

Groveport Madison Cross Country Running Camp

Who: Students entering grades 4 through 6

When: August 7th, 2018 - August 30th on Tuesdays and Thursdays

Time: 5pm - 6pm

Where: Three Creeks Metro Park (3860 Bixby Rd)

The Groveport Madison Cross Country team would like to invite students entering grades 4 through 6 to join our Varsity Athletes and Coaches at the Groveport Madison Cross Country Running Camp. The camp will provide the future athletes with an opportunity to learn how to have fun while learning to identify themselves as runners. Each camp session will have the camper paired up with a Varsity athlete who will lead them through running games, workouts, and proper stretching techniques. All campers will need to arrive by 5pm to each session and have running clothes, shoes, and water with them. Campers will learn what it means to be a distance runner and a supportive teammate! Camp T-shirts will be included with the cost of the camp.

The campers will end the camp by participating in the Canal Winchester Cross Country Invitational 1 mile youth race on August 29th. Information for that camp will be passed out to campers during camp. Follow the Cruiser Distance Team on twitter @cruiserdistance to stay up to date on all that is happening.

Mail form to Coach Vincent Gay 574 Sharar Field Dr. Blacklick, OH 43004

**Questions? Contact Coach Vincent Gay
email: vincent.gay@gocruisers.org**

Cut here and mail back lower section

Camper's Name: _____ Parent/Guardian Phone # _____

Parent/Guardian Email: _____

Grade Entering Fall 2018: _____ School Fall 2018: _____

T-shirt size (Circle One) Youth Medium Youth Large Adult Small Adult Medium Adult Large

_____ included is camp fee of \$30 (**checks made payable to Groveport Madison School**)
(**Cross Country in the memo line**)

I authorize emergency First Aid to be administered in case of injury and will assume responsibility for health, medical and accidental injury insurance for my child while enrolled in camp.

Parent/Guardian Name (Printed)

Parent/Guardian Name (Signed)

Date