

O'Fallon Township High School Cross Country Summer Camp

June 6th – July 22nd

7:30am - 9:30am

For 9th Grade – 12th Grade Boys!

\$40

Camp T-Shirt!

The O'Fallon Summer Conditioning Camp is open to any boy entering 9th through 12th grades that enjoys running. The runs and workouts will be tailored to each individual whether experienced or inexperienced.

The OTHS coaching staff and former team members will provide instruction.

The camp features:

- Running form techniques
- Distance runs, speed workouts, and cross training
- Strategies for racing and training
- Information on nutrition
- Guest speakers

The cost of the camp includes instruction, insurance, and a camp T-shirt.

Mail application and money to: (Make checks payable to **OTHS**)

Jon Burnett - OTHS Cross Country Camp
600 S. Smiley
O'Fallon, IL 62269

SPONSORED BY
O'FALLON TOWNSHIP
HIGH SCHOOL

(cut here and return)

Name _____ Age _____ Grade (entering) _____ M/F _____

Address _____ Phone _____













School _____ Best Times: 1 mile _____ 2 mile _____ 3 mile _____




Current Weekly Mileage _____ T-shirt size (adult) _____


I hereby grant permission for my son/daughter to participate in the camp and acknowledge that he/she is physically able to participate in all camp activities, and I waive and release the school and all camp personnel from any and all liability for any injuries or illness incurred while at camp. O'Fallon High School Cross Country Camp will not be held responsible for medical fees over and above those covered by our camp insurance policy.

Parent's/Guardian's signature

Camper's signature

June				
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
6 	7 	8 	9 	10 Captains' Practice
13 Captains' Practice	14 Captains' Practice	15 Captains' Practice	16 Captains' Practice	17 Captains' Practice
20 	21 	22 	23 	24 Captains' Practice
27 	28 	29 	30 	1 Captains' Practice

July				
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
4 	5 	6 	7 	8 Captains' Practice
11 	12 	13 	14 	15 Captains' Practice
18 	19 	20 	21 	22 Captains' Practice
25 Captains' Practice	26 Captains' Practice	27 Captains' Practice	28 Captains' Practice	29 

 = dates that the camp will meet