

## **Becker Cross Country Team Trip Proposal**

The girl's and boy's cross country teams are proposing another team bonding experience for three days and two nights that would take place during the first week of scheduled Fall practices. The plan would be to leave Wednesday, August 19th in the afternoon and return Friday, August 21st around lunch time. We would need a bus (and a van for some gear and in case of emergency) to take us to the Camp Friendship (in Annandale) on Wednesday and pick us up on Friday. We would request to have a school van along in case of emergencies. This would be a camping trip at Camp Friendship in Annadale, MN (about 25min from Becker). (10597 108th St NW, Annandale, MN 55302)

The team members would be camping in designated cabins. This will be optional for athletes but encouraged as it would be a good time to build camaraderie between athletes, talk about goals, and make lasting memories. It is estimated there would be 20 girls and 20 boys who would join. Funds needed for the trip would be to cover the camp site and food. We would use Fund15 money to supplement the costs from fundraising efforts and would ask participants to contribute \$70 to attend (with scholarship opportunities considered). In addition, we would ask for parent chaperones. There would be four coaches who would be there the entire time, but we would ask for parent chaperones who would be willing to come for the full time or part time.

A rough outline of an itinerary and permission form are below.

Prior to going we would go over the Camp Friendship Guidelines ([standards](#), [link](#), & [liability waiver](#)). Athletes would be expected to be in their individual sleeping areas at 10pm.

a. How the trip is related to the school class/activity

Training, Team-bonding, nutrition guidance, camaraderie, goal setting, building lasting memories with teammates

b. Destination, itinerary, and the number of school days involved

See below (no school days involved)

c. Transportation

School bus to & from location & school van onsite in case of emergency

d. Housing

Rental lodges at Camp Friendship

e. Chaperons/Supervisors

4 coaches & Parent volunteers (# based on participants)

f. Probable number of students involved

20 girls & 20 boys

g. Proposed rules for the trip

Camp Friendship Guidelines ([standards](#)). Athletes expected to be in their sleeping areas at 10pm.

Becker Cross Country Team expectations

Separate cabins by gender

h. Approximate total and individual costs

Group camp rental is \$140 per person (meals included)

Fund15 money to supplement 50% of the costs from fundraising efforts

Transportation - estimated:

i. Fund raising plans

SnapRaise funds from past fundraiser and 2026 SnapRaise (511 submitted)

# Becker Cross Country Camp

## [Camp Friendship](#)

in Annadale, MN (about 25min from Becker).  
(10597 108th St NW, Annandale, MN 55302)

### Wednesday, August 19, 2026

3:00 Begin loading Bus trailer  
3:15 Depart from Becker High School  
4:00 Arrive @ Camp Friendship (Annandale) Can not get in prior to 4pm due to another camp.  
4:05 Go over initial expectations, get settled into cabins, explore area  
5:30 Eat  
6:00 Team building (together or separate by gender)  
7:00: Ultimate Frisbee/Volleyball/Team Game  
8:00-10:00 Free time/games  
10:00 Lights out

### Thursday, August 20

7:00- wake up call  
7:15- pre run nutrition (granola bars, bananas, fruit snacks)  
8:00: Practice  
9:30: Stretch/shower/change  
10:00: Breakfast  
10:30 Free time (captain directed activities)  
12:00 Team Building/Games (together or separate by gender)  
1:00: Lunch  
1:30: Free time (swim, volleyball, spike ball)  
5:00: Dinner  
6:00: Group Time  
6:30-9:00: Team Meeting (goal's, expectations, movie?)  
9:00: Glow run????????????  
10:00 Lights out

### Friday, August 21

7:00- wake up call  
7:15- snacks prior to run (yogurt, bagels, cereal)  
8:00: Practice  
9:30: Stretch/shower/change  
10:00: Breakfast  
10:30: Clean up bunks  
11:30- parting words,  
12:00ish: Leave for school  
12:45ish: arrive at Becker HS

What to bring...

- Blanket/pillow
- Towel
- Toiletries (toothbrush, toothpaste, soap, shampoo, brush, deodorant)
- Any meds you need (must be labeled in orig. Packaging with dosage instructions)
- 2-3 sets of running clothes
- Extra socks
- Extra pair of shoes
- Sweatshirt
- Swimsuit
- Chargers
- Water bottle
- Snacks (We will have some snacks but also bring some for yourself or to share)

**Permission Form Waiver for Becker Cross Country**

I \_\_\_\_\_, the parent of \_\_\_\_\_,  
give permission for my child to attend the **Becker Cross Country Camp @ Camp Friendship**, 210597  
108th St NW, Annandale, MN 55302 **on August 19th-August 21st, 2026**. We will be staying in cabins at  
the Camp Friendship site.

I understand that personal injury can and may occur to my child, and I hereby authorize **Becker High school cross country coaching staff and chaperones** to seek and consent to emergency medical attention for my child as needed; and I further agree to be liable for and to pay all costs incurred in connection with such medical attention.

I hereby release **Becker School District**, its employees, agents, and volunteers (including **Becker Transportation Department** and Three Rivers Park District) from any and all liability, claims, demands, causes of action and possible causes of action whatsoever arising out of or related to any loss, damage or injury (including death) that may be sustained by my child while participating in or traveling to and from this event.

The following is all of the insurance information, restrictions, allergy and medication information necessary for my child to receive appropriate medical care.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I give permission for my child to ride in any vehicle designated by **Becker High/Middle School**, its employees, and adult volunteers, while participating in and traveling to and from this event.

I agree to accept full responsibility, financially or otherwise, for any damage my child may do to the property of Becker Cross Country, properties visited on outing, other's personal property, or vehicles used for transportation.

I agree and consent to all of the above stated.

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Emergency Contact Name and Phone Number for the Day of the Trip)