

PARTICIPANT/PARENT WAIVER

Running With the Stars

Cross Country Camp

I agree that on the behalf of the enrolled student named on this application form, Siegel High School and/or the Running With the Stars Cross Country Camp and/or their staff, coaches, or employees will not be held responsible for any injury, accident or loss of property, however caused. It is further agreed that all risks involved in participation in said camp are assumed by the student and his/her parent or guardian, who are responsible for the medical fitness of the enrollee and for all medical costs incurred in case of injury while in attendance at the Running With the Stars Cross Country Camp. I know that the student should not run unless medically able to do so.

I have read the above and consent to the terms as stated.

Parent or Guardian Name

Parent or Guardian Signature

Date

Emergency Contact

Name _____

Phone _____

CAMP INFORMATION

CAMPER INFORMATION

- Camp check-in will begin at the Siegel High School track 30 minutes prior to the first day of camp.
- All activities will be moved inside in case of inclement weather.
- Proper summer running apparel should be worn.
- Campers are encouraged to bring their own water bottle.
- Campers should meet at the Siegel High School Track at the start of each camp day.
- Campers will receive a Siegel Cross Country camp t-shirt.

What parents and former campers are saying:

"I like how we all get to run together and there are lots of fun games."

Cole Barrett (Former Camper)

"The Siegel running camp really helped me learn how to pace myself in my races"

Logan Barrett (Former Camper)

"The Running With the Stars camp gives kids the opportunity to learn more about running in a fun environment. The staff is great at teaching and generating enthusiasm for the sport!"

Deana Byrnes (Parent)

For additional information:

Phil Young:
youngp@rcschools.net
(615) 479-1455

SIEGEL HIGH SCHOOL
CROSS COUNTRY

9TH ANNUAL
RUNNING CAMP

*"Running With
the Stars"*



JUNE 19 - 21, 2017

6:00 - 8:00 PM

FOR BOYS & GIRLS
ENTERING GRADES 1 - 8

SIEGEL HIGH SCHOOL TRACK



SIEGEL CROSS COUNTRY RUNNING CAMP

JUNE 19 – 21, 2017
6:00 - 8:00 P.M.



GOALS

- To show that fitness & running can be fun
- To gain self esteem & improved attitudes
- To encourage lifelong healthy exercise habits

CAMP INSTRUCTION

- General strength
- Running pace
- Nutrition
- Hydration
- Running shoes
- Dynamic stretching
- Speed
- Flexibility
- Running form
- Guest speakers



CAMP DIRECTOR

Siegel High Cross Country Coach Phil Young

In nine seasons some of his teams accomplishments include:

- 13 team members have run collegiately
- 11 TSSAA AAA All State Finishers
- 2012 AAA Girls' Team Runner-up
- 2012 AAA Girls' Individual State Champion
- 8 Boys' & Girls' Region 4-AAA Championships
- 5-time DNJ Coach of the Year



CAMP ACTIVITIES

Sample Activities Include:

- Sharks & Minnows
- Blob Tag
- Red light, green light
- Guest Speakers
- Candy Relay
- Flag tag

APPLICATION FORM

9TH ANNUAL SIEGEL RUNNING CAMP

Name _____

Address _____

City _____ Zip Code _____

Phone _____

School _____

Age _____ Grade (2017 - 18) _____

T-shirt size Youth S M L XL

Circle one Adult S M L XL

E-mail Address _____

Cost: \$60.00

Sibling discount - \$50.00

Full payment should accompany this application form. A confirmation e-mail will be sent confirming your application.

**Make checks payable to:
Siegel High School**

Mail to: Phil Young
1910 Estes Run
Murfreesboro, TN 37130

For additional information:

Contact Phil Young: youngp@rcschools.net
OR (615) 479-1455