



2017 Lawrence North Wildcat Cross Country Camp

During the three days of the Wildcat Cross Country Camp, young athletes can expect fun runs with the high school team, talks about nutrition and hydration, practice race strategy and tactics, and fun running games such as Ultimate Frisbee, Sharks and Minnows, and many more.

Cross country is an endurance sport. Several athletes use cross country as a means of improving their stamina, general strength, and mental approach to other sports. While cross country is a highly competitive sport within itself, the Wildcat Cross Country staff welcomes athletes from all sports to come and prepare for another sport. Our mission is to help young athletes reach their goals. Therefore, you do not need to have prior running experience to attend.

Who can attend: This camp is targeted for athletes ranging from 5th to 9th grade

Date: Monday June 5 through Wednesday June 7

Time: 8 a.m. - 9:30 a.m.

Where: Lawrence North High School track

What to bring: running shoes and a water bottle

Cost: \$40 for LNXC t-shirt, post-run snack/drink, and other camp expenses. Checks can be made out to Lawrence North Athletics.

Wildcat Cross Country Camp

Fill out and e-mail to rebeccadowns@msdlt.k12.in.us or print out and send to the address below by June 1. Feel free reach assistant coach Becca Downs at that email, or at (317) 964-7903, with any questions.

Lawrence North Athletics
7802 Hague Road
Indianapolis, IN 46256

Name _____ Age _____

Address _____ City/Zip _____

E-mail _____

Parent/Guardian _____ Phone _____

FEE: \$40 (checks made payable to Lawrence North Athletics)

T-Shirt Size (circle one size for youth or adult) Youth: L Adult: S M L

Emergency Contact Information

Name _____ Phone _____

Doctor's Name _____ Phone _____

Waiver and Release:

I do hereby waive, release, and discharge Lawrence North High School and respective staffs and employees from any and all rights and claims for damages resulting from injuries to my person or property which may be sustained or suffered by me in connection with my association with, or participation in, or arising out of my traveling to or from the Lawrence North cross-country camps. We, the parents or guardians, agree to the above waiver and release.

X _____ Date: _____