



Vinton Shellsburg Cross Country 2022 Entering 4th-8th Grade at the Middle School

stephanie.miller@vscsd.org 319.361.1456

Jeff.mangold@vscsd.org 319.270.7689

Monday-Thursday, August 8-11, 2022

Entering 4-8 grade 6:00pm - 7:15pm @ the Middle School

Goals

Our goal for our four-day camp is to introduce the sport of Cross Country in a fun way involving high school students and our own coaching staff. We will discuss flexibility, strength, nutrition, hydration and many other topics that will help our student athletes in many ways other than Cross Country. We will bond with each other and form friendships that will last, hopefully, long into our future.

****Incoming 7th and 8th graders will start practice on August 25, 2022.****

Costs

This is a fundraiser where all the coaches and athletes are donating their time to promote the sport of Cross Country. We are asking \$25 and each participant will receive a t-shirt. Please make checks to VSCC. If you are unable to afford the camp fee please contact me, Coach Miller, privately as we have options to help cover the cost. Please send registration and fee to the Central Office in care of Vinton-Shellsburg Cross Country 1502 C Ave Vinton, IA 52349 by July 4.

Vinton Shellsburg Cross Country Camp Registration

Athlete _____

Home address _____

Parent/Guardian #1 _____ Email _____

Cell/Text number _____

Parent/Guardian #2 _____ Email _____

Cell/Text number _____

Health plan _____

Physical date _____ Doctor _____

Grade in fall 2022- 4 5 6 7 8

I would like to enroll my child in the 2022 CC Camp during the dates set forth on this application. In acceptance of this application, I release the Board of Education of Vinton Shellsburg and all it's employees and volunteers from all claims on account of any injuries that may be sustained by our child while attending the camp. I also certify that my son or daughter is medically fit to participate in this camp. They have had a current physical within the last year and are in good physical condition.

Parent/Guardian

Signature _____ Date _____

T-Shirt Size Youth YS Y M YL Adult S M L XL