

Tentative 2017 Schedule



2017 Babcock Hovey Cross Country Camp

SENECA WATERWAYS COUNCIL, BSA

Sunday July 30 to Friday August 4, 2017

Sunday

- ◆ Check in
- ◆ 2-4 mile run in camp
- ◆ Dynamic warm ups
- ◆ Lakefront bonfire

Monday

- ◆ Morning run
- ◆ College coaches presentation
- ◆ Cross training
- ◆ Motivation
- ◆ Pool workout

Tuesday

- ◆ Morning run
- ◆ Injury Prevention
- ◆ High School training discussion
- ◆ 4-8 mile run in the Finger Lakes National Forest

Wednesday

- ◆ Morning run
- ◆ Yoga for runners
- ◆ Diet / Nutrition presentation
- ◆ Proper footwear and clothing
- ◆ Running or swimming workout

Thursday

- ◆ Morning run
- ◆ High School training discussion
- ◆ 4-8 mile run in the Finger Lakes National Forest

Friday

- ◆ 5K XC race
- ◆ Beach Volleyball Tournament
- ◆ Ultimate Frisbee Tournament
- ◆ Family Chicken BBQ

Monday—Thursday evenings after dinner:

- ◆ Archery, Shotgun, Pistol shoot
- ◆ Wakeboarding, Knee-boarding, Sailing, Stand up paddle board, Kayaking, waterskiing
- ◆ Beach volleyball, Gaga, and more

Camp Babcock—Hovey is located on the east shore of Seneca Lake in Ovid, NY south of Geneva, NY and includes over 300 acres of land, a half a mile of lakefront property, and miles of trails.

Our Cross Country camp is open to boys and girls entering grades 8-12 that are interested in an XC atmosphere along with the fun and excitement of a traditional summer camp environment.

Participants will stay in campsites with canvas tents or lean-to's with metal bunks and mattresses provided. The XC camp is part of our Expedition Camp which features several Boy Scout camps for individuals to attend. XC participants are not required to be Boy Scouts. Hot showers, WiFi and other amenities are available.

Staffing is provided by our Nationally Certified BSA Camp staff and complies with all NYS Department of Health regulations for youth summer camps. Food is provided family style in our dining hall. Busses for runs on the Finger Lakes National Forest are provided by a local school district.

Registration / Payment Information

Participants can register online via the Seneca Waterways Council's online reservation site:

www.senecawaterways.org/crosscountry

Pricing: Early bird registration is \$375 per person if paid in full by May 1, 2017. Regular registration \$400 per person. **Register as a team of seven, pay for five runners and two are free.**

Contact: cross-country@senecawaterways.org or 585-241-8545

2016 Guest Speakers / Presenters

Coach Mike DeMay—Rush—Henrietta High School—NYS High School Coach of the Year

Coach Dave Hennessey—Penfield High School—The Winningest High School XC Coach in the nation

Coach Dan Moore—SUNY Geneseo Men's / Women's XC Coach and 2015 Ironman World Championship Participant

Coach Jim Nichols—Ithaca College Men's XC Coach

Coach Scott Williams—FLCC Men's / Women's XC Coach

Sammy Watson—Rush Henrietta—World Junior 800 meter Champion (2016)

Rebecca Schwan—RIT—Liberty League Rookie of the Year

Ian Sherlock—Vegan Ultra Marathoner

Melissa Kleehammer—Yoga for Runners

Frequently Asked Questions:

What does Individual Registration Mean? Expedition Camps are intended for individual registrations, however multiple participants from a team / school are more than welcome to come together. Participants live in campsites with participants from other BSA programs going on at the same time.

Who can attend? Cross Country camp is open to boys and girls entering grades 8-12 in September.

What else is there to do? Since the camp runs at a Boy Scout facility, we have access to all of the programs available to Scouts during the summer. Participants will be able to enjoy the lakefront (wakeboarding, waterskiing, tubing, water trampoline / iceberg, kayaking, stand up paddleboard), shooting ranges (rifle, shotgun, archery, pistol), Personal Fitness area (beach volleyball, gaga, etc), our Science and Technology center, the pool, and so much more.

Where do participants sleep? Participants will be in campsites with their gender. Each campsite has lean-to's (3 sided buildings with 4 bunks and mattresses) and tents (canvas 2 person tents with 2 bunks and 2 mattresses). Bed sheets, pillows, blankets are not provided. Teams can request to camp together.

Does my scout get a discount for attending another week of summer camp? Participants already enrolled through their troop for a week of camp in a Seneca Waterways Council Camp will receive a \$50 discount on the registration fee. Expedition Camp does not qualify for the Council discount for a second week of Boy Scout Summer Camp.

What is the focus of the camp? Cross Country camp is focused more on information than on high mileage. Participants will get 2 workouts in a day (one can be a swim or mountain bike ride). Participants will be able to select from a variety of predetermined runs ranging from 2-5 miles. The trips to the Finger Lakes National Forest will allow them to run longer distances if they choose. As coaches, we understand that you are still in your summer training phase and not a racing phase. Each runner comes from schools with different training philosophies, and our goal isn't to train you but rather to educate you.

How does the "Buy 5, get 2 free" program work? This incentive allows participants from the same school to either:

1) Have each of the 7 participants pay less than the full cost (1/7th of the cost of 5 people)

For example: 5 participants x \$400 each = \$2,000 / 7 participants = **\$285.71 per person**

OR

2) Have 5 participants pay the full price and the schools coach will let us know which 2 people are attending for free.