

**ATTENTION ALL XC RUNNERS**

Hello! We hope everyone had a good school year and good luck with finals! We want to touch base with you concerning some events that we are going to have this summer and to get ready for our season in the fall. The camp is open to students going into grades 5-12. All students that are participating in a sport next school year must have a physical on file that is dated 2/1/2019 or later for the 2019/2020 school year.

Our summer camp is scheduled for the week of July 22-26 from 8:00-10:00 AM at the Intermediate Pavilion (Times may change due to heat). Grades 7-12 need a **PHYSICAL** before they come out for cross country in the fall or they **WILL NOT** be able to participate. The cost of the camp is \$25 which includes a T-shirt.

The first day of practice for the High School only is scheduled for August 12th from 8:00-10:00 AM at the Intermediate Pavilion. Junior High runners will start when school begins. Everyone needs to have a physical turned in by that date or **YOU** cannot practice.

Make all checks payable to Hillsboro High School Cross-Country. Please fill out the sheet regarding Summer Camp and turn it back in to either Coach Woodside at the High School, Coach Gordon at the Intermediate, or Junior High runners can turn theirs in to the JH office ASAP if you plan on attending. We need all slips and money turned in by the last day of school in order to be guaranteed a shirt.

Remember, Champions are made on your own during the summer, not once we start practice. Get out there and put some mileage in every day!

Sincerely,

Head Girls - Coach Woodside – 618-318-1431 or  
woodside\_lane@hsdr3.org

Head Boys - Coach Gordon – 618-719-3769 or  
gordon\_thomas@hsdr3.org

**CUT HERE**

---

I \_\_\_\_\_, give permission for my  
child \_\_\_\_\_, to participate in the Hillsboro Cross Country Camp.  
I also attest that my child has health insurance and is covered in case of any injury that  
may occur while participating at camp.

Grade \_\_\_\_\_ T-Shirt size (Youth and Adult Sizes) \_\_\_\_\_  
Emergency Contact; NAME: \_\_\_\_\_  
PHONE#: \_\_\_\_\_