

# Cross Country Kids Camp 2018

Welcome to our annual cross-country camp. This camp is designed to incorporate the mind and the body to the excitement of running cross-country.

## Camp Goals Include:

- Stress warm-ups and cool-downs
- Positive mental outlook
- Fun games
- Good stretching techniques
- A variety of workouts

**Date:** June 11-14th, 2018 (Monday - Thursday)

**Time:** 8 am- 10 am

**Grades:** 3-8th

## Features:

We will workout at Clovis West, the High School State Cross-Country course at Woodward Park (including hill, asphalt, hard dirt, and grass). As well as many other fun activities.

## Location:

Clovis West High School and Woodward Park. On the first day we will meet in the front parking lot (West of the tennis courts) at Clovis West by the entrance of the gym.

## Gear Needed:

Running shoes, shorts, bathing suit, towel and water.

## Cost:

\$55.00, which includes: Instruction, Facilities, Camp T-shirt, and Refreshments.

Make checks payable to: Checks will need to be made payable to CCSRD (Clovis Community Sports & Recreation Department)

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I hereby authorize the directors of the cross-country camp to act for me according to their best judgment in any emergency requiring medical attention and hereby waive and release the camp from any liability for any injuries and illnesses incurred at the camp.

Parent signature \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_

School in which you attend: \_\_\_\_\_

Grade \_\_\_\_\_ T-shirt size: \_\_\_\_\_

## Return To:

Barbara Bethel

Clovis West High School

1070 E Teague

Fresno, Ca 93720

327-2106

In accordance with CIF bylaw 207, any athlete who transfers from School "A" to School "B" after having prior contact, during the previous 24 months, either directly or indirectly with school "B" prior to enrollment shall not be eligible at School "B" for 365 days from initial date of enrollment. This includes this camp, clinic, AAU, club team, and/or workouts.

