

# MUSTANG CROSS COUNTRY CAMP

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

\$10 DISCOUNT FOR MORE THAN ONE REGISTRATION PER FAMILY

AUGUST 3-4, 2017, 8:30 AM -12:00 PM

**Coaching Staff:** Matt Pries and Josh Saba, High School Boys Cross Country Coaches  
Ariana Krueger and Kellen Sulentic, Middle School Boys and Girls Cross Country Coaches

**FEATURING:** Lisa Uhl, 2012 Olympian, Five-Time NCAA Champion,  
and 2010 Female Track and Field Athlete of the Year

**Thursday, August 3**

**@ DCG High School Track**

(tentative schedule)

Check-in

Team Builder

Age/Ability Specific Workout

Goal Setting

**“Making the Most of My Time”**

**with Lisa Uhl**



**Friday, August 4**

**@ Grimes Sports Complex**

(tentative schedule)

Check-in

Team Builder

Age/Ability Specific Run

**“The Competitive Edge”**

**“Going the Extra Mile”**

## WHAT TO BRING

COMFORTABLE RUNNING CLOTHES

RUNNING (TENNIS) SHOES

WATER BOTTLE

DEDICATION-COMPASSION-GUTS



→ To enroll, register online at [www.dcgcamps.com](http://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 11<sup>th</sup> St., Grimes, IA 50111

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

Registrations after July 14 will be accepted, but there is no t-shirt guarantee after that date.

**Name:** \_\_\_\_\_ **Grade (fall 2017):** 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](http://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 3.*

Parent Name \_\_\_\_\_ Parent Signature \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Date \_\_\_\_\_

**CLASS 3A STATE MEET PARTICIPANTS: 2016 (3<sup>RD</sup>), 2015 (4<sup>TH</sup>), 2014 (7<sup>TH</sup>)  
2013 (15<sup>TH</sup>), 2010 (13<sup>TH</sup>), 2009 (12<sup>TH</sup>)**