race’ (4.5 km) at the end of camp!

**I determined not to know** what playing 3 sports **AND** completing a competitive running event would do to my body!

**I determined not to know** how much effort and strain it would take for me to stay on the tube as Henry whipped me through the boat’s wake!

**I determined not to know** how much sleep would be lost worrying about how early in the morning we might be awakened to quickly prepare for the Barkley Mini or how much more sleep I might desperately need after this ‘torturous’ event!

**I determined not to know...** (you can fill in the blank)

A more famous person than any of us first used this line in the book of 1 Corinthians in the Bible. That person was Paul, and he said in chapter 2, verse 2, “*For I determined not to know anything among you except Jesus Christ and Him crucified.*”

**Jesus Christ, our Saviour from sin,** is the theme of our camp every year and this year is no exception. Rev Greg Bylsma, Pastor of Living Waters URC, Brantford, ON (who will also be offering some soccer skill training) will be developing this theme in each of our chapels. Chapels are an integral part of camp and just as we require full group participate in all other activities, so we expect everyone to participate in the chapels.

**All people, of any race, guys or ladies, any religion or no religion, greatly skilled or just learning are welcome and encouraged to join us for camp in 2018!**

## REGISTRATION INFORMATION

**\$325**  
PER ATHLETE

**\$550**  
TWO FROM THE  
SAME FAMILY

**\$700**  
MAXIMUM  
PER FAMILY

Transport to and from camp MAY be available at an extra cost. Please contact us for information.

We have never, in 18 years, had to turn away a youth for lack of funds. God, through His people, is faithful. If you cannot pay the full cost, you are asked to pay as much as you fairly can, and come!

Once payment is received you will receive a confirmation and receipt.

**CAMP FEE** Includes all meals / snacks and accommodations.

**AGE** Campers should be entering grade 8 in the fall of 2018, in high school or college/university. Some younger athletes may be accepted in exceptional circumstances.

**CANCELLATION POLICY** If you choose to cancel for any reason before June 30<sup>th</sup> a full refund will be issued. Any cancellations after June 30<sup>th</sup> will incur a \$50 non refundable deposit.



To watch a video of camp go to YouTube.com and type in: **GO Athletics Camp Promo Video**



## A TYPICAL DAY:

The bell, or a stirring recording of Chariots of Fire, sounds early in the morning to awaken the campers into action.

To get everyone awake and their appetites hungry for breakfast, everyone goes for a short run, brisk walk, or bike ride before...

A hearty BREAKFAST is served around 8 am. Breakfast is followed by the morning chapel with our Camp speaker or pastor, where they talk about a range of topics regarding the Gospel. All of our speakers are of a Reformed Protestant persuasion.

After breakfast dishes need to be done, and throughout the week everyone takes a turn. Those who aren't on dishes duty get some free time in which they can relax, play games, or just hang out, until about 10 am when everyone goes for the day's workout. The workouts are all individualized speciality ones focusing on introducing a diet of steady training for the campers.

Then comes one of the best parts of the day: LUNCH. But not before we play some trivia or other games

while everyone is sitting down and getting settled in for the good food! And of course, after that is some more dishes and free time!

Then comes the FUN. The afternoon is filled with plenty of sports (basketball, soccer, volleyball, flag football, and the camp favourite: bucketball!), and other Camp activities like the canoe trip, the Pentathlon, the Race, and the trip into town to play baseball!

After all that activity, we give you plenty of free time to rest, relax, and enjoy some swimming, canoeing, sleeping, or whatever you feel like doing in the afternoon.

After that is the other best part of the day: SUPPER. This is the BIG meal of the day which replenishes everyone's energy and is usually served between 5 or 6 pm. After that are more games or sports until we break for a snack and evening chapel, followed by group games, night games, or a campfire.

By now (usually between 10 and 11 pm) most are ready to shower and head to bed!

# ATHLETE INFORMATION

PLEASE PRINT

NAME

ADDRESS

POSTAL CODE

BIRTH DATE month/day/year

GENDER

PHONE

E-MAIL

## EMERGENCY CONTACT

Primary Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Secondary Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_

If there are medical concerns please include a separate sheet – information will be kept confidential.

Make cheques payable to:  
GO ATHLETICS

## SELECT YOUR T-SHIRT SIZE

GUYS: XS  S  M  L  XL

GALS: XS  S  M  L  XL

Campers may choose either men's or ladies shirts  
as per their preference.

**DON'T FORGET THE OTHER SIDE OF THIS FORM!**

# PARENT AUTHORIZATION

I hereby authorize the directors of the *GO Athletics* X-Country/Conditioning Camp to act for me according to their best judgement in any emergency requiring medical attention. I know of no mental or physical problems which might affect my child's ability to safely participate in the camp. I will be responsible for any medical or other changes in connection with his or her attendance of camp. I have read and understood the conditions of this registration including the cancellation policy.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Witness: \_\_\_\_\_

Date: \_\_\_\_\_

## MAIL TO:

GO Athletics  
c/o Pete Wright  
12415 - 75 street, Edmonton, AB T5B 2C1  
**EMAIL** peterwright5@hotmail.com  
**PHONE** 780.479.1860

