

DESIGN

CREATING WHO WE WANT TO BE

MAMMOTH CAMP
AUGUST 5-11, 2018
PACKET #2



Mammoth Camp 2018 General Information

- Departure** Cerritos students meet at Cerritos High School at 6:00 am August 5. 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 11. 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: 37D, 44E, 59F, 69G (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 7/30/2018)

**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

GRAY

**COUNSELORS
& OVERFLOW**

**5A, 7A
59F**

BLACK

69G

Kat Atilano
Samantha Chang
Alicia Cruz
Joanne Huynh
Kaithelyn Jauregui
Kyli Joe
Caitlin Kim
Elise Nguyen
Sofia Vasquez
Emma Yang

44E

Patricia Gomez
Katherine Kim
Shani Kuo
Sophia Kwack
Melody Kwon
Claire Lee
Jaide Lin
Lauren Park
Isha Pema

RED

37D

YELLOW

Chris Amaro
Anrei Giordano
Kevin Hamakawa
Chad Kono
William Park
Neil Patel
Eric Perez
Luc Skube
Everett Woolley




mammoth camp

CROSS COUNTRY

sunday

august 6, 2018

- 
- 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



"When you judge another, you do not define them, you define yourself."

- UNKNOWN



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mammoth camp

cross country

monday

august 6, 2018



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



"We are defined by our actions towards others, not our actions towards us."


*Subject to Change



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mammoth camp **cross country** **tuesday** **august 7, 2018**

- 
- 6:00 Wake Up
 - 7:00 Depart for Arrowhead Lake
 - 7:15 Morning Hike
[Athletes Must Pack Their Own Lunch]
 - 12:30 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



"Don't make the mistake of believing that your future hangs on one big defining moment. Every moment is defining you whether you realize it or not."

- Kerri Weems



mammoth camp **cross country** **wednesday** **august 8, 2018**

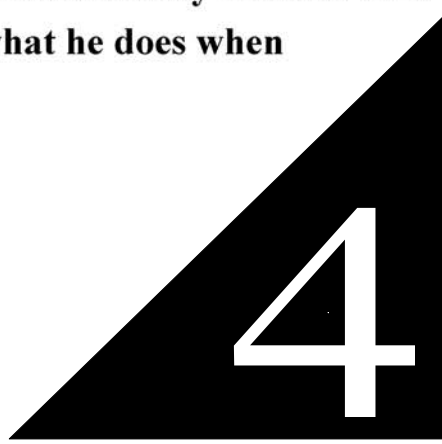


6:15	Wake Up
6:45	Meet at Vans
7:15	The Ridge Run
9:45	Showers
11:00	Breakfast
12:30	Camp Olympics at the Park
4:00	Afternoon Workout (Boys/Girls Separate)
	Pool Workout at the Condos
5:30	Showers
6:30	Dinner - Pizza Night!!!
7:30	Goal Setting
11:00	Curfew
12:00	Lights Out




"The true character of a man is not defined by what he does in front of a crowd, but instead by what he does when no one else is around."


- Unknown

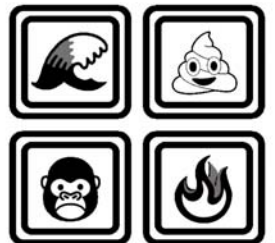


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mammoth camp **cross country** **thursday** **august 9, 2018**

- 
- 6:30 Wake Up
 - 7:00 Meet at Vans
 - 7:30 Morning Run
 - Fartlicks (Snack at Crater)
 - 10:30 Showers
 - 11:30 Brunch
 - 12:45 Camp Competition
 - 2:30 Clinic: Strength & Recovery
 - 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



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CREATING WHO WE WANT TO BE

"We all have defining moments. It is in these moments that we find our true character. We become heroes or cowards, truth tellers or liars; we go forward or we go backward."

