

Irondale Cross Country Team Building Event

August 23, 2021

We are planning a day trip for the second week of the season. We will run in the morning on the trails of William O'Brian State park, have a picnic lunch after the run and then head to Trollhaugen Adventure park for an afternoon of team building activities.

Cost of this year's trip is \$50. Please RSVP for the trip on a google spreadsheet on the team website.

Brief itinerary:

| | |
|----------------|--|
| 7:30am | Depart Irondale |
| 9am | Trail run @ O'Brian State Park trails |
| 10:30am | meal at the park |
| 12pm | Trollhaugen Adventure park |
| 5 pm | Depart Trollhaugen |
| 6 pm | Estimated return to Irondale |

THINGS TO KNOW!

Cost: (\$50): Cost for the trip includes transportation, entry to O'Brian State park, lunch, Trollhaugen adventure park fee. If the fee is an issue, please talk to Coach Shaw or Coach Torvi.

Clothing: 2 pr of running shoes if you have them! Change of clothes for after the morning run.

Emergency numbers: Trollhaugen 1-651-433-5141.

Coach Torvi Cell (651) 955-6068 – Coach Shaw Cell (612)-695-2117

Coaching Staff: Coach Torvi, Coach Shaw, Coach Ahlers and Coach Blaske

Things to be turned in before you can go:

- 1. Confirmation RSVP - please RSVP on the team website!**
- 2. Field Trip Permission Slip (signed by a parent)**
- 3. Money - due by Friday, August 20**

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CONFIRMATION SLIP:

(Name) _____ will be attending the Team Building Trip to O'Brian State Park and Trollhaugen Adventure Park.

Lunch with the team:

Special dietary considerations:

FIELD TRIP PERMISSION SLIP

(Runner's name) _____

has permission to participate in the Cross Country Team Building Trip on August 23, 2021. I understand the arrangements for the trip and feel that the necessary precautions and plans for care and supervision of the runner will be taken. Beyond this we will not hold the school or those supervising the trip responsible. We also give the coach/chaperone permission to transport our child for emergency purposes.

Signature of parent or guardian _____ Date _____

Emergency Contact _____

Phone # _____