



# WINTER ENERGIZER INFORMATION

Dear Winter Energizer Participant:

Happy New Year! I am glad you have decided to participate in Winter Energizer. It is a great time to renew old friendships and get pumped for the spring semester! Here are some final instructions for the weekend. Be sure to read the letter carefully!!

## **REGISTRATION—SATURDAY, JANUARY 18, 2020 1:00 – 1:30 p.m.**

Saturday and Sunday will feature many activities, energizers, fun, songs, new ideas and activities. We will work mostly in large groups, but there will be some smaller group opportunities.

**MONDAY, JANUARY 20, 2020 CLOSE BY 11:00 a.m. – TELL your ride to be there to pick you up at that time, please**

## **THINGS TO BRING AND IMPORTANT INFO**

1. Bring a **WHITE** short sleeved t-shirt, we will use it for one of the activities.
2. **CASUAL, WARM CLOTHING.** No need for dressy clothes.
3. **Paper, pencil or pen** – plan to jot down some great ideas!
4. You do **not** need to bring bedding. Throw in your favorite pillow if you want.
5. The lodge provides 1 towel and washcloth, bring extras if you want.
6. Bring all your personal items – deodorant, toothbrush, toothpaste, etc...
7. All required costs are included in the registration fee. You may want to bring along some **extra money** to purchase some MASC items. I will provide some snack foods. I will also have some **MASC** t-shirts, hoodies, and other items for sale.
8. **ABSOLUTELY NO ALCOHOL OR ILLEGAL SUBSTANCES PERMITTED.**  
**THIS IS ALSO A TOTALLY SMOKE FREE FACILITY.**

If you have questions before January 18, please call me anytime at **816-261-7079**. I plan to spend the night in the area on Friday night, January 17. You can call the number above, if you need to reach me. If the weather turns bad or if your travel plans change OR you will be late to the conference, **PLEASE** call me and let me know.

I am excited to see all of you! **Don't forget to bring your health form and participant commitment forms with you!** (THESE PAGES ARE INCLUDED IN THE MAILING and can be found on the website!)

The directions to the Windermere are on the back of this letter.

See you soon,  
Terri

