



O'FALLON SUMMER CROSS COUNTRY CAMP

June 13 – July 29

7:30am - 9:30am

For 9th Grade – 12th Grade Girls!

\$40

Camp T-Shirt!

The O'Fallon Summer Conditioning Camp is open to any boy or girl entering 9th through 12th grades that enjoys running. The runs and workouts will be tailored to each individual whether experienced or inexperienced. The camp will meet each week on Monday – Thursday. We will meet in front of the pool in the city park. We will not meet July 4 – July 8.

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

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 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