

MUSTANG CROSS COUNTRY CAMP

FOR BOYS ENTERING GRADES 5-12 – \$65 (INCLUDES CAMP SHIRT)

\$10 DISCOUNT FOR MORE THAN ONE REGISTRATION PER FAMILY

AUGUST 4-5, 2016, 8:30 AM -12:00 PM

Coaching Staff: Matt Pries, Head High School Boys Cross Country Coach

Ariana Krueger, Head Middle School Boys and Girls Cross Country Coach

FEATURING: GRAND VIEW UNIVERSITY HEAD WRESTLING COACH NICK MITCHELL

4-time National NAIA Coach of the Year, 5-time National Champion Team

Thursday, August 4

@ Grimes Sports Complex

(tentative schedule)

Check-in

Team Builder

Age/Ability Specific Run

“Goals – Stretching to Be Your Best”

“XCcellence in XC and Life”

Friday, August 5

@ DCG High School Track

(tentative schedule)

Check-in

Team Builder

Track Workout (age/ability specific)

“The Power of Nutrition”

“What it Takes To Be A Champion” – Coach Mitchell



WHAT TO BRING

COMFORTABLE RUNNING CLOTHES

RUNNING (OR TENNIS) SHOES

WATER BOTTLE

DEDICATION-COMPASSION-GUTS

→ To enroll, register online at www.dcgcamps.com

→ Online registration is encouraged, but to register by mail, send completed form (below) with payment to:
Matt Pries, Mustang Cross Country Camp, 500 NW 11th St., Grimes, IA 50111

Make checks payable to Matt Pries. Refunds will not be issued for cancellations.

Registrations after July 16 will be accepted, but there is no t-shirt guarantee after that date.

Name: _____ Grade (fall 2016): 5 6 7 8 9 10 11 12

T-Shirt Size: YS YM YL S M L XL

Waiver – If you register online at www.dcgcamps.com, the waiver is there. *If you send in a paper registration, a parent will need to sign the waiver at the check-in on Thursday, August 4.*

Parent Name _____ Parent Signature _____

Address _____ Phone _____

Email _____ Date _____

DCG BOYS XC: STATE MEET PARTICIPANTS: 2015, 2014, 2013, 2010, 2009
CLASS 3A: 4TH IN 2015, 7TH IN 2014, 15TH IN 2013 – BE PART OF THE RISE!