

2023 GATLINBURG NORTH GWINNETT XC TEAM CAMP – PRELIMINARY INFO

Travel Info: We will depart from North Gwinnett on July 11th and return on July 15th (See itinerary on the following page). Coach Carter & Mrs. Carter will be chaperones.

Cabin Info: Cabins of the Smoky Mountains (www.cabinsofthesmokymountains.com)

653 Hidden Valley Road

Gatlinburg, TN 37738

(866)347-6659

Boys Cabin: Views Above the Rest (click [here](#) for pics & info)

Girls Cabin: Sweet Mountain Dreams (click [here](#) for pics & info)

Qualifiers: We will take the top 10 overall plus the top 4 freshmen boys & girls from the Summer Time Trial results.

- **IMPORTANT:** We cannot bring athletes who do not have the fitness to handle the training that will be done on the trip regardless of time trial results. Athletes who, in the opinion of the coaching staff, have not logged sufficient mileage will not be taken on the trip.

Approximate Cost: between \$490 & \$510 per person (includes whitewater rafting). Checks should be made payable to “North Gwinnett Cross Country Booster Club”. All money & waivers will be due after the time trial and before July 10th.

BUDGET:

| | |
|---|---------------|
| Food & Drinks | \$2000 |
| Van Rental | \$3200 |
| Gas (2 vans, 650 miles each, 15mpg, ~\$3.50/gallon) | \$ 300 |
| Rafting (\$35/person) | \$1100 |
| Cabin | \$6400 |
| <hr/> TOTAL | <hr/> \$13000 |

Other Expenses: Runners will need to bring money for 3-4 meals, activities (bowling, movies, etc.) and any extras (souvenirs, t-shirts, snacks, etc.).

Meals: Most meals will be eaten at the cabins. *If anyone has food allergies, please let Coach Carter know.* Athletes will need to bring money for 1 meal on the way up (fast food), 1 meal on the way back (fast food), and 2 meals in Gatlinburg (sit-down type restaurants).

Packing: PACK LIGHT! Space on the vans will be EXTREMELY limited. The cabin has a washer & dryer.

Misc. Info:

- Athletes will never be allowed to go anywhere alone day or night, and strict curfews will be set by coaches. Parents will be contacted should we have behavior problems.
- During runs, athletes will be supervised by chaperones and athletes will be expected to run with a teammate at all times.
- We will be going whitewater rafting during the trip. The cost of the rafting trip is included. There will be a waiver for parents to sign prior to the trip. In addition, athletes must wear closed-toed shoes or Teva-type sandals on the rafting trip.
- *If anyone has any allergies requiring epi-pens or inhalers, those athletes must bring those items with them and carry them on their runs! Athletes who need these items, but do not bring/take them, will not be allowed to run.*

Itinerary:

Tuesday

9:30 Depart North Gwinnett
11:00 Lunch
1:00 Afternoon run
4:00 Arrive cabins
5:00 Team meeting
6:30 Dinner (pizza)
7:30-9:30 Team Activities
9:30 **Evening Curfew**
10:00 Lights out

Wednesday-Friday

7:30-8:00 Morning run (see **Running Schedule**) breakfast (after the run)
10:30-12:00 Free Time/Team Meetings
12:00 **Lunch Curfew**
1:00-4:00 Free Time/Team Meetings
TBD White water rafting (Smoky Mountain Outdoors – Thursday)
5:30 **Dinner Curfew**
7:30-9:30 Team Activity
9:30 **Curfew**
10:00 Lights out

Saturday

7:00 Depart Cabin
8:30 Run (Deep Creek)
10:00 Depart trail for North Gwinnett
11:30 Lunch
2:30 Arrive North Gwinnett

Running Schedule:

Tuesday (Deep Creek)
Wednesday (Cade's Cove)
Thursday (Little River)
Friday (Little River)
Saturday (Deep Creek)