

Lake City Cross Country Camp 2024

August 27-29(Tue-Thur) 2024

Boys and Girls Incoming Grades K-5 = 9:00-11:00 (At Woodland MS)

Camp will be outside in the fields.

Presented by Lake City Cross Country Coaches and Runners

Registration Form:

Camper Name:_____ Age:_____ Fall 2024 Grade:_____
Address:_____ City:_____ State:_____ Zip:_____
Parent Name:_____ Phone:_____ School:_____
Email:_____ Other Emergency Phone #:_____

T-shirt Size (select one) (YS) (YM) (YL) (YXL) (S) (M) (L) (XL)

(Must Register by Aug. 19th to be Eligible for a T-shirt, We will accept late/same day registration but cannot guarantee a shirt)

Cost: \$60 per camper– each additional camper from the same family - \$40

Checks payable to Lake City Cross Country

Mail to: Brandy Anderson 4373 N ALDERBROOK DR, Coeur d'Alene, ID 83815

Questions: Contact Brandy Anderson- 208-669-9222 or brandy.anderson@cdaschools.org

Food Allergies/Restrictions:_____

Medical Authorization:

I hereby authorize my child's participation in Lake City Cross Country camp. I know of no physical or mental disorders which may affect my child's ability to participate in this camp. I recognize the risks inherent in my child's participation, and I assume full responsibility for all injuries that may arise. I waive and release the Coeur d'Alene School District and all instructors from any and all liability for any injuries incurred while participating in this camp.

Med Ins Co:_____ **Policy #:**_____

Parent/Guardian Signature: _____ **Date:** _____

About Camp: The Lake City Cross Country program is proud to host our third annual xc camp this summer. This camp involves our coaching staff in addition to many of our runners. We aim to make the camp instructional, competitive, and FUN. We will have a lot of staff on hand to break into small groups and provide individual instruction and attention. We will use a variety of games to create a fun and competitive environment for valuable skill acquisition.

Race: On Thursday at camp we will have a 1 mile race on a course at Woodland Middle school. Depending on numbers we will split into different grades for a few races.