

2016 TROJAN CROSS COUNTRY SUMMER TEAM CAMP



June 13-17

7:30 am

Fee: \$35

Available to 7th – 12th grade

Join the Trojan Cross Country team for its first annual summer training camp! We'll spend a week focusing on team-building, nutrition, finding the right running shoes, proper training, mental skills and drills, and fun! This will be the only organized team practice this summer. You will receive a t-shirt and your summer training plan.

SCHEDULE:

Monday: Meet behind AHS by the old weight room

Tuesday: Meet at Central Park

Wednesday: Meet behind AHS by the old weight room

Thursday: Meet behind AHS by the old weight room

Friday: Meet at Santa Fe Lake (exact location TBD)

CONTACT:

Coach Hill

hillj@usd385.org

913-593-1346

Website: <https://andovetrojanscrosscountry.shutterfly.com/>

Twitter: @AndoverXCTrack

Remind101: text @6cbbba to 81010

REGISTRATION DUE BY JUNE 8

Athlete Name: _____

Grade: _____ Contact Number: _____

Parent: _____

Email: _____

Shirt Size: XS S M L

Cash or Check: Made out to Justin Hill

Liability release and authorization for participation

I hereby grant permission for my son/daughter _____ to participate in the Trojan Cross Country Camp. My son/daughter has not suffered any injuries or illnesses in the past that would make participation in this camp a risk. I further authorize the staff of this camp to act for me in case of any medical emergency because of injury or illness to my son/daughter. I acknowledge that I am aware that participation in this camp will require physical activities of a nature which could result in injuries to a participating camper not withstanding the absence of fault on the part of the camp or its staff. The camp staff has explained the particular activities to my satisfaction and I am hereby authorizing my son/daughter to participate in these activities.

Signature of Parent/Guardian

Date