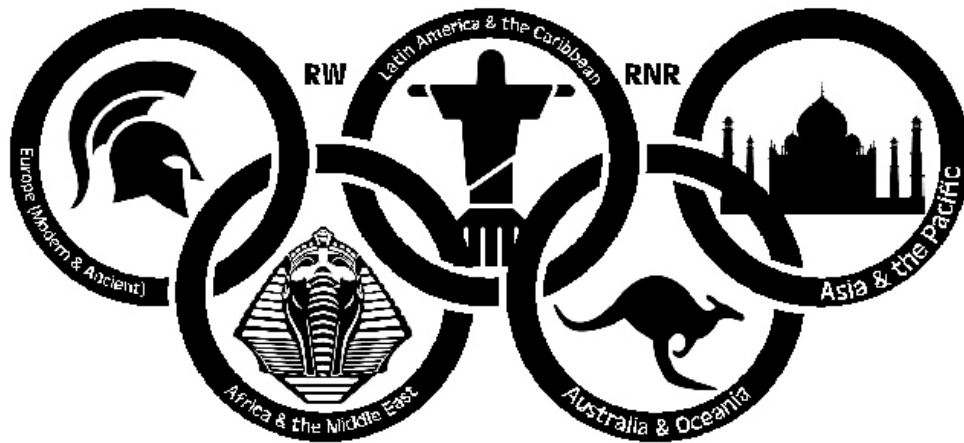




MAMMOTH LAKES 2016

BATTLE OF THE CONTINENTS



Mammoth Camp
August 14-20, 2016
Packet #2



Mammoth Camp 2016 General Information

- Departure** Cerritos students meet at Cerritos High School at 6:00 am August 14. We want to leave by 6:30 am.
- Arrival** We will try to arrive at the Sherwin Villas by 3:15 pm.
- Arrival Home** We will get back to Cerritos High School at approximately 6:30 pm on August 20. We will leave Mammoth at approximately 10:30 am the same day.
- Housing** We will be staying at the Sherwin Villas at Mammoth Lakes. The athletes will stay in the following rooms: 17B, 37D, 44E, 65G (Subject to Change). The reservations are under Jason Watanabe. The number to Mammoth Reservations Bureau is 1-800-462-5571.
- Weather** The weather during the day is generally warm reaching the mid 80s. The temperature can get cold during the morning and evenings, ranging from the high 40s to the high 50s. Therefore, bring clothing appropriate for both kinds of weather. (See "What to Bring List" for ideas.)
- Special Needs** If any athlete has a special need such as medication, food requirements, or desires vegetarian, etc. that information should be brought to the attention of the coach prior to the departure for Mammoth so that special accommodations can be made (Deadline for food request 8/5/2016)

**Any Questions Call Jason Watanabe at 562-397-0867.
An e-mail may also be sent to wutanabe5@aol.com**

WHAT TO BRING LIST

BRING . . .

T-SHIRTS [BE SURE TO PACK SPARES]
WALKING/RUNNING SHORTS
SOCKS [BE SURE TO PACK SPARES]
PAIR OF PANTS
SWEATS
JACKET (HEAVY AND LIGHT)
TWO PAIRS OF SHOES (ONE RUNNING & ONE CASUAL)
ADDITIONAL PAIR OF RUNNING SHOES
TOILETRIES
EXTRA TOWELS (SHOWER AND POOL)
BATHING SUIT
NOTEBOOK AND PENS
FLASHLIGHT (MANDATORY FOR SENIORS)
SLEEPING BAG & PILLOWS
CD/MP3 PLAYER (WITH HEADPHONES) *
EXTRA CASH (AMOUNTS VARY)*
SANDALS (ONE PAIR) *
CAMERA/CAMCORDERS *
SPORTING EQUIPMENT (CHECK WITH COACH) *
SUN TAN LOTION / SUN BLOCK *
GLOVES (LIGHT OR HEAVY) *
BOOKS *
WATER BOTTLE *
SPIRIT ITEMS FOR CONDOS
* OPTIONAL



CONDO TEAMS

DETERGENT
SNACKS
MATCHING ITEMS
VIDEO CAMERA
DRINKS
AIR FRESHNER
EXTRA TOILETRY
PROPS
ONLINE MISSIONS

DON'T BRING . . .

