

Freshman Retreat
Saturday, Oct. 14, 2017

Where: Howell Nature Center Snowbird Lodge
The lodge is heated with electricity and inside restrooms.
The lodge has bunk beds. Bring your own sleeping bag or blankets.

When: Depart from SLHS after the Gabriel Richard Invitational

Return: Sunday morning. Arrive SLHS 10:30-11 AM

Transportation: Kensington Valley Coach

Purpose: Set the framework for future success in cross country, school, and beyond.

Cost: \$25 cash or check made out to SLXC Boys Boosters

Bring:

1. Cash or check
2. Sleeping bag and pillow
3. Casual clothes for inside the lodge
4. Cold weather clothes for outside the lodge
5. Running clothes
6. Personal grooming items: tooth brush, tooth paste, soap, towel, deodorant

To Think About Ahead of Time:

1. What are your goals for the remainder of cross country season?
 - a. Conference Meet at Island Lake next Thursday
 - b. Whitmore Lake Invite at Huron Meadows (very fast course)
This is the last meet of the season for most of you.
 - c. Regionals (also at Huron Meadows).
2. What is the big picture for you for the near future?
Cross Country, Other sports including track, Academic Life, Religious Life, Family Life, Other
3. What is the big picture for you beyond high school?
College, Career, Family
4. This winter, what are you doing? What do you want to do?
5. Building a better team
6. What makes your freshman class unique? What makes your team unique?
7. Your ideas going forward