



# O'FALLON YOUTH CROSS COUNTRY CAMP



June 27<sup>th</sup> – July 1<sup>st</sup>

7:30am - 9:00am

For 5<sup>th</sup> Grade – 8<sup>th</sup> Grade Boys!

**Only \$25!**

**Camp T-Shirt!**

The O'Fallon Youth Cross Country Camp is open to any boy entering 5<sup>th</sup> through 8<sup>th</sup> 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
- Guest speakers
- A time trial at the end of the week

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 Youth 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