EXPENSIVE ELECTRONICS
EXPENSIVE CLOTHING OR JEWELRY
EXCESS CASH
PAINTBALL GUNS
ROLLERBLADES
FIREWORKS OR EXPLOSIVES
ANYTHING ILLEGAL (DRUGS, WEAPONS, ETC)
EXTREMELY LARGE BAGS/SUITCASES

IF IT'S QUESTIONABLE, ASK THE COACH BEFORE YOU PACK IT!!

Phone Lists

Mammoth Reservations Bureau

Sherwin Villas

www.mammothreservationbureau.com

1-800-462-5571

760-934-3311

760-934-2300

760-934-2011

mammoth hospital

mammoth fire

mammoth police

Sherwin Villas

WHITE

37D

Francis Alba
Mario Amaro
Bryan Chu
Patrick Dang
Frederick Inada
Jaimeel Patel
Vraj Patel
Ryan Yamachika

GRAY

**COUNSELORS
& OVERFLOW**

5A, 7A

BLACK

65G

Allyson Hayakawa
Gina Huh
Zena Huynh
Christie Kim
Eunice Lee
Melissa Oshiro
Robin Park
Akanksha Sancheti
Alicia Yang

44E

YELLOW

John Chae
JiWoo Choi
Bill Chuang
Jacob Chung
Derek Huang
Siddharth Somasundaram
Derrick Yang
Alex Yao

17B

RED

Kat Atilano
Marie Chu
Patricia Gomez
Brianna Katsuda
Claire Lee
Tiffany Lee
Jaide Lin
Isha Pema
Laura Sato
Krisit Yamachika



mammoth camp

cross country

sunday

august 14, 2016

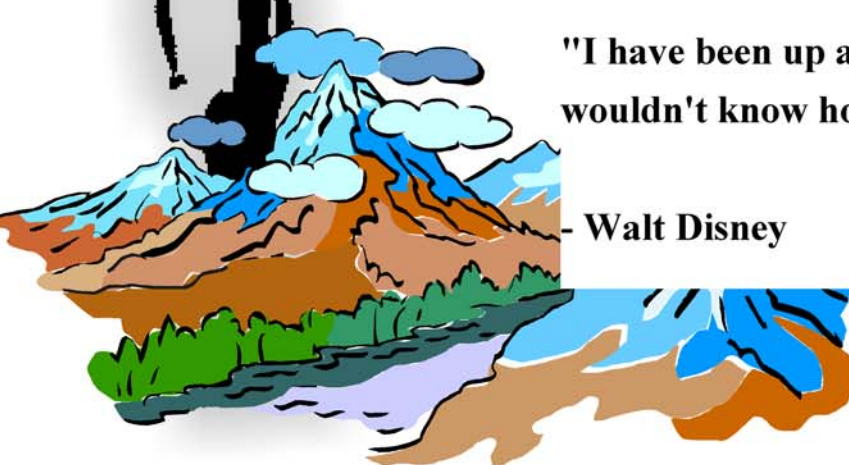


- | | |
|-------|------------------------------|
| 6:00 | Meet at Cerritos High School |
| 6:15 | Load Vehicles for Mammoth |
| 6:30 | Depart for Mammoth |
| 1:00 | Lunch in Bishop |
| 2:15 | Depart Bishop for Mammoth |
| 3:15 | Arrive in Mammoth |
| 4:45 | Meet at Vans |
| 5:30 | Group Runs |
| | Shady Rest Park |
| 7:00 | Orientation at the Condos |
| 8:00 | Dinner |
| 9:00 | Freetime |
| 11:00 | Curfew |
| 12:00 | Lights Out |



"I have been up against tough competition all my life. I wouldn't know how to get along without it."

