



# 2016 Cougar XC Camp



**\*All participants must have a current physical on file with GCSC to participate**

**Who:** Girls and Boys entering grades 6, 7 or 8 (G-CSC or St. Michael's)

**What:** Junior High Cross Country Camp

**When:** July 18-21 (M-Th) (8:00 a.m. – 10:30 a.m.)

**Where:** Brandywine Park

**Registration Fee:** \$50.00 per runner

**Camp Includes:** Instruction on proper warm-up, stretching, running technique, racing strategies and information on nutrition, goal setting, mental preparation and motivation



**Fee Includes:**

- Camp T-shirt
- Participation plaque
- Refreshments
- Prizes

**For Additional Information:**

Coach Foster (317) 748-8039

Please mail completed form and registration fee to:

Mike Foster – Cross Country Camp Director  
927 Ginger Circle.  
Greenfield, IN 46140

**Please make checks payable to: Greenfield-Central Jr. High**

**Preregistration deadline: Monday, July 4, 2016**

**Or Register Online at: [www.gcjhsxc.weebly.com](http://www.gcjhsxc.weebly.com)**

---detach-----detach-----detach-----detach-----detach-----detach-----detach-----

Name: \_\_\_\_\_ Entering grade: 6, 7 or 8 Girl or Boy  
(please circle) (please circle)

Home address: \_\_\_\_\_, Greenfield, IN 46140

Home phone: \_\_\_\_\_ Work or cell phone: \_\_\_\_\_

**(Please circle one):** Adult shirt sizes: Small Medium Large XL

Youth shirt size: Large

**Permission and Release**

I hereby give permission to take part in the Junior Cougar Cross Country Camp. I have adequate hospitalization insurance to cover injuries that might occur. I realize that the Cougar Cross Country Camp or its volunteers will NOT be responsible for any accidents or injuries involving any runner during the camp session.

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_