

2019 Ennis Cross-Country Camp

June 14th - July 25th

The Ennis Cross Country Camp is open to beginning to advanced runners entering grades 6-12. Camp is from 7:30 to 9:00

Runners will build their base mileage prior to the beginning of the XC season. The runners will build their core strength with an abdominal and arm program. Depending on the runner's age and experience we will build their aerobic endurance. Runners will learn to develop personal goals, learn how to improve using temp, short and long interval training runs.

Check in is June 14th at 7:30am at Bardwell Gym at Ennis High School

Camper's Name: _____ **School:** _____

2019 Ennis Cross-Country Camp

NAME: _____ **AGE:** _____ **Date of Birth:** _____

GENDER: _____ **Grade (Sept 2019):** _____

ADDRESS: _____

CITY: Ennis **ZIP:** 75119

CONTACT PHONE: _____ **EMAIL:** _____

PARENT/GUARDIAN: _____ **EMERGENCY PHONE:** _____

How many miles per week will you have **averaged** in the 3 weeks before camp: _____

List any Food, Beverage or medical products the camper may not have or is allergic to: N/A-----

I hereby certify that, with or without accommodation, I and/or my dependent is in good health and I know of no medical reason why he/she is not able to participate in this program. I hereby consent to first aid, emergency medical care and if necessary, admission to an accredited hospital when necessary for executing such care, for treatment for injuries that he/she may sustain while participating in the Ennis Cross-Country Camp.

Signature of Camper: _____ Date: _____

Signature of Parent: _____ Date: _____