

# MUSTANG CROSS COUNTRY CAMP

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

\$10 DISCOUNT FOR MORE THAN ONE REGISTRATION PER FAMILY

AUGUST 2-3, 2018, 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: Matt Hanson, American Record Holder – Ironman Triathlon**

**Thursday, August 2**

**@ DCG High School Track**

(tentative schedule)

Check-in (8:00-8:25)

Team Builder

Age/Ability Specific Workout

Goal Setting

**“Getting Comfortable with  
Being Uncomfortable”**

**with Matt Hanson**



**Friday, August 3**

**@ Grimes Sports Complex**

(tentative schedule)

Check-in (8:00 -8:25)

Team Builder

Age/Ability Specific Run

“Mental Toughness: Embrace the Grind”

“Finding the Fun in the Run”

## WHAT TO BRING

COMFORTABLE RUNNING CLOTHES

RUNNING (TENNIS) SHOES

WATER BOTTLE

DEDICATION-COMPASSION-GUTS



→ To enroll, register online at [crosscountry.dcgcamp.com](http://crosscountry.dcgcamp.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 13 will be accepted, but there is no t-shirt guarantee after that date.

**Name:** \_\_\_\_\_ **Grade (fall 2018):** 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.dcgcamp.com](http://www.dcgcamp.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 2.*

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

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

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

**CLASS 3A STATE MEET: 2017 (2<sup>ND</sup>), 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>)  
LITTLE HAWKEYE CONFERENCE AND DISTRICT CHAMPIONS**