

CAMP REGISTRATION INFORMATION

Name: _____

Address: _____

City/State/Zip _____

Phone Number(s): (____) _____

Grade entering this fall: _____

Gender (Circle One) : Male Female

T-shirt size (Circle One)

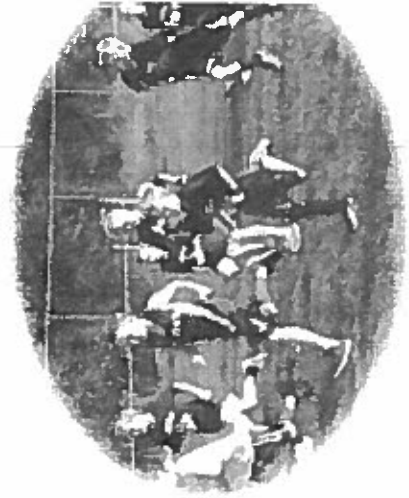
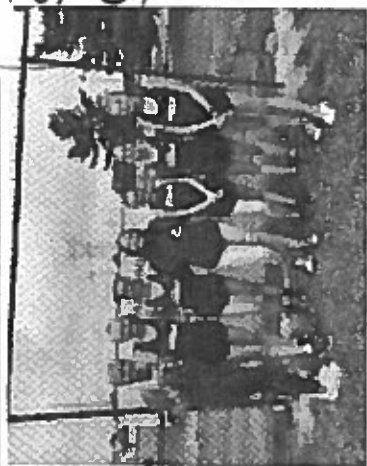
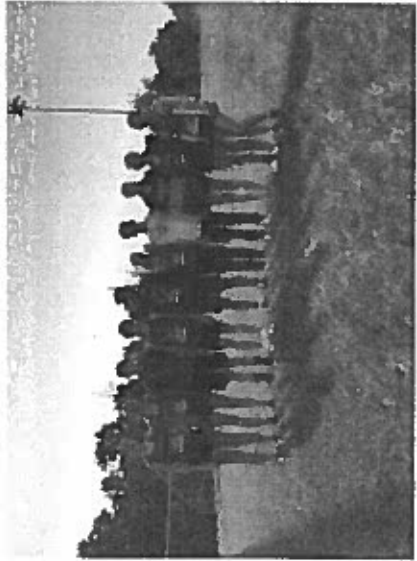
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Payment: \$20 each (must receive payment by June 17th if runner wants t-shirt by camp)

***Checks should be made payable to: North Harrison Cross Country

Couch: Kelly Cooper/Couch: Jeff Bullner
1180 Highway 64
Ramsey, TN 37166
E-mail: krooper@ahcs.k12.tn.us

NORTH HARRISON CROSS COUNTRY
Summer Running Camp



Camp Activities and Topics

- Running
- Dynamic warm-ups
- Stretching
- Strengthening
- Running games and relays
- Nutrition
- Goals
- Race

Building a strong and successful team for Grades 3-8
Monday, July 18th – Tuesday, June 19th 9am-10:30am
North Harrison XC Course

judgment in any emergency requiring medical treatment of my child/ ward, and I hereby waive and release North Harrison Summer Cross Country Camp for any and all liabilities for injury or illness incurred during the camp.

Parent/ Guardian signature: _____

Date: _____

Child's Medical Insurance Company: _____

Please list/ discuss any Medical needs: _____

schedules and must respect the authority of coaches, counselors, and parents. Campers who do not participate in all activities or follow rules will be dismissed from camp. Cell phones are not allowed during the 9 AM-10:30 AM time period.

Registration: Runners may register by completing the form on the right portion of this brochure. This form and \$20 should be returned to the front office of your school by May 20th (last day of school) or forms and money can be sealed in an envelope and dropped off at the middle school office or given or mailed to Coach Kelly Cooper at the Middle School. Any students registering after June 17th (last day to receive registration by mail or school office) will not be guaranteed a T shirt.

Camp Consent Form

I hereby authorize the Directors of the North Harrison Summer Cross Country Camp to act for me according to their best

Camp Objective:

-To build a training base for the upcoming 2022 Cross Country Season while building team friendships, leadership and ownership of team goals and to welcome new runners to our Cougar Cross Country program in a fun environment.

Eligibility: All young men and women entering grades 3-8 at North Harrison Community Schools who will be joining our elementary and Jr. High Cross Country teams.

Cost: \$20 per camper. This rate includes a camp T-shirt.

What to Bring to Camp

Campers should wear running clothes and running shoes.

Camp Expectations

Campers must exhibit good and positive behavior at all times. They must abide by all camp rules,

