



# PANTHER CROSS COUNTRY CAMP 2009

**AUGUST 4<sup>th</sup> – 6<sup>th</sup>**

**Grades: 4<sup>th</sup> – 12<sup>th</sup>**

**Place: Salvation Army's  
Camp Hoblitzelle**

**Time: 9:00am – 11:00am**

**Cost: \$50.00**

**Camp Overview:** Camp Hoblitzelle provides an ideal camp location, with lots of land and trees for running. The camp's purpose is to provide individual instruction in the techniques and training that are necessary for young athletes to reach their potential. Athletes will gain experience in training methods, racing tactics, and injury prevention. The camp is also designed to provide younger runners with the basic fundamentals associated with our sport. Over the next three days of camp, campers will receive basic instruction in the following areas:

1. Stretching for distance runners
2. Running shoe choice
3. Running form: drills and techniques
4. Fun runs and activities for younger runners
5. Nutrition and Hydration

**Camp Instructors:** Cindy Williams, Cesar Condarco, Christina Gann

**THIS CAMP WILL ALSO FEATURE SOME OF THE PAST AND PRESENT MHS CROSS COUNTRY RUNNERS THAT HAVE ENJOYED SUCCESS IN THE SPORT**

**THE SECRET TO SUCCESS IN CROSS COUNTRY IS BEING BETTER PREPARED THAN YOUR OPPONENTS THROUGH SUMMER RUNNING!!!**

## PANTHER CROSS COUNTRY CAMP APPLICATION AND RELEASE FORM

I would like to enter my daughter/son \_\_\_\_\_ in the Panther Cross Country Camp. This is to certify that I, parent/guardian \_\_\_\_\_, hereby grant permission to Panther Cross Country Camp to obtain medical care from any license physician, hospital or medical clinic for the player named herein at such time as either parent or legal guardian cannot be contacted in person or by telephone. This authorization shall include all camp activities, and we do hereby waive, release, absolve, indemnify, and agree not to hold Cindy Williams, Panther Cross Country Camp, the organizers, supervisors, and participants, for any claim arising out of injury to the player or accidents that may occur during the camp.

Signed \_\_\_\_\_ Date \_\_\_\_\_

**Camper Name** \_\_\_\_\_ **Age** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_

**School Attended** \_\_\_\_\_ **Grade (2009-2010)** \_\_\_\_\_

**Parent Name** \_\_\_\_\_

**Home Phone** \_\_\_\_\_ **Other Contact #** \_\_\_\_\_

**Circle T-Shirt Size: SM Med LG XL** **Circle: Youth or Adult size**

**Mail application and insurance waiver to:**

**Midlothian High School**

**Attn: Cindy Williams**

**923 S. 9<sup>th</sup> Street**

**Midlothian, Tx 76065**

**\*Please make check payable to(Include DL#)**

**Panther Cross Country Camp**

**\*Deadline: July 27<sup>th</sup> (late registration at camp)**