

2016 Millard West Wildcat Cross Country Running Camp

Camp Topics: Principles of Endurance Training, Proper Running Technique, Hill Running, Core Training, Nutrition, Injury Prevention and Care, Shoe Selection, Goal Setting, Log Books



For Grades 6 through 12

Dates: Tuesday, May 31st through Friday, June 3rd, 2016

Location: Millard West High School, 5710 S. 176th Ave. (WC3 Gym)

Time: 8:00 a.m. to approximately 11:00 a.m.

Cost: \$50.00

**PLEASE MAKE SURE ALL CHECKS ARE PAYABLE TO:
MILLARD WEST CROSS COUNTRY**

Fill out Application below and send to:

Coach Colin Johnston

Millard West High School

5710 S. 176th Ave.

Omaha, NE 68135

Any questions, please call or e-mail Coach Johnston (ctjohnston@mpsomaha.org)

402-715-6000 (main office), 402-715-6029 (coach office)

Note: Any remaining funds will be deposited into Millard West Activity Account to support the Millard West Cross Country program.

Millard West High School Cross Country Camp

Name _____
(print first and last name)

Gender: M / F

Grade: 6-7-8-9-10-11-12

Phone # _____

Adult T-Shirt Size: S-M-L-XL

Address _____

Youth T-Shirt Size: S-M-L-XL

City _____ Zip Code _____

Note: I understand that the Wildcat Cross Country Camp will include strenuous activity, and I know to the best of my knowledge that my son/daughter is in the physical condition necessary to participate in the camp. Camper must have own insurance. Coach Colin Johnston, Millard West, and Millard Public Schools cannot be held responsible for any injuries sustained at camp.

Parent Signature _____ **Date** _____

