

TSD APPROVED
for distribution



CROSS COUNTRY CAMP
ELEMENTARY/MIDDLE SCHOOL
BOYS AND GIRLS
Entering GRADES 1-8
June 15 – June 18, 2020 (4 Days)
6:00 – 7:30 p.m.

**The Talawanda Cross Country Team Proudly Offers
A Brave Cross Country Camp**

I would like to personally invite your son/daughter to A Brave Cross Country Camp. The purpose of the camp is to raise an awareness of the sport of cross country for elementary and middle school students by teaching basic training routines, and allowing the athlete to enjoy the benefits of running through a positive and encouraging experience. Last year we had 50 participants! ~ Coach Paul Stiver

CAMP DATES: June 15th – June 17th with Camp Race on June 18th

COST: \$35 (registration received on or before June 1st will guarantee a t-shirt) \$45 (registration received after June 1st with no guarantee of a t-shirt)

Each additional child per family is only \$25! MAX PER FAMILY OF \$100.

Please arrive 15 minutes early on Monday, June 15th.

In case of inclement weather, decisions on camp will be emailed to parents and posted on the Talawanda Track & Field Facebook page and www.TalawandaTrackandField.com.

Camp will be held at Talawanda High School. More Info at www.TalawandaCrossCountry.com

Talawanda Cross Country Camp
(entering 1st – 8th grade)
6:00 – 7:30 PM

Campers will receive...

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instructions on how to warm-up and cool down properly
lessons on correct running form
instructions on how to train for distance races
fun and games
a camp t-shirt

**** Each camper is invited to participate in the camp race on
Thursday, June 18th at 6:00 PM ****

2020 Talawanda Boys and Girls XC Camp Registration Form

Child's Name _____ T-Shirt Size Youth S M L or Adult S M L XL

First

Last

(circle one)

Gender M F

Grade (entering) _____

Age (at time of camp) _____

Parents' Names _____

Email _____

Phone Number (home) _____

(emergency/work/cell) _____

I release Talawanda Schools and its administrators, the Talawanda XC Camp, its Director, and its Staff from any and all liability in the event of injury and accident. I acknowledge that liability for such injury lies solely with the participant.

Parent/Guardian Signature _____

Date _____

RETURN TO: Paul Stiver 5301 University Park Blvd. Oxford, OH 45056

Make checks payable to: Talawanda Athletic Boosters

CONTACT: Head Coach – Paul Stiver @ 937-266-8646 or stiverp@talawanda.org

Positive Attitude * Give 100% * Finish What You Start