



O'FALLON YOUTH CROSS COUNTRY CAMP

Only \$25!

June 27 – July 1

7:30am - 9:00am

For 5th Grade – 8th Grade Girls!

Camp T-Shirt!

The O'Fallon Youth Cross Country Camp is open to any boy or girl entering 5th through 8th grades that enjoys running. The runs and workouts will be tailored to each individual whether experienced or inexperienced. On 1st day we will meet at the main entrance of the Smiley Campus, while the rest of the week we will meet in front of the pool at the city park.

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)

Neil James - 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) _____

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