



MS Gilbert Cross Country Camp
August 9 Gilbert HS 9:00-11:30
August 10 Moore Park 9:00-11:30

Name: _____ Grade (17-18 School year): _____

Shirt size: _____

Emergency Contact (Name and phone number):

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 _____

Camp registration is due August 1

The camp will focus on three key elements:

- Training – The camp will provide an opportunity to do some guidance in training before the season officially begins
- 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
- Teambuilding

Camp Staff:

- Aaron Thomas, Boys Cross Country Coach, Gilbert High School
- Laura Kautman, Girls Cross Country Coach, Gilbert High School
- Jodi Hurn, Middle School Cross Country Coach, Gilbert Middle School
- HS Cross Country athletes

Key details:

- The cost of the camp is \$25. This covers camp t-shirt and post run refreshment. Camp registration is due August 1. Walk-ins are welcome, but pre registration is encouraged. T-shirt size not guaranteed with late registration. Make checks payable to Gilbert CSD. You may also register online at www.gilbertcsdcamps.org.

Camp Schedule:

- 9:00 - 9:15 – Warm-up
- 9:15 - 10:00 – Workout
- 10:00- 10:30-General Strength Training
- 10:30 – 11:00 – Cross-Country 101
- 11:00 – 11:30 – Cross-Country Games