

Arrowhead Grade School Cross Country & Distance Running Camp



This camp is designed to be an introduction to distance running for runners in **grades 5-8**. The camp will include training runs as well as instructions and drills on running. The camp will also include games and fun activities. Instructors will be Arrowhead coaches and runners.

Dates: Monday - Friday, June 11 - 15

Time: 8:00 - 9:30

Place: Arrowhead HS Track

Fee: \$55 preregistration and \$65 late registration

Name _____ School _____

Phone _____ Email _____

By virtue of my signature, I hereby release all instructors, Arrowhead High School and staff, and any other students from all liability for personal injury, which may occur during or after my participation in the Arrowhead Youth Cross Country Camp. I acknowledge that I must have adequate health insurance to cover any injuries while involved in this camp.

PARENT/GUARDIAN: _____ DATE: _____

Shirt Size: Youth Sizes S M L or Adult Sizes: S M L

Make checks payable and send to: Mike Mulrooney, 813 Anton Rd., Hartland, WI 53029 (262-367-3474) Email: arrowheadcc@gmail.com

