



PROUDLY SUPPORTED BY **up and running**

CROSS COUNTRY CAMP
 ELEMENTARY
BOYS AND GIRLS
 MIDDLE SCHOOL
Aug. 2 – Aug. 6, 2010

The Centerville Girls Cross Country Team Proudly Offers
The 6th Annual Elementary and Middle School
Cross Country Camp

I would like to personally invite your son/daughter to the 8th annual Centerville Boys and Girls Cross Country Camp. The purpose of the camp is to raise an awareness of the sport of cross country, teach basic training routines, and allow the athlete to enjoy the benefits of running through a positive and rewarding experience. ~ Coach David Dobson

CAMP DATES: Aug. 2 - 5 with Camp Race on Aug. 6
COST: \$45 (registration received before July 7th) **\$55** (registration received after July 8th)
 Each additional child per family is only **\$30!!!!**

Camp will be held at Stubbs Park on W. Spring Valley Rd. in Centerville. More Info at www.centervillegirlsxc.com

The **ELEMENTARY** Camp
(entering 1st - 5th graders)
 8:00 - 9:30 AM

The **MIDDLE SCHOOL** Camp
(entering 6th - 8th graders)
 9:45 - 11:15 AM

Campers will receive...

- ☛ instructions on how to warm-up and cool down properly.
- ☛ lessons on correct running form.
- ☛ teaching on how to train for distance running.
- ☛ a camp t-shirt

Campers will receive...

- ☛ instructions on how to warm-up and cool down properly
- ☛ lessons on correct running form.
- ☛ teaching on how to train for distance running.
- ☛ an introduction to shoe selection
- ☛ an introduction to injury prevention
- ☛ a camp t-shirt

Each camper is invited to participate in a camp race on Friday, August 6th beginning at 6:00 PM.
6:00 PM – Elementary Boys and Girls (1K) 6:30 – Middle School Boys and Girls (2K)

2010 Centerville Boys and Girls XC Camp Registration Form

Child's Name _____ T-Shirt Size Youth S M L or Adult S M L
Last First (circle one)

Gender _____ Grade (entering) _____ Age (at time of camp) _____

Parents' Names _____ Email _____ @ _____

Phone Number (home) _____ (emergency/work/cell) _____

I release Centerville High School, Centerville City Schools and its administrators, the Centerville XC Camp, its Director, and its Staff from any and all liability in the event of injury and accident. I acknowledge that liability for such injury lies solely with the participant.

Parent/Guardian Signature _____ Date _____

Paid

RETURN TO David Dobson 186 Maple Avenue Centerville, OH 45459
 Make checks payable to: Centerville Girls Cross Country
 CONTACT: Head Girls Coach - David Dobson @ 439-0378 or dobsonda@sbcglobal.net

Date Rec.
 ___/___/___