



## 10th Annual Gilbert Cross Country Camp August 14-15 at Sunstream Retreat Center

Name: \_\_\_\_\_ Grade (17-18 School year): \_\_\_\_\_

Shirt size: Adult S M L XL

Emergency Contact (Name and phone number): \_\_\_\_\_

### PARENT CONSENT FORM:

I HEREBY CERTIFY THAT THE GILBERT CROSS COUNTRY STAFF HAS FULL AND UNCONDITIONAL AUTHORITY TO PROCEED WITH DIAGNOSIS AND TREATMENT AS JUDGEMENT INDICATES FOR INJURIES DURING THE CAMP. THE GILBERT CROSS COUNTRY CAMP STAFF, GILBERT COMMUNITY SCHOOLS, AARON THOMAS AND LAURA KAUTMAN SHALL NOT BE HELD RESPONSIBLE FOR ANY CONSEQUENCE RESULTING FROM SUCH INJURIES.

PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

### Registration is due August 4.

The camp will focus on three key elements:

- Team building – There will be some team building activities at the camp as well as free time to get to know your teammates better.
- Training – The camp will provide an opportunity to do some quality training in a different environment
- Learning – In addition to the training, there will sessions where the focus will be on aspects that will enhance your running, such as nutrition, race tactics, and strength training

Key details:

- NEW FORMAT! We are trying a new format this year in a new location. Camp will take place after official practice has started, but **camp attendance is not required**. Camp will take place at Sunstream Retreat center outside of Ogden.
- The cost of the camp is \$90 and registration is due August 4. This covers lodging, meals, programming at the camp and camp apparel. You may also register online at [www.gilbertcsdcamps.org](http://www.gilbertcsdcamps.org). If you prefer to send the form, make a check payable to Gilbert High School and send the above form to Aaron Thomas 3616 Calhoun Ave Ames, IA 50010
- We will plan arrive at camp by 11:00 on Monday and return around 3:00 on Tuesday. Transportation will be provided.

# **Tentative Camp Schedule**

## **Monday, August 14**

10:00 – Depart Gilbert  
11:00 – Arrive at Sunstream Retreat  
11:30 - Lunch  
1:00-2:00 - Seminar  
2:00-3:30 - Workout  
4:00-5:00 - Pool  
5:30 - Supper  
6:30-7:30 - Guest Speaker  
7:30- Camp games  
9:30 - Campfire/Smores  
11:00 - Lights out

## **Tuesday, August 15**

7:00-8:30 – Morning workout  
8:30-9:00 – Breakfast  
9:30-10:15 – Seminars  
10:30-11:30 - Indoor games  
11:30-12:00 - Lunch  
12:00-2:00 - Ropes course  
2:00 - Leave for Gilbert

### **What to Bring:**

Running clothes (3-4 sets)  
Running shoes  
Casual clothes  
Sleeping bag/pillow  
Toiletries  
Swimsuit  
Towel  
Water bottle  
Running watch (optional)  
Snacks (optional)