



Winter Distance Project 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.
- **Is there a mailing address for Winter Distance Project?**

Team Prep USA
Attn: Camper Name
Cedarkirk Camp & Conference Center
1920 Streetman Dr.
Lithia, FL, 33547
- **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!
- **Are there discounts?**
 - There is a \$50 Early Bird discount that ends on 10/1 each year.
- **What if I can only make some of the dates?**
 - If you can only make certain dates or have to leave early, you will still need to purchase a full Winter Distance Project ticket.

Registration:

- **When is the registration/final payment deadline?**
 - December 10th
- **What needs to be to Team Prep USA by December 10th?**
 - Registration
 - Full payment
 - Medical clearance
 - Travel itinerary
 - 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.



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- **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, this is part of the registration process.
- 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 Winter Distance Project??**

- No - this is only a summer camp requirement.

- **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 Options:**
 - Air, bus, or by car.
 - Information can be found on our [Travel Page](#).
- **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](#).
 - Shuttles from Tampa International Airport are \$25 each way.
- **Camper Pickup:**
 - A Cedarkirk Conference & Camp employee will meet campers at Tampa Intl. Airport **Ground Transportation**, will have a sign, and be wearing Team Prep USA gear.
 - 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.
- **Early Arrivals / Late Departures:**
 - 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?**
 - Boys and girls will be housed in separate lodges.
 - Each lodge has several rooms with several beds - rooms house between 2-4 campers.
 - 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.
- **Do I need to bring linens/bedding?**
 - Linens are included at Winter Distance Project. Bring extra blankets if you'd like, but we've got you covered!



- **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 Winter Distance Project 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.
- Long-runs are general 60+ minutes
- 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.

- **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.

- **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



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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
 - 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



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- **How much money \$ should I send my camper with?**
 - All meals (breakfast, lunch, dinner) will be included, as well as water and Gatorade for the runs.
 - New Years at Busch Gardens ticket is included.
 - The amount of money from that point is completely camper-dependent, based on what souvenirs they may stumble upon or snacks they purchase.
 - 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.