

What to bring:

- Medications (check with Coaches)
- Running clothes for 2 runs per day
- Running shoes
- Sunscreen & bug repellent
- Swimsuit & towel
- Shorts—recreational clothes
- Warm sleeping clothes
- Tent, sleeping bag, & pillow
- Toiletries
- Flashlight

What not to bring:

Junk food or pop

Electronic equipment/games

Cell phones

2009 Allegan Cross Country Camp

Contact Numbers:

(269) 692—3462 Coach Chalupa

(269) 793—3174 Coach Smythe

Cell- (616) 283-3089

(269) 806—9852 Coach Ojeda

Allegan Cross Country Camp



Summer

2009

8/12 Wednesday

8/13 Thursday

8/14 Friday

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Camp:

Camp begins on Wednesday, August 12th. We will meet at Allegan High School at 7:30 am. We will caravan to the camp location on Miner Lake at :

2056 Lake Drive

Allegan, MI

What's Happening:

Running: We will be running at various times through-out the day on a combination of paved roads, dirt roads, and trails.

Swimming: We will be cross – training by swimming, running and playing various water and recreational games.

Cost:

\$50.00

Make checks payable to Allegan

All-Sports Boosters

(Designate Cross Country Camp on the memo line.)

Checks and liability forms are due by: Monday, August 10th.

Cost includes:

T-shirt, three meals a day with snacks, and fun prizes!

T-shirt size : (please circle one)

S

M

L

XL

Camp ends:

Friday, August 14th at 11 am. Please pick up your runners at the camp location.

Liability Form:

Participant's Name

I the undersigned parent of the above named child, agree to hold harmless the organizers and coaches of the Allegan Cross Country Camp 2009 for any liabilities including accident, personal injury, property theft and damage or any other liabilities that occur during Camp 2009. I further indemnify the owners of 2056 Lake Drive from any and all liabilities arising from the use of the home, property and lake during the Allegan Cross Country Camp 2009.

We also agree to follow the directions and rules assigned by the Coaches during camp. No participant's will be allowed to leave the premises at any time unless accompanied by one or more of the coaches or the parent/legal guardian named below.

Parent Signature:

Print Name:

Date

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