- Robert Kiyosaki

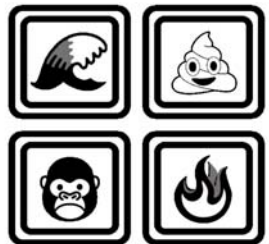


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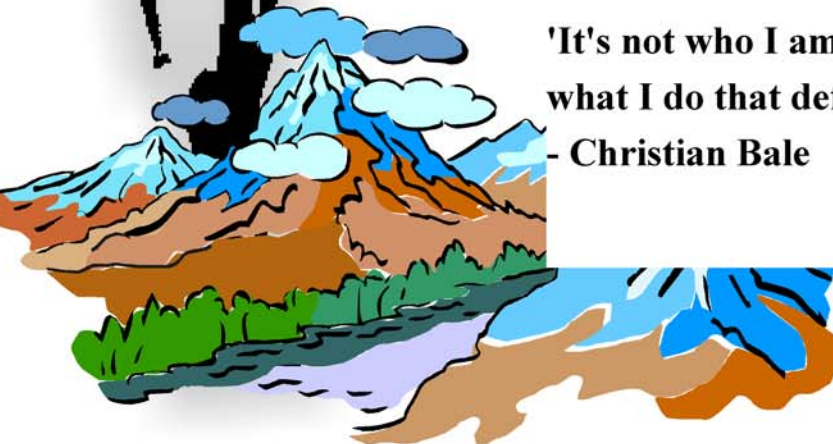


mammoth camp **cross country** **friday** **august 10, 2018**

- | | |
|-------|---------------------------------|
| 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: Mind Over Matter |
| 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 |



DESIGN
CREATING WHO WE WANT TO BE




**'It's not who I am underneath but
what I do that defines me.'**

- Christian Bale

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mammoth camp **cross country** **saturday** **august 11, 2018**

- 
- 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

"It is our choices that show what we truly are, far more than our abilities."

- JK Rowling





CERRITOS CROSS COUNTRY
Mammoth Camp – August 5-11, 2018

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 2ND, 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 (Need a Laptop per Condo)

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

Karaoke & Dance Competition

Camp Competition Games



CERRITOS CROSS COUNTRY
Mammoth Camp – August 5-11, 2018

Condo Schedule

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



PRECAMP MISSION/MISSON #1

“REPRESENT”

GRAY: MONDAY – Poop

RED: TUESDAY – Wave

BLACK: WEDNESDAY – Fire

YELLOW: FRIDAY – Gorilla

PRECAMP MISSION: (See Schedule Above)

It's time to show off who has the brains and who needs to spend a little more time studying in this display connecting their theme to something wonderful that they can present.

MISSION #1: Represent – Monday, August 6

Represent your emoji in your 5-10 minute performance which can be a skit, music-related or any type of presentation that will be fun and entertaining. Your theme of your performance does not need to be centered around your emoji, but you will be docked if your emoji is not seen within that timeframe. Do your best to make it thorough and clear. Using audio, video, visuals, costumes or more is encouraged! Begin planning TODAY!

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



PREPARATION MISSION

I am proud to introduce the first **Mammoth Camp: DESIGN – Creating Who We Want to Be** competition and the sixteenth annual battle at the Mammoth Camp! The Dons will try their best to shape themselves and figure out what best represents them.

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: DESIGN – Creating Who We Want to Be**.

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!

RED: GIRLS CONDO: SHERWIN VILLAS (TBA)

BLACK: GIRLS CONDO: SHERWIN VILLAS (TBA)

YELLOW: BOYS CONDO: SHERWIN VILLAS (TBA)

GRAY: COUNSELORS: SHERWIN VILLAS 5A, 7A, (TBA)

MISSION

Target Completion Date and Time: (See Below)

1. Create a condo theme song and name. [August 1]
2. Create a condo cheer (approximately 1-2 minutes). [August 1]
3. Create a nickname for each condo member. [August 1]
4. Create a flag for your team. [A t-shirt would make a good flag!] [August 1]
5. Select a leader for your group. [August 1]
6. Mammoth Paperwork Submitted & Completed [July 30]

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 (5-10 minutes). [See Attached]
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