

DCG BOYS CROSS COUNTRY CAMP

FOR BOYS ENTERING GRADES 5-12 – \$50 (INCLUDES CAMP SHIRT)

JULY 30-31, 2015, 8:30-11:30 AM

Coaching Staff: Matt Pries, Head High School Boys Cross Country Coach
Ariana Krueger, Head Middle School Boys and Girls Cross Country Coach

Thursday, July 30

@ Grimes Sports Complex

(tentative schedule)

Check-In

Team Builder

Long Run (age/ability specific)

“Shoes, Stretching, and Strength”

“Food for Thought: Fueling the Run”

Friday, July 31

@ DCG High School Track

(tentative schedule)

Check-in

Team Builder

Track Workout (age/ability specific)

“Making Yourself a Great Teammate”

“In the Race – In the Moment”



WHAT TO BRING

COMFORTABLE RUNNING CLOTHES

RUNNING (OR TENNIS) SHOES

WATER BOTTLE

POSITIVE ATTITUDE

→ 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, DCG Boys Cross Country Camp, 500 NW 11th St., Grimes, IA 50111

Make checks payable to DCG Boys Cross Country. 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 2015): 5 6 7 8 9 10 11 12

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

Waiver (to be read and signed by parent)

By registering for the DCG Boys Cross Country Camp on the dates named on this form, I hereby release the Dallas Center-Grimes School District and all its employees from all claims on the account of any injuries which may be sustained while attending the DCG Boys Cross Country Camp. Additionally, I agree to indemnify the Dallas Center-Grimes School District and all its employees for any claim which may hereafter be presented by my child as a result of any such injuries. I also authorize the training staff and medical personnel to treat my child in the event of illness or injury.

Parent Name _____ Parent Signature _____

Address _____ Phone _____

Email _____ Date _____

DCG BOYS CROSS COUNTRY: STATE MEET PARTICIPANTS 2014, 2013, 2010, 2009
CLASS 3A 7TH PLACE TEAM IN 2014