

## MUSTANG CROSS COUNTRY CAMP

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

\$10 DISCOUNT FOR MORE THAN ONE REGISTRATION PER FAMILY

AUGUST 8-9, 2019, 8:30 AM -12:00 PM

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

**FEATURING: Dr. Jason Bauer, Iowa Hawkeye basketball player, 1995-99**

**Joined as a walk-on and became a starter who played in the NCAA tournament**

**Thursday, August 8**

**@ DCG High School Track**

(tentative schedule)

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

Team Builder

Age/Ability Specific Workout

Goal Setting

“Being My Best is Best for Our Team”



**Friday, August 9**

**@ Grimes Sports Complex**

(tentative schedule)

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

Team Builder

Age/Ability Specific Run

“The Accountability Advantage”

“From Walk-On to the Dance”

**with Jason Bauer**

### WHAT TO BRING

COMFORTABLE RUNNING CLOTHES

RUNNING (TENNIS) SHOES

WATER BOTTLE

DEDICATION-COMPASSION-GUTS



→ **To enroll, register online at [crosscountry.dcgcamps.com](http://crosscountry.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 19 will be accepted, but there is no t-shirt guarantee after that date.

**Name:** \_\_\_\_\_ **Grade (fall 2019):** 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 8.*

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

Email \_\_\_\_\_ Phone \_\_\_\_\_

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

**CLASS 3A STATE MEET: 2018 (7<sup>TH</sup>), 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>)**

**ONE OF ONLY TWO TEAMS IN CLASS 3A TO BE TOP SEVEN THE LAST FIVE YEARS.**

**LHC: VARSITY TOP THREE FIVE YEARS IN A ROW. JV CHAMPS FIVE YEARS IN A ROW.**

**MIDDLE SCHOOL STATE CHAMPS: 2018**