



# Spring Lake Park Cross Country Team Retreat

**July 11-13, 2011**  
**St. John's University**  
**Collegeville, Minnesota**



## Tentative Schedule

### Monday, July 11

2 pm - meet at SJU and get checked in to rooms  
3:30 - quick tour of inner campus  
5:00 - dinner  
6:00 - explore campus  
7:30 - Run the trails  
9:30 - meeting to discuss Tuesday  
10:30 - Lights out

### Tuesday, July 12

7:30 am - Long run  
9:30 - Breakfast  
11:00 - Tour more of the campus  
12:30 - lunch  
1:30 - Beach/Canoeing  
4:00 - Clean up and get ready for Dinner  
5:00 - Dinner  
7:30 - Hiking/biking/or rollerblading  
9:30 - meeting to discuss Wednesday  
10:30 - Lights out

### Wednesday, July 13

7:30 am - Trail run  
9:30 - Breakfast  
10:30 - Hiking/biking/canoeing  
12:30 - Lunch  
1:30 - get ready to leave

Students are responsible for their own transportation to and from St. John's University.

### Directions:

St. John's University is located 70 miles northwest of Minneapolis/St. Paul and 10 miles west of St. Cloud on I-94 at Exit 156.

Complete and turn in enclosed Consent Form to Coach Lahr by May 1 if you intend to participate in this Retreat.

Any questions, call Coach Lahr at 612-910-1522

The Spring Lake Park High School Cross Country is coordinating a Team Retreat for all interested team members at St. John's University in Collegeville Minnesota. Cost of retreat includes lodging and meals. Coach Jason Lahr and other staff members will be leading the retreat.

### Accommodations

Rooms are supplied with linen which includes: Sheets, blanket, pillow, towels and soap. There is a sink in each room in addition to essential furniture. Shower and restroom facilities are shared.

### Meals

Meals are served in the main dining room are cafeteria style.

Retreat Includes: 2 nights lodging & 6 meals

**Early Bird Fee \$100 (before June 22)**  
**Standard Fee \$110 (after June 22)**

**Register starting April 1 at**  
**[www.springlakeparkschools.org/ce](http://www.springlakeparkschools.org/ce)**

District Services/Community Education Offices  
are open daily from 7:30 AM-4:30 PM  
(summers from 7:30 AM-4 PM).  
1415 81<sup>st</sup> Ave NE, SLP 55432. **763-786-1338**