

Pleasantdale Cross Country

Camp 2016



Pleasantdale Cross Country Camp is a great way to improve your running skills over the summer and have some fun. Participants will work on correct running form while also working on building endurance and speed. The camp will be run by Pleasantdale teachers.

WHO: Pleasantdale students entering 4th-8th grades.

WHEN: July 25, 27, 29 Aug. 2, 4, 8, 10, 12, 16 and 18.

8:00 a.m. to 9:00 a.m. for incoming 4th-8th grade students.

WHERE: Pleasantdale Middle School

COST: \$65.00, including camp t-shirt

All interested students should turn in their completed registration form and payment to their school office by May 31.

2016 Pleasantdale Cross Country Camp Registration Form

Student Name:_____

Grade next year:_____ Age:_____ DOB:_____

Address:_____

City:_____ Zip:_____

Parent Name(s):_____

Parent Email:_____

T-shirt Size: _____Youth S _____Youth M _____Youth L
 _____Adult S _____Adult M _____Adult L

Please provide 2 numbers to contact in case of an emergency:

1st call _____ 2nd call _____

Camp meets July 25, 27, 29 Aug. 2, 4, 8, 10, 12, 16 and 18. We plan to group 4th-8th grade students together for an 8:00-9:00 a.m. Depending on the number of enrollees at each grade level, these times may be subject to change. You will get an email confirmation by the end of the school year to confirm the time of you child's session.

Payment of \$65.00, which includes a camp t-shirt, must be included with the registration form and is due to the school office by May 31.

Parent Signature _____