

Campers!

Davis Mountains Fitness and Training Camp 2024 begins on Sunday, August 4 at 3 pm Central Time. It's time to begin planning and packing. Since this year's Camp will overlap with the Olympic Games, I thought I'd send you a marathon of a letter to kick things off. Here are all the things you need to know before going for the gold at the Prude Ranch, "the Paris of west Texas":

- **Camp documents** - I've attached a copy of the 2024 Activity Schedule to this email, and we'll have hard copies of the Activity Schedule printed and available at camp. Other important documents are available online at <http://fitnesscamp.org/schedule2.html>. Please take a look. Many will be reviewed at the Rookie Orientation and General Meeting on the first evening of camp.

"The essential thing is not to have conquered but to have fought well." – Pierre deCubertin

- **Activities** – If you've been to camp before, you'll see all your favorite activities. You'll also see a special meeting on Monday to help you get your bearings, refine the week's schedule, and suggest new or custom activities. This worked well at last year's camp and resulted in a special beginner's bike ride, so let us know if there's something you've been wanting to do or thinking might be fun and we will see if we can get it arranged! (Break dancing lessons? It is an Olympic sport now...)

"Don't jump into the water unless you want people to think you're in Seine." – Mark Twain

- **Happy hour(s)** - There are two official "happy hours" on the schedule on Tuesday and Wednesday evenings, but really, when are we not happy at Camp? We'll have an assortment of beverages on hand, but we encourage you to bring your favorite libation (alcoholic or non-) to share, too!

"Never put an age limit on your dreams." – Dara Torres

- **Pickleball** – There will be an instruction clinic in the gym on Monday at 5 pm, and organized play on Tuesday evening. We'll have the court marked, and some paddles, balls, and a net available, but please bring your own paddles and balls if you have them. (Why is pickleball not an Olympic sport?)

"I was not talented enough to run and smile at the same time." – Emil Zatopek

- **Book Discussion/Future of Camp** – For those of you who read *Educated: A Memoir* by Tara Westover, a book discussion is planned for Thursday evening in the Lodge Meeting

Room. Afterwards, current and past camp leaders will facilitate a discussion about how camp is changing, how we are adapting to those changes, and what we'd like to see in the future.

What Olympic event that involves throwing should be eliminated? Discuss

- **Bicycling** – Helmets are required at all times on the bike. Please come to camp with your bike tuned up and carry at least 2 spare tubes, plus tools and a means of fixing flats. Be prepared to carry 2 large water bottles or a Camelbak, and bring your own powdered energy drink if you have a favorite. Water stops and the dining hall will have water and Gatorade plus an assortment of energy bars.

“When anyone tells me I can't do anything, I'm just not listening anymore.” – Florence Griffith Joyner

- **Menu** – In addition to the usual wide variety of food offerings, we will have some items to meet special needs. There will always be vegetarian offerings and a diverse salad bar. We will furnish coconut or almond milk at breakfast and will try to label items that are gluten-free or vegan. For gluten-free, we will have GF bread and some GF desserts. For vegans, you may want to bring your own favorite non-dairy alternatives. Feel free to bring whatever you might need. There is room to store it in the DH fridge.

“I am building a fire, and every day I train, I add more fuel. At just the right moment, I light the match.” – Mia Hamm

- **Medical/Safety Resources at Camp** – Engaging in strenuous activities in remote west Texas carries risks. We provide first aid kits, a defibrillator, and key staff, but those resources cannot be everywhere at once. We ask all campers to review safety info, buddy up, mitigate risks, and assist others as needed. More details at the Monday night meetings. Let's earn a gold medal in safety this year!

“If you fail to prepare, you're prepared to fail.” – Mark Spitz

Have a great time at camp!

--Steve
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