

Sovereign Grace Cross Country Camp 2010
August 13-16
Cedars of Lebanon State Park

Directions to Camp

The address of the state park is 328 Cedar Forest Road, Lebanon, TN 37090.

The office phone number is 615-443-2769.

The park entrance is 6.4 miles south on Murfreesboro Road of I-40.

The GPS coordinates of the group lodge are 36.082575, -86.323485. You can just enter this into Google Maps to get directions.

After you enter the park, take a right at the first fork in the road

You will go past a baseball field and the camp store

Turn right onto a road where you see the sign for the group lodge and ranger residence. (If you get to the pool then you have gone too far.)

Go to the end of this road to the parking lot for the group lodge

Please try to arrive by 4:00 pm on Friday

Adults at the Camp

Mike and Bonnie Carmody

Jesi Christiansen

Rachel Graubner

Chuck and Connie Parker

Mike and Rhonda Petrin

Emergency Contact Information

Mike Carmody 974-3113

Bonnie Carmody 481-9559

Chuck Parker 495-8003

Connie Parker 495-8004

Please do not come to camp if you are sick (e.g. fever, stomach pain). We do not want to infect the team right before the racing season.

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What to Bring to Camp

Bag of oranges, apples, or grapes (~2 pounds)

Water Bottle

Running clothes and shoes

Mesh bag for dirty, wet clothes

Athletic clothes and shoes for outdoor games

Sleeping bag (or sheets) and pillow; bunk beds are provided

Bible

Paper and pen to take notes

Towel, soap, and shampoo (guys bring a swimsuit for showering if not a fan of group showers)

Shower shoes

Toothbrush and toothpaste

Sun screen

Good attitude

What Not to Bring to Camp

Any electronic devices (yes, this includes cell phones)

Skate boards, scooters, roller blades (they are not allowed in the state park)

Junk food (yes, this includes energy drinks, coke, candy bars, chips, ...)

Explosive devices (yes, this includes fireworks David Wells)

Immodest clothing (<http://www.studyjam.com/sgstorm/DressPolicy.pdf>)

Bad attitude

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SCHEDULE

Friday, August 13th		
4:00	4:30	Campers Check In
4:30	4:45	Group Orientation Meeting
4:45	6:15	Afternoon Workout
6:15	6:45	Shower and Change Clothes
6:45	7:30	Dinner
7:30	8:00	Free Time
8:00	9:00	Bible Study Session #1
9:00	10:00	Group Activity Inside
10:00		Lights Out

Saturday, August 14th			Sunday, August 15th		
7:30	8:45	Morning Workout	7:30	8:45	Morning Workout
8:45	9:30	Breakfast	8:45	9:30	Breakfast
9:30	10:30	Bible Study Session #2	9:30	10:30	Bible Study Session #4
10:30	11:00	Running Talk #1	10:30	11:15	Worship Service
11:00	12:00	Free Time	11:15	12:00	Free Time
12:00	1:00	Lunch	12:00	1:00	Lunch
1:00	2:00	Bible Study Session #3	1:00	2:00	Bible Study Session #5
2:00	3:00	Group Game Outside	2:00	3:00	Group Game Outside
3:00	4:30	Afternoon Workout	3:00	4:30	Afternoon Workout
4:30	6:00	Free Time	4:30	6:00	Free Time
6:00	6:30	Shower and Change Clothes	6:00	6:30	Shower and Change Clothes
6:30	7:30	Dinner	6:30	7:30	Dinner
7:30	8:00	Running Talk #2	7:30	8:00	Running Talk #3
8:00	10:00	Group Activity Inside	8:00	10:00	Group Activity Inside
10:00		Lights Out	10:00		Lights Out

Monday, August 16th		
7:30	8:45	Morning Workout
8:45	9:30	Breakfast
9:30	10:00	Clean Up and Check Out