



RMXC Camp FAQ | Team Prep USA

General:

- **Is there a performance / time requirement?**
 - No. We accept athletes of all abilities, ages 11 through high school senior. There will always be a group to run with! Everyone is here to get better, together.
- **Are there age restrictions for camp?**
 - Camp accepts ages 11-18 (graduated seniors also accepted!)
 - **Average age** is ~14 years old.
- **Altitude Training:**
 - High altitude and novel trail running put unique stresses on the body that have favorable effects to distance running performance, and is just one aspect that makes Team Prep USA camps unique.
 - Many of our campers are traveling from sea-level regions, and the adjustment to altitude is something we take seriously.
 - Each athlete is different, with altitude adjustment generally taking 2-5 days.
 - We onboard athletes by:
 - Reducing training volume by ~10%
 - Reducing training intensity for the first few days
 - HYDRATE! We have water stations throughout each run, in the camp lecture halls, and for every activity.
 - We partner with Dr. Roanne Houck, creator of [Acclimate Natural Sport Drink](#), which is formulated to help with altitude adjustment.
 - You can prepare for altitude by making sure you are getting enough sleep prior to camp (and importantly during camp), eating a full and nutritious diet, and hydrating enough. Athletes also utilize [Acclimate](#) the week prior to jumping to altitude to help with the transition - we will also be selling this at our camp store.
- **Is there a mailing address for Rocky Mountain Cross Country (RMXC) Camp?**

Team Prep USA
Attn: Camper Name
Western State Colorado University
C/O Conference Services
600 N Adams St
Gunnison, CO, 81231
- **Does camp fill up?**
 - Camp has sold out each year and is on a first-come, first-served basis. As Team Prep USA grows, the time window for registration will get shorter!
- **Which session is right for me and what is the difference?**
 - Each session is appropriate for each age (11 - senior) and experience level.



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- The 4, 8, and 10-night camps all take place within the Main 20-night camp dates.
- Pre-Camp and Summer Distance Project are 7-night and 14-night sessions that take place before and after the Main 20-night camp, respectively.
- These smaller, more intimate groups, are able to experience different trails and activities not possible with a larger group.
- Pre-camp and main camps are housed in the Western State University dormitories; Summer Distance Project in downtown Crested Butte.
- To get the most out of your travel expenses and camp experiences (participate in all the lectures, running routes, night-time activities, altitude adjustment) we recommend the 20-night camp.
- **Are there discounts?**
 - There is a 5% discount for campers that attend *both* the pre-camp and 20-day camp session.

Registration:

- **When is the registration/final payment deadline?**
 - June 10, 2019
- **What needs to be to Team Prep USA by June 10?**
 - Registration, full payment, medical clearance, travel itinerary, letters of recommendation (new campers only). Log into your [ACTIVE account](#) to access your registration status.
- **Registration Deposit**
 - A deposit of \$450 is required to reserve your spot at camp.
- **Payment Installments**
 - When purchasing camp, you may pay in full, or select monthly installment payments. This is an option upon checkout.
- **Cancellation Policy**
 - Upon checkout, you will be given the option to purchase Registration Protection. With Registration Protection, you'll be able to receive a full refund of the purchase price and processing fee should you be unable to attend your event due to a specified reason, such as: injury or illness, vehicle breakdown or theft, adverse weather resulting in travel warnings, work relocation, and more. [Full details here.](#)



Camp Forms:

- **Do I need to submit new forms every year?**
 - Camp Release forms are necessary for each camp.
 - Your school's Pre-participation Physical Exam (PPE) will be accepted in place of the Team Prep USA Medical Clearance Form given that it has not expired (expiration dates or dates of validity may be found on your form and may vary).
 - If your PPE expires before or during camp, you will need a new PPE or Medical Clearance.
- **Are Letters of Recommendation necessary?**
 - For first time campers, yes.
 - Over the years Team Prep USA has developed a large following and makes it a priority to protect the campers and clients that are already involved.
 - Learn more about [letters of recommendation HERE](#).
- **Camp acceptance**
 - Once Team Prep USA has received camp deposit/full payment, a registration confirmation email will be sent.
 - **Please note:** a camper can not participate in camp activities until all forms (*Medical Clearance & Camp Release*) have been turned in, even if payment have been received.

Travel:

- **Check-in / Check-out:**
 - Check-in/check-out is at 11am on the day your camp session begins & ends, respectively.
 - **Note:** We have campers coming in from all over the world for camp, and understand arriving/departing at exactly 11am will not be possible for everyone.
 - Make arrangements **as close to 11am as possible**
 - We'll be shuttling campers to/from camp all day.
 - If you have to arrive/leave later/earlier that's ok! The camper may miss an afternoon or morning run, but getting to camp is the priority.
 - Making your travel plans in advance can help with timing and getting the most out of camp.
- **Travel Itinerary:**
 - When you know your travel plans, fill out your Travel Itinerary Form by going to your [ACTIVE Registration Account Page](#).
 - This is mandatory regardless of travel mode (car, bus, air), as we need to know and plan for efficient check-in/out.
- **Airport Shuttles:**
 - Shuttles can be purchased on your [ACTIVE Registration Account Page](#).



