

2010 Saint Ignatius Girls' Cross Country Camps

The cross country camp is designed for returning runners as well as any new runners (grades 7 thru 12) interested in the sport. For new runners, no prior experience is required.

The camp will focus on the following:

- ◆ Proper running mechanics
- ◆ Physiology of running
- ◆ Racing tactics
- ◆ Other drills & training techniques

Camp 1—July 12th thru July 16th
8:00 am—11:00 am

Camp 2—July 26th thru July 30th
8:00 am—11:00 am

Camp 3—Weekend Trail Running Camp
Information TBA

Fee—\$60 per week; \$100 for both weeks.

On day one, camps 1 & 2 will meet on the track behind school.

Contact: Matt Haffner (matthew.haffner@ignatius.org)

2010 Saint Ignatius Girls' Cross Country Camps

Please complete and mail to:
Matt Haffner
St. Ignatius College Prep
1076 W. Roosevelt Rd.
Chicago, Il 60608
*advance registration appreciated.

Circle which camp(s)

Camp 1

Camp 2

Name _____ Grade for '10-'11 _____
Address _____

I/We understand that participating in this camp is a potentially hazardous activity. I/We assume all risks associated with this camp. I/We furthermore certify that the participant is medically able to compete in this camp. I authorize the school to obtain any emergency medical care that may be necessary for the student in the course of such athletic activities. I also agree not to hold the staff, school or anyone acting in its behalf responsible for all claims and liabilities arising out of my participation in this camp.

Signature of Parent/Guardian _____ Date _____

Mother's Daytime Phone _____

Father's Daytime Phone _____

Emergency contact:

Name _____ Relationship _____

Daytime phone _____ Evening # _____