- Walt Disney



1



mammoth camp **cross country** **monday** **august 15, 2016**



6:45	Wake Up
7:15	Meet at Vans
7:30	Morning Run
	Convict Lake
9:15	Showers
11:00	Breakfast
12:30	Options: Golf/Park
2:30	Clinic: Goal Setting
3:30	Afternoon Run
	The Park Trail
5:00	Showers
7:00	Dinner
9:00	Camp Competition*
11:30	Lights Out



"And while the law of competition may be sometimes hard for the individual, it is best for the race, because it ensures the survival of the fittest in every department."

- Andrew Carnegie

*Subject to Change



2



mammoth camp

cross country

tuesday

august 16, 2016

- 
- 6:00 Wake Up
 - 7:00 Depart for Arrowhead Lake
 - 7:30 Morning Hike
[Athletes Must Pack Their Own Lunch]
 - 1:00 Options: Condo Work Day/Fishing (Tent)
 - 3:30 Afternoon Run
Eagle's Landing
 - 5:15 Showers
 - 7:00 Dinner
 - 9:00 Camp Competitions
 - 10:30 Curfew
 - 11:00 Lights Out



"Competition gives me energy. It keeps me focused."

- Conor McGregor



3



mammoth camp

cross country

wednesday

august 17, 2016




6:15	Wake Up
6:45	Meet at Vans
7:15	The Ridge Run
9:45	Showers
11:00	Breakfast
12:45	Camp Competition
2:30	Clinic: Nutrition & Health
3:30	Prepare for Bishop Trip
4:00	Depart for Bishop
5:00	Dinner in Bishop (\$8 provided)
6:30	Rock n Bowl at Back Alley Bowl
9:00	Depart for Mammoth
10:30	Curfew
11:15	Lights Out



"It's nice to have valid competition; it pushes you to do better."

- Gianni Versace

4




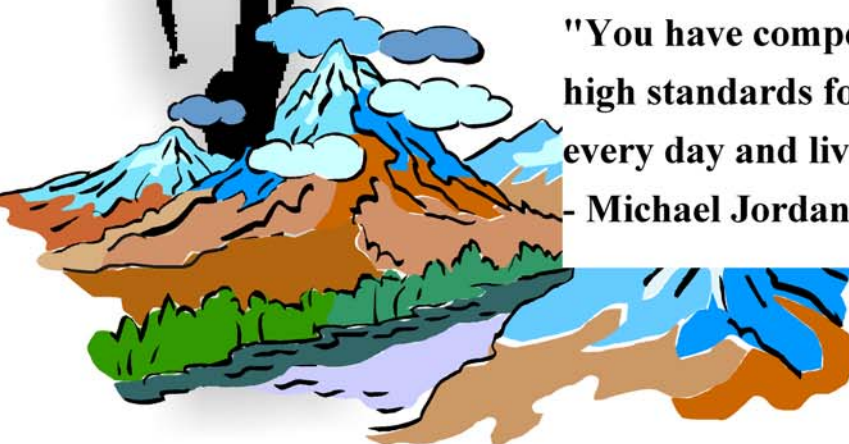
mammoth camp

cross country

thursday

august 18, 2016

- 
- | | |
|-------|---|
| 6:30 | Wake Up |
| 7:00 | Meet at Vans |
| 7:30 | Morning Run |
| | Fartlicks (Snack at Crater) |
| 10:30 | Showers |
| 11:15 | Brunch |
| 12:45 | Camp Olympics at the Park |
| 4:00 | Afternoon Workout (Boys/Girls Separate) |
| | Pool Workout at the Condos |
| 5:30 | Showers |
| 6:30 | Dinner - Pizza Night!!! |
| 7:30 | Goal Setting |
| 11:00 | Curfew |
| 12:00 | Lights Out |



"You have competition every day because you set such high standards for yourself that you have to go out every day and live up to that."

