

NEENAH GIRLS'

RUNNING CAMP



WHEN: MONDAY JUNE 6, MONDAY JUNE 13, AND MONDAY JUNE 20, 2016
5:30PM TO 8:00PM

WHERE: NEENAH HIGH SCHOOL – MEET BY THE OUTDOOR PATIO NEAR
DOOR 4 AT NEENAH HIGH SCHOOL

WHO: Girls entering grades 6-12

WHAT:

The three day camp is an introduction to training and competing in distance running events and cross country at the Middle school and High school levels. Athletes will be **grouped by running ability** and the camp will include camp counselors who are former NHS athletes. Camp will include a daily lecture, run, games, and post run recovery.

Sample Itinerary

5:30 – Registration

5:30-6:15pm – Lecture (may include, shoe talk, training theory, motivation, or running video highlights)

6:15-7:30pm – Running (may include a run, workout, time-trial, or Cross Country “race”)

7:30-8:00pm – Post run (snacks, stretching, light strength training, games)

8:00pm – Pick up

COST: \$50 Cost will include a T-shirt for those who pre-register by May 23, and daily post run snacks. *Donations to the Neenah Girls Cross Country team will also be accepted*

Neenah Running Camp: Please send this form to Neenah High School 1275 Tullar rd, c/o Neenah Girls Cross Country by May 23 2016. Otherwise please bring this form with you on June 6th Cost is \$50, please make checks payable to Neenah Girls Cross Country

Online entry : www.GetMeRegistered.com Search for Neenah

Athletes Full Name _____ Date of Birth ___/___/___

Age _____ Grade entering _____ School _____

Parent's Names _____

T-Shirt please circle YL S M L XL

Home Phone _____ Emergency Cell Phone _____

Home Address _____ City _____

Do your athlete have any allergies or medical conditions that we should know about?

WAIVER OF LIABILITY: RELEASE OF CLAIMS, INDEMNITY AGREEMENT AND COVENANT NOT TO SUE

I acknowledge and agree that the use of and participation in Neenah Running Camp program, has inherent risks of injury and loss, and I expressly and voluntarily assume those risks which my child (or child in my care) may sustain as a result of participating in any activities connected with or associated with such a program. I have full knowledge of the nature and extent of all risks associated with sports activities, including but not limited to: All manner or injury resulting from other persons, or activities. I further acknowledge that the above list is not inclusive of all possible risks associated with the use of the facility or participation in the various activities offered and that the above list in no way limits the extent or reach of this release and covenant not to sue. I hereby certify that my child (or child in my care) is in good health and has no physical limitations which would preclude safe participation in the Neenah Running Camp program.

I understand that the terms of this agreement are legally binding and that it may not be modified orally. I certify that I am signing this agreement as the parent or authorized adult of the participant and that it is binding upon me, my successors, heirs, representatives, assigns and executors. I understand that by signing this agreement, I give up my right to bring a court action to recover compensation or obtain any other remedy for any injury, damage to property, or death of my child (or child in my care) however caused, arising out of their participation in any activities that take place during any Neenah Running Camp program, now or at any time in the future. I hereby certify that I have read, understand and agree to the contents of this agreement and sign the same voluntarily and of my own free will.

Date: _____ Participant's Name: _____

Parent or Authorized Adult Signature is required:

_____ Please Print name: _____

(Must be 18 years of age or older to sign.)



SAVE THE DATE: ---- CLIP and pin to your bulletin board for a reminder
Neenah Running Camp

Mondays June 6, June 13, June 20 2016 5:30pm-8pm, Neenah High School. Tables by Door 4, Cost \$50. Wear running equipment. We will meet inside if inclement weather.