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- Shuttles from Montrose Airport are \$50 each way.
- The shuttle from Gunnison Airport and bus drop-offs is free.
- **Camper Pickup:**
 - Campers arriving by air or bus will be picked up by a Team Prep USA staff member. This staff member will be wearing a Team Prep USA shirt and will be driving a Team Prep USA van.
 - Gunnison and Montrose Regional Airports are quite small, with only one entrance/exit. Camp Staff will be monitoring flights and ready to receive newly arrived campers at the Ground Transport exit.
 - Many campers will be arriving on the same flights/bus, and will be able to congregate together.
- **Camper Departure:**
 - Staff will ensure each camper gets checked in for flights or makes it onto their bus before departing.
- **Travel Options:**
 - Air, bus, or by car.
 - Information can be found on our [Travel Page](#).
- **Early Arrivals / Late Departures:**
 - If your travel options limit you to arriving before check-in day (or departing after check-out day), we recommend staying at [The Holiday Inn Express](#), on the Western State University campus.
 - The Holiday Inn is a short walk away from the Team Prep USA dormitories, however we will send a camp-staff to pick you up/drop you off and get checked in.
 - Unfortunately, we cannot house campers outside of the camp session dates.

Camp Life:

- **Are there laundry units available?**
 - Yes, there are coin operated washers and dryers available - bring coins or \$1 bills for change!
- **What are the rooms/boarding like?**
 - Campers are staying at Western State University dormitories for the pre-camp and main camp sessions, and will be sleeping on twin-sized mattresses. Post camp is housed in downtown Crested Butte condos.
 - Campers will be sharing rooms with 1 other camper.
 - There will be a boys dorm and a girls dorm with counselors staying throughout the floors.
 - Rooms come with a desk, dresser, outlets, and is wifi-accessible.
 - There are common rooms where we host activities and lectures that campers will be able to utilize.



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- **What is the linens package?**
 - Linens package includes 2 bed sheets & blanket, wash-cloth, hand-towel, and bathing towel.
 - The alternative to a linens package is bringing your own linens (blankets/sleeping bag).
 - Linens package is \$10 and can be purchased during Camp Registration. You can add linens at any time by visiting your [ACTIVE Registration account](#). Linens can also be purchased at camp by card or cash.
- **Is there a recommended camp pack list?**
 - Water Bottle
 - Running Shorts
 - Plenty of socks
 - Running Shirts
 - Running shorts
 - Sweatshirt, warm clothing (it can get cold, especially at night)
 - Light running jacket
 - 2 pair of running shoes
 - Sunscreen, chapstick, hat
 - Pajamas
 - Swimsuit
 - Toiletries
 - Jeans/ "regular" clothing (not required)
 - Notebook & Pen
 - Towel for icing after runs and core routine
 - Laundry detergent pods / powder
 - *Coin-operated laundry units are available
- **What workouts are done at camp?**
 - Each morning run features a 15 minute shakeout, followed by a tried-and-tested routine of core, flexibility, strides, and icing. Afternoon workouts performed during the 20-day RMXC camp include steady state runs, tempo runs, and long runs, with a strong emphasis on recovery and nutrition.
- **How long is each afternoon run?**
 - Runners may run anywhere between 15 and 60 minutes during an afternoon run (excluding long runs), depending on age, experience level, and their particular training volume described by their home-coach. We're happy to help guide athletes for their afternoon run distances.
- **Are the trails difficult?**
 - The the trails and dirt roads are appropriate in difficulty for all camp ages and experience levels.
 - There are also flatter, less hilly, and less technical options available for each run.
- **What if I get injured while at camp?**



- We have a [staff](#) of healthcare professionals to navigate injuries and get runners back running as soon as possible.
- We do have a spin bike and occasional swimming workouts. However, as this is a running camp, we want runners running.
- **Who's this camp for?**
 - Any middle to long distance runner (roughly 400m events & up) seeking a breakout cross-country or track season.
- **Daily Itinerary:**

This is a tentative schedule for the 2019 camps:

 - 7:30am – Breakfast
 - 8:30am – Shakeout Run
 - 9:00am – Strides and Stretches / Flexibility Drills
 - 10:30am – Lecture
 - 12:00pm – Lunch
 - 1:00pm – Lecture
 - 2:00pm – Afternoon Long Run
 - 5:00pm – Recovery Protocols / Icing
 - 6:00pm – Dinner
 - 7:30pm – Lecture
 - 8:30pm – Activity
 - 10:30pm – Lights out!
- **What lectures are covered at camp?**

Daily lectures from renown coaches, Olympians, medical professionals, college admissions directors, and more will leave a camper's journal filled with wisdom on the topics below:

 - What it takes to be a champion
 - Biomechanics of Speed
 - Speed V. Speed Endurance
 - Testimonials by our top staff
 - Goal Setting
 - Individual evaluations with each athlete on gait analysis, and biomechanics
 - Tactical Advantages in Pack Placement
 - Un-limiting your Performance
 - Fear and Performance
 - Recovery Protocols
 - Challenging Your Weaknesses
 - *So much more! See our [camps page](#) "Details & Itinerary" tab for the full list.*
- **Camp Activities - tentative and partial list!**
 - Being in the [4th of July Parade](#) in downtown Crested Butte (*during 10-night and 20-night dates only*)
 - Camper skits



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- Indoor pool night
- Boys vs Girls challenges
- Meditation and relaxation with Coach Arb
- Fox & the Hound game
- Scavenger hunt around Crested Butte
- Assassin game
- Sardine activity
- Coach catch activity
- Camp Dance
- Movie night
- **How much money \$ should I send my camper with?**
 - All meals (breakfast, lunch, dinner), with the exception of the 4th of July dinner in Crested Butte, will be included, as well as water and Gatorade for the runs.
 - The amount of money from that point is completely camper-dependent, based on what souvenirs they may stumble upon or snacks they purchase.
 - Some campers do utilize the Walmart that is next to campus to buy snacks, power-bars, etc.
 - We also have a Team Prep USA gear store with running accessories for purchase (shorts, shirts, recovery tools, hats, socks, etc.).
 - Also be sure to bring quarters/dollars for the laundry machines!
 - **Rough estimate:** \$100 cash; each place is credit-card accessible.