

Dear Families,

Our Second Annual University Preparatory School Cross Country Retreat will be August 1st - August 3rd in the beautiful Trinity Alps at the Carter Cabin. Included in this letter, you will find all the information needed for this retreat. Permission slips, medical release forms, and meal information can be sent back via email to Jaspal Gaddy at jgaddy@suhsd.net. We will need a **final head count by Thursday, July 1st**. There will be a retreat meeting for those attending on Thursday, July 29th in Mrs. Gaddy's room (301) at 6pm. We will be discussing transportation, food coverage, and solidifying last minute details. We will collect monies at this meeting and distribute shopping duties between attending families. If you have any questions, please do not hesitate to ask. We look forward to a fun-filled few days and are excited about your interest in the U-Prep Cross Country program!

Departure Time: Sunday, August 1st at 8am from the U-Prep front steps
Arrival back to Redding: Tuesday, August 3rd between 7-8pm at U-Prep

What to Bring:

Running shoes	Sleeping bag/pillow	Sweatshirt/Light Jacket
Running attire	Toiletries	Long pants
Water Bottle	Towels	Hat(s)
Sunscreen	Swim Wear	Gatorade
Day Pack	Flip Flops	Plenty of socks
Hiking Shoes	Snacks of choice	



Please sign and return the meals form and permission slip by JULY 1ST (via email to jgaddy@suhsd.net)

The following meals and snacks will be served at our retreat:

Sunday, August 1st: Lunch, Dinner

Monday, August 2nd: Breakfast, Lunch, Dinner

Tuesday, August 3rd: Breakfast, Lunch

Breakfast Meals: Cereal, Granola, Eggs, Pancakes, Sausage/Bacon

Lunches: PB&J, Energy Bars, Fresh Fruit, Meat Sandwiches, Crackers

Dinners: Spaghetti & Meatballs/Sausage, Bread, Natural Turkey Dogs/Sirloin burgers or Grilled Chicken, Vegetables, Potatoes, Salads

Miscellaneous Snacks

Please indicate below whether you would like us to provide meals or if you will be providing meals for yourself*

Dependent upon the number of people going, the approximate cost of each meal will be between \$4-\$5 for all meals per person (children under 5 eat free)

_____ Number of persons attending retreat (include all family members)

_____ Number of group meals needed (7 meal package)

_____ Number of persons providing own meals/snacks

*Families choosing to opt out of group meals, must provide food and means to prepare it (ie: camp stove, barbecue)

***Food Allergies _____

***It is imperative that we know if your child or any member of your family has any food allergies to coordinate our meals

I hereby give my permission for _____ to attend the University Preparatory Cross Country Retreat in the Trinity Alps from Sunday, August 1st – Tuesday, August 3rd.

In case of accident or injury I give permission for the supervising staff member to authorize medical treatment by a licensed physician. I understand that I am responsible for any expense incurred as a result of obtaining the necessary medical care.

As stated in the California Education Code Section 35330, I understand that I hold Shasta Union High School District and University Preparatory School, its officers, agents and employees, harmless from any and all liability or claims, which may arise out of or in connection with my student's participation in this activity.

Supervising Staff Member: Jaspal Gaddy

Parent/Guardian Signature (please type in your name to verify that your child may attend) _____

Telephone Numbers: _____

Emergency Contact(s): _____

Insurance Policy/Group Number: _____

Family Doctor Name and Telephone Number: _____

If your child will be attending without a parent/guardian, they will only be allowed to wade and not swim while at the retreat.

All interested families must attend the mandatory meeting on Thursday, July 29th at 6pm in room 301 at U-Prep.

