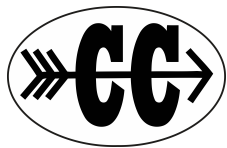




2016 Mini-Camp

Find your own talents.
Observe your role models.
Challenge yourself always.
Utilize your resources.
Strive to make a difference.



You become successful the moment you start running towards a worthwhile goal.

REGISTRATION INCLUDES:

Daily Activities:

- Walk/Run Official Freeport Course
- Proper stretching techniques
- Form drills
- Strengthening drills
- Healthy snacks
- Daily speakers
- Family Picnic following Friday's Race



Topics:

- What do I eat before and after I run?
- How do I choose clothes & shoes for running?
- What motivates a runner to run?

Friday Race

- Race the course against other campers on Friday 6:00PM start time.
- Each participant receives a ribbon.
- Family picnic following the race.



Detach Here

INSURANCE and ALLERGY INFORMATION

Please list all **food and other allergies**:

Emergency Contact Information (please list 2)

Name: _____

Phone: _____

Name: _____

Phone: _____

Permission for emergency treatment

I _____
give my permission to the Freeport Cross Country Boosters to treat or seek treatment for my child,
_____,
in an emergency situation.

Signature: _____

Name of Insurance: _____

Insurance Number: _____

Mail completed registration and \$40 fee to:
Jeff Parks
117 Settlers Ct. Freeport, PA 16229
Make checks payable to:
Freeport Cross Country Boosters

- REGISTRATION -

Detach & Return

Name:	
Address:	
Email:	
Grade (Fall 2017)	<input type="checkbox"/> 5 th <input type="checkbox"/> 6 th <input type="checkbox"/> 7 th <input type="checkbox"/> 8 th <input type="checkbox"/> 9 th <input type="checkbox"/> 10 th <input type="checkbox"/> 11 th <input type="checkbox"/> 12 th
Phone:	
Fee:	\$40 per student. Make checks payable to: Freeport Cross Country Boosters.
T-Shirt:	T-shirt guaranteed if post-marked by June 1st (Mark one, Adult Sizes) <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL

NOTICE:

This correspondence is being circulated as a community service at the request of a non-school organization. The information and/or activities are not associated with the Freeport Area School District.

This event is operated by the Freeport Cross Country Boosters. Freeport School District and the Freeport Cross Country Boosters assume no liability for any accident or injury that would occur during the camp.

I permit my child to participate in the described camp and understand the physical requirements and do not hold Freeport Area School District or the Freeport Cross Country Boosters responsible for any accident or injury.

Signature:

The purpose of this camp is to raise awareness & interest in the sport of Cross Country.

Cross country running is a sport at Freeport in which runners race to complete a course over open or rough terrain. The courses used at these events may include grass, mud, woodlands, hills, flat ground and water.

The camp is for Freeport students entering 5th grade and above who are interested in exploring the sport of cross country.

Questions:

Contact Jeff Parks

412-977-8441

jeffrey_s_parks@hotmail.com

FREEPORT CROSS COUNTRY MINI-CAMP 2017

*JUNE 20-22
6:00 - 9:00 PM*

*RACE FRIDAY
JUNE 23
6:00 PM*

**Freeport High
School**