CITY HIGH SUMMER SPORT CAMPS

2016

Cross Country Camp

Date: May 31-June 2

Time: Grades 4-8 (2016-17)
8:00am - 10:30am
Grades 9-12 (2016-17)
11:00am - 1:30pm

Cost: $45 (includes t-shirt)

Equipment: t-shirt, shorts, running shoes

Location: City High gym foyer

Staff: City High coaching staff

Objectives:

1. Build the City High Cross Country TEAM concept.
2. Begin a training program to prepare runners for City High & SE Junior High seasons.
3. Introduce runners to a variety of workouts and practical strength training for runners.
4. Provide runners with information regarding nutrition, shoes, injury prevention, all weather training, mental preparation and racing.

For more information contact head coaches:
Tom Mittman (girls)- t.mittman@mchsi.com
Jayme Skay (boys)- skay.jayme@iowacityschools.org

WWW.LITTLEHAWKATHLETICS.COM @CITYHIGHSPORTS

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2016 X-Country Camp

Grades 4-8 & 9-12, May 31-June 2

Detach and mail this panel to:
CITY HIGH SPORTS CAMPS
1900 Morningside Drive
Iowa City, IA 52245

Student Name _____

Address _____

City _____ Zip _____

2016-2017 Grade _____

Parent Name(s) _____

Contact Email _____

Daytime Phone _____

Emergency Contact _____

Emergency Phone _____

T-Shirt Size (Adult Sizes)

☐ S ☐ M ☐ L ☐ XL

Make Checks Payable to City High Sport Camps

(Checks will not be deposited until the week of the camp. No confirmation or receipt will be sent. Please write a separate check for each camp attending.)

Amount Enclosed: _____ Check #_____

We understand that accidents may occur even though safety precautions have been followed. My son/daughter has my permission to participate in the City High Sports Camps.

_____ Parent/Guardian Signature

_____ Date