



JULY 25-29

**2019 OBX CROSS
TRAINING CAMP**

OBX BEACH CAMP CROSS TRAINING 2022

**POTOMAC
BAPTIST
CHURCH**

Join us for the
best camp of
the summer!



TRIP ACTIVITIES



Jet Ski



Kayaking



Surfing



Dolphin Boat Tour



Cape Hatteras Baptist Church
50195 Buccaneer Dr.
Frisco, NC 27936



Sign ups open: June 1st
Sign ups close: July 18th



Sign up at potomacbaptist.org



This summer, Cross Training will be a week-long overnighter camp at Cape Hatteras (July 25-29, 2022). We'll be leaving from PBC on Monday, July 25 at 9am and returning on Friday, July 29 at 5pm.

WHAT TO EXPECT:

A great time learning and experiencing the Lord through exciting outdoor activities. Things to expect: Team building, relational skills, problem solving, and applying God's truth to life.

WHO:

Age range is rising 4th - rising 9th graders.

ACTIVITIES:

Surfing, kayaking, jetskiing, sunset dolphin tour, beach time, and many other outdoor adventures.

HOST:

"Surfin' Pastor" Russ Howard and his wife Jodi (shown on the right) from Cape Hatteras Baptist Church in Frisco, NC. We will be staying at the church for the week.

COST:

\$495 - This includes transportation, recreational activities, food, and lodging

CONTACT US:



potomacbaptist.crosstraining@gmail.com



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FAQS FOR CROSS TRAINING 2022

WHAT IS THE PHILOSOPHY BEHIND CROSS TRAINING?

Cross Training is a camp where kids have the opportunity to learn more about God through planned adventurous and challenging activities. We hope kids fully step out of their comfort zones and learn how to trust God in doing so. Although there are adventurous activities we encourage all students to try, we will never force a camper to do any activity they do not wish to try. Ultimately, we hope this camp gives kids the opportunity to try new things like surfing, jet skiing, parasailing, etc. but more importantly, grow closer to the LORD.

HOW WILL PBC ENSURE THAT MY CHILD IS SAFE IN THE WATER NO MATTER THEIR SWIMMING LEVEL?

Our goal, first and foremost, is to ensure each child's safety in the water. We will make sure to always swim or surf in a lifeguarded area, and PBC adults and counselors will be in the water with the kids at all times. If we feel that the water conditions may be unsafe for students we will immediately get out and switch to a land activity.

Also, students will be specifically taught/trained in ocean safety before entering the water each day. (for example, information on riptides, how to safely return to shore, etc.)

WHAT ARE THE SLEEPING ARRANGEMENTS FOR THIS TRIP?

This year, Hatteras Baptist church is kindly allowing our camp to use their church facilities. Students will be on the floor for sleeping arrangements in classrooms and their spacious sanctuary. (If your child would like to bring an air mattress they are welcome to do so!) Girls and boys will be in separate rooms in the church and PBC adults and counselors will be staying with the campers.

HOW WILL MY CHILD BE TRANSPORTED TO THE OUTER BANKS?

We will be leaving all together around 9 am on Monday, July 25 from Potomac Baptist Church in vans and cars driven by adults.



For more information email
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FAQS FOR CROSS TRAINING 2022

WHO WILL BE WATCHING OVER MY CHILD DURING THE WEEK?

During the week, student campers will be in teams of 8-12 with at least two high school or college-age counselors. There will also be adults and other helpers overseeing the camp and making sure counselors are always watching the kids at all times.

WHAT IF MY CHILD DOES NOT WANT TO SURF OR DO AN ACTIVITY?

The goal of this camp is to encourage kids to get outside of their comfort zone and try new things, but we will never force a kid to do something they don't want to do! Even if they do not want to surf, there are plenty of other activities and games planned for them to enjoy throughout the week.

WHAT MEALS WILL BE PROVIDED THROUGHOUT THE WEEK?

Yes, each day we will ensure your child has three meals a day with snacks in between. Our amazing cooks will prepare meals at the church for your children. We will also have options for children with allergies (PLEASE make sure to fill out this portion of the online registration).

DOES MY CHILD NEED ANY SPENDING MONEY FOR THIS TRIP?

No, your child does not need to bring any money as we will be providing all food and essentials. On the way down, we will ask students to pack a lunch to eat at our designated lunch spot. If they would like to bring a little bit of money they are welcome to bring some for any souvenirs they might want to purchase.

WHAT DOES MY CHILD NEED TO BRING?

As the time gets closer, we will send out an official packing list, but student campers will need lots of comfortable clothing and shoes to run in for outdoor activities. We also recommend they bring shoes that work for the beach (such as flip flops or crocs). Since we will be sleeping at a church, your child will need towels, a pillow, and either a sleeping bag or a blanket.



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FAQS FOR CROSS TRAINING 2022

WHAT WILL BE THE HEALTH AND SAFETY PRECAUTIONS TAKEN DURING THE TRIP?

Our goal is to ensure every camper returns home healthy. Throughout the trip we will emphasize the importance of hydrating and putting on sunscreen. Also, we will ensure students are washing their hands frequently and not spreading germs. Students may choose to wear masks if they would feel more comfortable, but we will not be requiring it.

WHAT IF MY CHILD GETS INJURED OR NEEDS MEDICATION?

Throughout the week, we will have a specified adult in charge of all medical needs. They will be our “camp nurse”, trained in basic first aid and CPR. Any medications or health concerns will be discussed with them and they will ensure your child is safe and healthy throughout the week.

IS MY CHILD ALLOWED TO BRING THEIR CELL PHONE?

We are allowing cell phones on this trip, but we will ask students to minimize the amount of time spent on them. We want students to decompress from the outside world and truly enjoy learning about the LORD and stretching their comfort zones.

WHAT IF I NEED TO CONTACT MY CHILD ON THE TRIP?

You are welcome to contact Tom Newell (Youth Pastor) or one of the two interns (Katelyn and Stephanie) throughout the trip to talk to your child. If your child brings their cell phone, you will also be able to contact them directly. As the time gets closer, we will send out our phone numbers and the address of the church to ensure that you have multiple ways to contact your child. Also, we will send out periodic emails, including when we arrive and depart Hatteras Baptist Church.



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