



Annual Team Ray Lake Cushman Retreat

Welcome all Team Ray players and parents!

Please pass this information on to any new players you think may be interested in signing up this season and who would like to join our season kickoff.

Team Ray players, coaches, dads, and alums start the fall water polo season each year working out, scrimmaging, and camping at Lake Cushman the Sunday afternoon through Tuesday afternoon before Labor Day weekend. Dads coordinate, cook, camp, and cheer, while players and coaches hone skills, refine their game, fuel their strength, and build team camaraderie (along with cardboard shanties). Go to one annual retreat, and you don't want to miss the next.

Dates: Depart Thursday, August 26th. Meet at Ray Williamson Pool at 12 PM. Please arrive on time so we can pack cars, coolers, and equipment. Return Saturday, August 28th to Ray in afternoon (~3-4 pm).

Cost: \$75 to cover food and campsite reservations.

Food: Will be provided while we're at Camp Cushman (thanks to parents).

Gear Please bring:

- Running shoes and shorts
- Sandals or flip flops
- Speedos or swimsuits
- Rain gear (in case)
- At least 2 towels
- Water bottle
- Sunscreen
- Insect repellent
- Sleeping bag & ground pad
- Chair
- Flashlight
- Any required personal food, medicine, or special drinks you may need

Place/directions Lake Cushman Park Upper Loop Campground. From Hoodspport Hwy 101 turn west onto Hwy 119. Drive seven miles, passing the Lake Cushman Resort and the entrance to Camp Cushman & Recreation Park. On the long straightaway look for a small gate on the left with a small sign (Upper Loop and Group Camp). Turn left here and continue to the Group Campsite, taking every left fork you encounter in the road. Camp Cushman office phone: 360.877.6770.

- A snack for Sunday's drive
- Money for lunch on the way home
- Citronella candles
- Shanty building materials, such as cardboard, **duct tape**, **tarps**, rope, and imagination
- Dads need personal camping gear: a sleeping bag, ground pad, and a tent (if you're not building a shanty)
- Tarps in case of rain

Forms: Registration and information meeting will be held Monday August 2 at 7:30 at Ray. All forms are available at www.teamray.org Season starts Monday August 23th at 7:30 pm at Ray. All forms and USA Water Polo membership must be complete before you can practice.

Drivers and Chaperones, Moms and other females are welcome as drivers, but by long tradition, this is a male-only camping event.

(Except coach Kristin) Dads, alumni dads, or players and other sponsoring adult males are encouraged to join us on this retreat, if only for one day or night. Dads may come anytime during the three days. They will need to bring their own camping gear.

Moms are welcome to watch the final scrimmages Tuesday morning at 10 am. **Contact:** Bill Harper bill@gracehere.org or cell 799-1675