

**2010 Harrison
Running Camp Registration
June 7th-11th**

Camper's Name: _____

Male **Female**
Adult T-shirt Size: S M L
Youth T-Shirt Size: S M L

Grade Fall 2010: _____

Address: _____

Parent's Name: _____

Home #: _____

Parent's Work #: _____

Parent's Cell #: _____

Emergency Contact & Number:

Email: _____

**\$125.00 Registration Deadline May 22nd
(Limited Space - Register Early)
Please make payment and mail to:**

**Harrison Cross Country Booster Club
C/O Kent Simmons
81 Willow Glen Drive
Marietta, GA 30068**

**Thank You to our
2010 Running Camp
Sponsors**



**Visit the Hoya XC Webpage
<http://hoyatfxc.com>**

**Harrison
2010
Running Camp**

June 7th - 11th



**Ages 10 - 14
Rising 5th - 9th Graders**

**Harrison High School
4500 Due West Road
Kennesaw, Georgia**

June 7th - 11th

Cost: \$125.00 if registered by deadline. Late Registration (after May 22) \$150.00
Includes t-shirt, snack, and transportation to off site running locations

Registration Deadline: May 22, 2010
(Limited space - register early)
Hours: 8:30 - 12:30

Location:
Harrison High School
4500 Due West Road
Kennesaw Georgia

Camp Director:
Kent Simmons - Head Coach
HHS Cross Country
Kent.Simmons@cobbk12.org
678-594-8104 or 770 509-1754

"Running is Fun"
Activities

- Obstacle course
- Ultimate Frisbee
- "Survivor" Challenge
- Water Wars

Running is Fun!!

Run Cross Country



Camp Goals

Inform campers about....

- ✦ **Cross Country 101**
- ✦ **Running in High School**
- ✦ **Stretching and Drills**
- ✦ **Race preparation and strategy**
- ✦ **Shoes and Equipment**

SAMPLE DAILY SCHEDULE

8:30 - 8:45 Assemble/Announcements
8:45 - 10:15 Off Site Running
10:15 - 11:15 Breakout Sessions (Snack)
11:15 - 12:15 Running is Fun Activity
12:15 - 12:30 Assemble/Announcements

Friday June 11th
Parents are invited to the Friday session as campers celebrate a week of running with a cross country meet and picnic.

Warning: Although participation in supervised athletics and activities may be one of the least hazardous in which campers will engage, by its nature participation in athletics includes a risk of injury from minor to long term catastrophic. Participants can and do have the responsibility to reduce the chance of injury by obeying all safety rules and immediately reporting to the coaches any physical problems. By signing this permission form, you as (parent(s) or legal guardian(s) acknowledge that you have read and understand this warning.

I (We) have read and understand this warning and hereby give consent for

to participate in running camp. I (We) have read and understand that I (We) will be responsible for the payment of any and all bills resulting from any treatment rendered. I (We) further agree to hold harmless the camp staff or the Harrison Cross Country Booster Club for any and all liability for injuries incurred while participating in camp activities. I (We) assume agreement upon the form of payment being submitted, whether or not signed agreement is submitted.

Parents/Guardian Signature

* NO REFUNDS*