- Michael Jordan

5




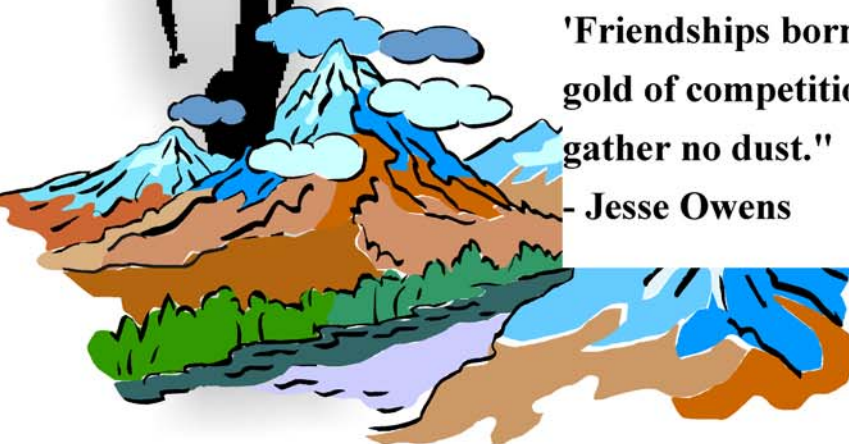
mammoth camp

cross country

friday

august 19, 2016

- 
- | | |
|-------|---|
| 5:45 | Wake Up |
| 6:15 | Meet at Vans |
| 6:45 | Morning Run |
| | The Ascent |
| 11:00 | Showers |
| 12:30 | Brunch |
| 1:30 | Options: Park Day/Pool |
| 3:30 | Clinic: Ubuntu: Building Blocks of Success & Battle of the Continents |
| 5:30 | Dinner |
| 7:00 | Fireless Campfire at the Condos |
| | Karaoke/Dance/Videos |
| 9:15 | Senior Night Hike |
| | Underclassmen Stargazing/Movie |
| 11:30 | Curfew (Pack!!!) |
| 12:00 | Lights Out |



'Friendships born on the field of athletic strife are the real gold of competition. Awards become corroded, friends gather no dust.'

- Jesse Owens

6




mammoth camp

cross country

saturday

august 20, 2016

- 
- 6:15 Wake Up
 - 6:30 Morning Run
 - YeeHa River Run (optional)
 - 8:15 Return to Condos
 - 8:30 Quick Showers
 - Cleaning and Packing
 - 9:45 Depart Condos to Bus
 - 10:30 Depart
 - 11:15 Lunch in Bishop (Not Provided)
 - 6:30 Return to Cerritos

"The biggest competition is myself. I am not looking to follow others or pull them down. I'm planning to test my own boundaries."

