## **WEST MARSHALL 2019 Cross Country CAMP**

For athletes in Grades 7th - 12th



The West Marshall Cross Country Coaches will work with your athletes on a variety of aspects of the sport including warming up and stretching, endurance, speed work, hill work, cooling down and post-workout stretching, goal setting, hydration, and nutrition. This will be a fun, educational experience for any level of athlete. Just wear shorts and t-shirt, bring a watch, and water or Gatorade/Powerade.

Dates: August 5 - August 9 Time: 7:30 a.m. to 9:00 a.m. Registration: No Cost

Mail the completed form by July 29, 2019 or bring to the first day of camp:

West Marshall Cross Country % Cynthia Hilleman PO Box 670, 601 3rd Street NW State Center, IA 50247

Questions Contact: <a href="mailto:chilleman@wmcsd.org">chilleman@wmcsd.org</a> or 641-483-2136

	nlete:First Name		_	Last Name				
Address:			_					
	Street		City					
Phone:								
Grade:	7th	8th	9th	10th	11th	12th	(circle one)	
Emergency	contact information:		Name	:		th 12th (circle one) te:		
			Relati	onship to	athlete:			
			Phone	»:				
Does this athlete have any health concerns			s?		. No	_ Yes (p	olease explai	
Parent/Gua	nrdian Name:							
	First Name			Last Name				