

# Bishop Blanchet Cross Country Camp Registration

## ☐ High School Co-ed Cross-Country Training

Cross country summer running is a great way for incoming freshmen to get connected with their future teammates and the school. All activities will take place at Green Lake and Lower Woodland, and will be led by 2015 BBHS cross country captains while supported daily with the Bishop Blanchet cross country coaching staff.

Cost: Free to incoming freshman and BBHS students

Grades: 9<sup>th</sup> – 12<sup>th</sup> **Mon – Sat. Beginning June 15<sup>th</sup>, 9 AM – 11 AM – meet in the Bishop Blanchet quad**

## ☐ Youth Boys and Girls Cross-Country

Participants will learn about basic running technique, racing strategies, nutrition, and injury prevention. Students will come to appreciate the benefits of running as a lifelong activity through an age-appropriate introduction. All activities will take place at Green Lake and Lower Woodland, and will be led by BBHS cross country coaches John O'Leary (men), Becca Salzman (women) and special guest athletes and/or local coaches.

**Cost: \$85 payable to Bishop Blanchet High School – mailed to Bishop Blanchet HS c/o John O'Leary**

☐ Girls Grades 4<sup>th</sup> – 8<sup>th</sup> **June 15<sup>th</sup> – 18<sup>th</sup>, 9 AM – 12 PM – meet in the Bishop Blanchet quad**

☐ Boys Grades 4<sup>th</sup> – 8<sup>th</sup> **June 15<sup>th</sup> – 18<sup>th</sup>, 9 AM – 12 PM – meet in the Bishop Blanchet quad**

Name (Last, First) \_\_\_\_\_ Age \_\_\_\_\_

T-Shirt Size \_\_\_\_\_

Parent/Guardian Name(s) \_\_\_\_\_

Phone (Home) \_\_\_\_\_

Phone (Cell) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Zip Code \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Emergency Contact & Phone \_\_\_\_\_

Family Physician & Phone \_\_\_\_\_

Insurance Provider & Policy # \_\_\_\_\_

Preferred Hospital \_\_\_\_\_

Food/Drug Allergies \_\_\_\_\_

WAIVER: As parent and/or legal guardian, I remain legally responsible for any personal actions taken by the above named minor participant. I authorize instructors and/or volunteers to act for me according to their best judgment in any emergency requiring medical or other attention. I agree on behalf of myself, my child named herein, and our heirs, successors and assigns, to waive, release, hold harmless and defend Bishop Blanchet High School and all representatives and all volunteers associated with this activity from any and all liabilities, injuries, actions, claims, demands, damages, costs, expenses and all consequential damage arising from, or in connection to, this activity. Further, I agree to compensate Bishop Blanchet High School, its officers, directors, agents, representatives and all volunteers associated with this activity for reasonable attorney's fees and expenses arising therewith. I know of no mental or physical problem that may affect my child's ability to safely participate in the program.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Please mail to:

**Bishop Blanchet HS**

**c/o Cross Country Camp – John O'Leary**

**8200 Wallingford Ave N**

**Seattle, WA 98103**