- Rain



7

	Sunday (8/14/16)	Monday (8/15/16)	Tuesday (8/16/16)	Wednesday (8/17/16)	Thursday (8/18/16)	Friday (8/19/16)	Saturday (8/20/16)
6:00am	Meet at CHS Depart for Mammoth		Wake Up (6:00)	Wake Up (6:15)		Wake Up (5:45)	Wake Up (6:15)
7:00am		Wake Up (6:45)		Meet at Vans (6:45)	Wake Up (6:30)	Meet at Vans (6:15)	
8:00am		Meet at Vans (7:15)			Meet at Vans (7:00)		Morning Run YeeHa River Run (6:30-8:15)
9:00am		Morning Run Convict Lake (7:30-9:00)		Morning Run Ridge Run (7:15-9:15)	Morning Run Fartliks (7:35-10:00)	Morning Run The Ascent (6:45-12:00) Pack/Prepare Own Snack (Optional)	Showers
10:00am		Showers	Hike Arrowhead Lake (7:00-12:30) Brunch at Lake (Pack Own)				Clean and Pack
	Ride to Mammoth (7:00-1:00)			Showers	Showers		
11:00am							Depart for Cerritos
12:00pm		Breakfast (11:00-12:00)		Breakfast (11:00-11:45)	Breakfast (11:15-12:15)		Lunch in Bishop (11:15-12:30)
1:00pm						Brunch (12:30-130)	
2:00pm	Lunch in Bishop (1:00-2:15)	Options Golf/Park (12:30-2:00)	Options Condo Workday Fishing (Tent) (1:00-3:00)	Camp Competition at the Park (12:45-2:15)	Camp Olympics at the Park (12:45-3:00)	Options Park Day Pool (1:30-3:00)	
3:00pm	Depart for Mammoth	Clinic Goal Setting (2:30-3:30)		Clinic Nutrition & Health (2:30-3:15)			
4:00pm	Arrive in Mammoth	Afternoon Run Park Trail (3:30-5:00)	Afternoon Run Eagles Landing (3:30-5:00)	Prepare for Bishop	Afternoon Workout Pool Workout/Run ALTERNATIVES (4:00-5:30)	Clinic Building Blocks The Battle (3:30-4:30)	Ride to Cerritos (12:30-6:30)
5:00pm	Meet at Vans (4:45)						
6:00pm	Group Runs Shady Rest Park (5:30-6:30)	Showers	Showers	Dinner in Bishop (5:00-6:15) Athletes: \$8 Provided	Showers	Dinner (5:30-7:00)	
7:00pm	Orientation (7:00)				Dinner Pizza Night (6:30-7:15)		Return to Cerritos
8:00pm	Dinner (8:00-9:00)	Dinner (7:00-8:30)	Dinner (7:00-8:30)	Rock'n Bowl Back Alley Bowl (6:30-9:00)		Fireless Campfire at the Condos (7:00-8:45)	
9:00pm					Goal Setting (7:30-11:00)		
10:00pm	Freetime (9:00-11:00)	Camp Competitions at the Condos (9:00-10:00) Opening Performances	Camp Competitions at the Condos (9:00-10:00)	Depart for Mammoth		Senior Night Hike Others: Stargazing (9:15-11:00)	
11:00pm	Curfew (11:00)	Curfew (11:00)	Lights Out (11:00)	Lights Out (11:15)	Curfew (11:00)	Curfew (11:30)	
	Lights Out (12:00)	Lights Out (11:30)			Lights Out (11:30)	Lights Out (12:00)	



CERRITOS CROSS COUNTRY
Mammoth Camp – August 14-20, 2016

Last Minute Reminders ...

- Bring a Sleeping Bag and Pillow. (Recommended)
 - Bring a Towel (Shower/Pool).
 - Bring Sunscreen & Toiletries.
 - See What to Bring List In Packet #1 for Additional Items
 - Bring music, props and other items for team events.
- (Please verify space if large item) – Your condo will receive a camera for the week!
- Bring additional money for two meals, snacks, entertainment and activities that require additional funds (fishing, biking).

IF YOU DO NOT SUBMIT ALL OF YOUR PAPERWORK (MAMMOTH FORMS/PHYSICAL PACKET) BY AUGUST 9th, YOU WILL FORFEIT ALL FUNDS AND YOUR ABILITY TO ATTEND MAMMOTH CAMP!!!

You are only allowed in the living room area of the opposite gender condo's area when there are at least three people around in the same room of that condo. You are never allowed up/downstairs in the bedrooms or loft.

Do not venture out of the facility without permission.

Please keep noise level to a minimum.

When indoors, shut all the doors in order to keep the noise in.

No profanity or disrespect will be tolerated.

Have a great time!!!

Questions? E-mail me at wutanabe5@aol.com.

Missions Sneak Peek

Photo/Video Journal Through the Week

Themed Presentations & Music Videos

Special Performances (Video & Live Performance) - Video (Fri) & Live (Tue)

Karaoke & Dance Competition

Camp Competition Games



CERRITOS CROSS COUNTRY
Mammoth Camp – August 14-20, 2016

Condo Schedule

	BREAKFAST KP	DINNER KP	THEME	AM GATORADE	PM GATORADE
SUNDAY		YELLOW	GRAY		RED
MONDAY	WHITE	BLACK	RED	BLACK	WHITE
TUESDAY		RED	WHITE	RED	YELLOW
WEDNESDAY	BLACK	WHITE		YELLOW	
THURSDAY	RED		YELLOW	WHITE	
FRIDAY	YELLOW	GRAY	BLACK	BLACK	
SATURDAY					

Kitchen Patrol (KP) – Your condo as a whole will come to clean all the dishes in all of the condos after the meal specified. Each member should be present to help clean. You will also be responsible for taking out the trash to the trash bins.

