



# 2021 Cougar XC Camp



**\*All participants must have a current physical on file with GCSC to participate**

**Who:** Girls and Boys entering grades 6, 7 or 8 (G-CSC or St. Michael's)

**What:** Junior High Cross Country Camp

**When:** July 12-15 (M-Th) (8:00 a.m. – 10:30 a.m.)

**Where:** Brandywine Park

**Registration Fee:** \$45.00 per runner

**Camp Includes:** Instruction on proper warm-up, stretching, running technique, racing strategies and information on nutrition, goal setting, mental preparation and motivation



**Register Online at: [www.gcjhsxc.weebly.com](http://www.gcjhsxc.weebly.com)**

**Fee Includes:**

- Camp T-shirt
- Participation Certificate
- Refreshments
- Prizes
- Place Awards for Camp Race

**For Additional Information:**

Coach Foster (317) 748-8039

Or use this mail-in form to register.

Please mail this completed form and registration fee to:

Mike Foster  
927 Ginger Cir.  
Greenfield, IN 46140

**Make check payable to: Greenfield-Central Junior High School**

---detach-----detach-----detach-----detach-----detach-----detach-----detach-----

Name: \_\_\_\_\_ Entering grade: 6, 7 or 8 Girl or Boy

(please circle) (please circle)

Home address: \_\_\_\_\_, Greenfield, IN 46140

Home phone: \_\_\_\_\_ Work or cell phone: \_\_\_\_\_

**(Please circle one):** Adult shirt sizes: Small Medium Large XL

Youth shirt size: Large

**Permission and Release**

I hereby give permission to take part in the Junior Cougar Cross Country Camp. I have adequate hospitalization insurance to cover injuries that might occur. I realize that the Cougar Cross Country Camp or its volunteers will NOT be responsible for any accidents or injuries involving any runner during the camp session.

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_