

Antler CC Camp

Sponsored by: Coach Bob Wolf and Coach Brittany
Sidders

June 1st - JUNE 4TH

8:30 a.m. - 10:30 a.m.

at Elkhorn High School

(meet on the track)

Current Grade 6-11

Make room on your calendar now for the 2010 Cross
Country Camp.

You Get:

- *Camp T-Shirt
- * Water Bottle
- *Running Logbook
- *Runner Friendly Snacks
- *Running Fun!!!

Camp Includes:

1. Daily workouts geared to each runner's ability.
2. Talks on:
 - Shoes
 - Nutrition
 - Mental approach
 - Injury care and prevention
3. Strength training

Cost: \$30

Antler Cross Country Camp

Name _____ Current Grade: 6 7 8 9 10 11

Address _____ City _____ Zip _____

T-shirt size: S M L XL

Make Checks Payable to: Brittany Sidders

Mail checks to: Elkhorn High School

C/O Bob Wolf

1401 Veterans Drive

Elkhorn, NE 68022

Liability Waiver: I understand that the Antler Cross Country Camp will include strenuous activity, and I know, to the best of my knowledge, that my son/daughter is in the physical condition necessary to participate in camp. I waive the Elkhorn Public School District, its employees, Elkhorn High School, and the Elkhorn Cross Country Staff from being responsible for any injuries that may be sustained by my son/daughter while attending this camp.

Parent Signature _____ Date _____