Gatorade – Your condo must send two to three representatives at least fifteen minutes prior to departure to 5A to make the Gatorade for the run and also take the Gatorade cooler and water cups to the vehicles and take it out of the vehicle and return it to 5A. On occasion, there will also be snacks brought to the vehicles.

Theme – Your group will have five minutes to introduce your group members and to have the other condos play a little game! Don't forget your flag and name badges for your particular theme night!

Condo Themes

The condo themes this year will serve as a central theme for your condo. The performances may or may not be specifically focused only on your theme, however, the theme will provide guidance for various competitions.

Let's see who can get the crowd stomping to their beat!



PREPARATION MISSION

I am proud to introduce the first **Mammoth Camp: Battle of the Continents** competition and the fourteenth annual battle at the Mammoth Camp! The Dons will represent the different continents in this games. Who will take the gold?

Each athlete is assigned to a condo and each condo has been assigned a color. These are your teammates and most trusted allies for the week. As much as we stress unity amongst the team as a whole, you must show unity within your condo to contribute towards winning the title of Mammoth Camp: Battle of the Continents.

You will be introduced to the rules and regulations of the competition in your next mission letter, however at this time, you have a preparation mission that will begin your cooperative work amongst your condo members. Below is the condo information as well as the first preparation mission. Good luck to you and your team. May the best team win!

WHITE: BOYS CONDO: SHERWIN VILLAS 37D

RED: GIRLS CONDO: SHERWIN VILLAS 17B

BLACK: GIRLS CONDO: SHERWIN VILLAS 65G

YELLOW: BOYS CONDO: SHERWIN VILLAS 44E

GRAY: COUNSELORS: SHERWIN VILLAS 5A, 7A

MISSION

Target Completion Date and Time: (See Below)

1. Create a condo theme song and name. [August 9]
2. Create a condo cheer (approximately 1-2 minutes). [August 9]
3. Create a nickname for each condo member. [August 9]
4. Create a flag (able to hold buttons) for your team. [August 9]
5. Select a leader for your group. [August 9]
6. Mammoth Paperwork Submitted & Completed [August 8]

DUE BY CAMP!!

7. Coordinate your teams (at least one matching item/theme)!!
8. Make a name tag or symbol for each team member! (Extras - ID, T-Shirt)
9. Create a live performance (7-10 minutes) representing your theme.
10. Get supplies for your performances.

Condo Name/Theme	10 points	Nicknames	5 points
Theme	5 points	Tag/Symbol	10 points
Cheer	5 points	Flag	10 points
Matching Items	5 points	Total Points	50 points



PRECAMP MISSION/MISSON #1

“The Wonders of the World”

GRAY: SUNDAY – Asia & the Pacific

RED: MONDAY – Australia & Oceania

WHITE: TUESDAY – Africa & the Middle East

BLACK: THURSDAY – Latin America & the Caribbean

YELLOW: FRIDAY – Europe (Modern/Ancient)

PRECAMP MISSION: (See Schedule Above)

Each condo will prepare their “walk-in” at the opening ceremonies! Each team will coordinate and try to show off their best stuff, led by their flag bearer. They will introduce each person and try to show off the beauty of their continent!

MISSION #1: The Wonders of the World – Monday, August 15

The continents will have their opportunity to put together their own OPENING CEREMONIES to celebrate the beauty and wonder of their continent. Each group will create a presentation that is 5-10 minutes long that will display the diversity of the continent through music, dance and more! Please be respectful of the cultures you represent!

PRE-PLAN your performances and be sure to make them solid as in the past the performances have fallen short. Do you have what it takes to excel at this?

How you do it is up to you, however, you must include **ALL** group members and **you must keep the noise to a minimum**. Make sure it’s entertaining no matter how you choose to represent your continent! Send a message, but also entertain! Plan ahead since you may start planning before we leave for Mammoth!

Planning	10 points	Promotions	5 points
Time Management	10 points	Miscellaneous	25 points
Mission #1	150 points	TOTAL POINTS	200 points