

SPRING HILL STRIDERS CAMP
May 15th – May 18th (CAMP 1) & July 17th – July 21st (CAMP 2)

First Name: _____

Last Name: _____

Parent/Guardian's Name: _____

2016-17 Grade: _____ School: _____

Home Phone: _____ Cell Phone/Other Phone: _____

Email (There will be a schedule starting the first week a May to prepare you for camp)

_____ (parent) _____ (other)

Shirt Size: YM YL AS AM AL

I AM SIGNING UP FOR: CAMP 1(MAY 15-18 TH)	CAMP 2(JULY 17-21 ST)	BOTH
PRICE FOR CAMPS → CAMP 1 → \$40.00	CAMP 2 → \$40.00	BOTH → \$65.00
Amount Enclosed for Camp: _____ CHECK #: _____ or CASH		

In consideration of you accepting this entry, I, the parent/guardian of the camper, intending to be legally bound and hereby waive any and all right and claims for images or injuries that I may have against the Spring Hill Striders Camp, and all of their agents assisting with the event, sponsors and their representatives or employees for any and all injuries to my child or my personal property. This release includes all injuries and/or damages suffered by my child before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators or assignees. I certify as a material condition to my child being permitted to enter this camp that she is physically fit. I authorize the director or their designee to select hospital facilities and/or physician of their choice, and authorize treatment of the named camper on an emergency basis in the event such treatment becomes necessary. By submitting this entry, I acknowledge having read and agreed to the above waiver.

Signature of Parent: _____

Date: _____

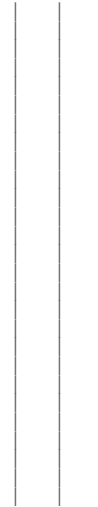
ADDED COMMENTS IF NEEDED:

We welcome all youngsters interested in trying out something new.

This camp will be filled with information about:
Nutrition,
Flexibility,
injury prevention,
and much more!

OPEN UP TO SEE MORE INFORMATION!

Spring Hill Cross Country
3101 Spring Hill Road Longview Texas 75604



SPRING HILL



Strider's Camp

RUNNING CAMP FOR ALL STUDENTS IN GRADES (4TH - 7TH) DURING THE CURRENT 16-17 SCHOOL YEAR.

CAMP COACH WILL BE ALUMNI KASE WHITE, WITH THE CURRENT CC HS TEAM ASSISTING AND MONITORING ALL RUNS. ALL RUNS WILL REMAIN ON SH CAMPUS.





Camp Highlights:

- Daily workouts
- Daily lectures and guest speakers
- Training tips
- Supplemental training (CORE work)
- Injury prevention techniques
- Camp t-shirt
- Snacks after school
- Fun Team running activity competitions

2017 Spring Hill Striders Running Camp

Grades 4-7 (current grade year)

First Day of Camp: May 15th @4:00pm

Last Day of Camp: May 18th @4:00pm

Final Event for Camp: May 20th OC 5k

Ore City Crush Cancer 5k IS OPTIONAL AND IF YOU WOULD LIKE TO RUN WE HAVE INCLUDED INFORMATION ON THE REGISTRATION FORM. WE CAN SEND IN FOR YOU. HOWEVER, TRANSPORTATION TO THE RACE WILL NOT BE AVAILABLE.

Cost including:

Camp singlet, running knowledge, nutrition information, TONS OF FUN WITH THE CREW, and after school snack each day!

CAMP 1 ONLY - \$40.00 (race is \$25)

CAMP 2 ONLY - \$40.00 (last day is a race)

BOTH CAMPS - \$65.00

What to Bring:

- Running shoes
- Training clothes
- Spending cash (there will be concession)
- Water bottle (able to be refilled)
- Running Watch if possible

We will be doing TWO camps this year! The first camp will be HELD May 15th – May 19th @4:00pm – 6:00pm (they will pick up and walk from INTERM & JH to the HS) and will be led by Alumni Kase White and his former teammates. This camp will be filled with fun, excitement, and foundational knowledge of what Spring Hill Cross Country looks like, inside the Madness! There will be a two week workout posted to help prepare runners for the camp, and then a community fun run in Ore City if you would like to test your new skills!

There will then be a SECOND camp held JULY 17th – 21st from 6pm-8pm (so the whole family can watch if wanted). Led by Coach Alford and the CC Staff, as well as runners to help monitor all runners. This will take place at SH as well. The format will be very similar to CAMP 1.

SAMPLE DAY:

Warmup- Get Loose (First 15 min)

TALK/GUEST/SNACK (30 min)

Stretching/Workout 4/5th & 6/7th (45 min)

Cool Down- (YOGA/GAME) (30 min)

[Kase White \(Camp 1 Director\) :](#)

kaseaaron@aol.com

[Coach Alford \(camp 2 director\) :](#)

Jalford@shisd.net

903-387-0209

www.Runthepack.org for more updated information