DON’T BE A 

SUMMER FITNESS AND RUNNING CAMP STARTS: **TUESDAY, July 10th** through July 27th

FOR WHO: all soon to be **5th – 8th** graders in these schools:

\*9th grade LCHS freshman: check the bottom of the page

1. Monroe
2. Norwood
3. Oak Grove \*(These schools signed up for the Co-Op XC program)
4. Walters (Speak to me if you are in a different school)
5. Bartonville
6. Hollis

WHY: to get in shape (for fall sports)!!!

WHERE: LCHS ENTRANCE (the big cement **L**)

WHEN: **7:00am** – **8:00am** rain or shine (but not lightning) **TUESDAY THURSDAY AND FRIDAY (Friday at 8am)**

WHO WILL TRAIN US?

Coach Hurst: LCHS XC and track Coach, **Limestone Walters Co-op Cross Country** coach (309)840-0899

WHAT DO I NEED: No fee, but current school physical is **REQUIRED**! All participants are asked (but not required) to participate in a RUN-A-THON to raise money for the XC Co-op program.

\*Limestone Walters has no affiliation with the camp. In addition, Coach Hurst is not acting as an official representative of the school and is not receiving any school compensation for coaching the camp (3.170 of the IESA Handbook).

**Limestone Walters Co-op Cross Country Program!!!!!**

WHEN: First day of practice- **Tuesday Aug 7th. Practices will be Tuesday, Thursday, and Friday at 7am until Aug 15th.**

After that time, practices will be **Monday, Wednesday, and Thursday from 3:30PM TO 4:30PM**

**Limestone High School XC**

\*WHEN: First day of practice- **Monday June 11th @ 7am (Practices will be Mon, Wed, Friday)**

WHERE: LCHS ENTRANCE (the big cement **L**)

SUMMER FITNESS AND RUNNING CAMP WAIVER 2018 (must be completed before practicing)

Student athlete name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone number to call for emergency: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please initial and sign at the places indicated**

\_\_\_ My child has an up-to-date physical **AT THEIR CURRENT SCHOOL**.

\_\_\_ In my opinion, my child is physically fit enough to participate at the camp.

\_\_\_ I will have my child on time to all practices.

\_\_\_ I will ensure that my child is eating properly and getting enough nutrients in order to participate.

\_\_\_ I will ensure that my child is drinking PLENTY of water (eliminate soda if possible).

\_\_\_ I understand that my child will be using crosswalks in order to go to Alpha Park. I will ensure that my child understands and knows how to cross a street properly.

WAIVER OF LIABILITY

**Must be signed by both participants and a parent or legal guardian**

I know that participating in this running/exercise camp and all related activities are potentially hazardous activities. I agree not to participate unless I am medically able and properly trained. I agree to abide by any decision of the coach relative to my ability to safely take part. I am voluntarily assuming all risks associated with participating in this camp including, but not limited to, falls, contact with other participants, spectators

or others, the effects of weather, including heat, cold and/or humidity, traffic and other conditions that could be encountered, all risks being known and appreciated by me. Having read this Waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive, release, and hold harmless the organizers, volunteers, and schools for all claims or liabilities of any kind arising out of my participation in the SUMMER FITNESS AND RUNNING CAMP even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

I release the coach, volunteers, and parents of any liability for my son/daughter as a passenger in a private passenger vehicle for any injury or loss which may occur in transit to and from any practices.

BY SUBMITTING AND SIGNING THIS APPLICATION I AGREE TO THE ABOVE WAIVER OF LIABILITY.

STUDENT X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT OR LEGAL GUARDIAN X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_