

# 2019 DeKalb Cross Country Camp

Middle School and High School boys and girls--entering grades 6-12

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Mondays—Tuesdays—Thursdays—Fridays

June 17 – July 26

(No camp on July 4)

**6:30 am – 8:00 am** at DeKalb High School—meet at the track  
(If you are taking a summer school class, you will be on time for class!)

Training methods, strengthening exercises, and games designed to help you get in shape or stay in shape. This camp is recommended for anyone interested running and especially for those preparing for the fall cross country season.

Newcomers are welcome – no prior running experience necessary!

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DeKalb High School Head CC Coach

Mike Wolf

Cost: \$25 (includes t-shirt)

For Info:

[mwolf@d428.org](mailto:mwolf@d428.org)

[www.dekalbcrosscountry.com](http://www.dekalbcrosscountry.com)

@DeKalbDistance

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Name: \_\_\_\_\_ Grade in the fall: \_\_\_\_\_

Address: \_\_\_\_\_

e-mail: \_\_\_\_\_

Parent/Guardian Phone: \_\_\_\_\_

T-Shirt Size (circle one):    y l    s    m    l    x l

Camp waiver: I hereby waive the staff of DeKalb high school from any claims on rights to injuries or losses suffered by me directly or indirectly from attending the DeKalb Cross Country Camp.

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(Parent/Guardian)

Mail to DeKalb HS, 501 W. Dresser Rd., DeKalb, IL 60115 Attn: Mike Wolf

Make checks payable to DeKalb High School