

Cross Country Kids Camp 2021

Welcome to our annual cross-country camp. This camp is designed to incorporate the mind and the body to the excitement of running cross-country.

Camp Goals Include:

- Stress warm-ups and cool-downs
- Good stretching techniques
- Positive mental outlook
- A variety of workouts
- Fun games

Date: June 10-12, 2021 (Thurs-Friday-Sat)

Time: 8 am- 10 am

Grades: 3-8th

Features:

We will workout at Clovis West, the High School State Cross-Country course at Woodward Park (including hill, asphalt, hard dirt, and grass). As well as many other fun activities.

Location:

Clovis West High School and Woodward Park. On the first day we will meet in the front parking lot (West of the tennis courts) at Clovis West by the entrance of the gym.

Gear Needed:

Running shoes, shorts, bathing suit, towel and water.

Cost:

\$55.00, which includes: Instruction, Facilities, Camp T-shirt, and Refreshments.

Make checks payable to: Checks will need to be made payable to CCSRD (Clovis Community Sports & Recreation Department)

I hereby authorize the directors of the cross-country camp to act for me according to their best judgment in any emergency requiring medical attention and hereby waive and release the camp from any liability for any injuries and illnesses incurred at the camp.

Parent Signature _____

Name: _____

Address: _____

City: _____ Zip _____

Phone: _____

School in which you attend: _____

Grade _____ T-shirt size: _____

Return To:

Rich Parris

Clovis West High School

1070 E Teague

Fresno, Ca 93720

327-2000

In accordance with CIF bylaw 207, any athlete who transfers from School "A" to School "B" after having prior contact, during the previous 24 months, either directly or indirectly with school "B" prior to enrollment shall not be eligible at School "B" for 365 days from initial date of enrollment. This includes this camp, clinic, AAU, club team, and/or workouts.

As the parent/guardian of the above-named child and on behalf of myself and my child, agents, heirs, and successors, I voluntarily agree to: (1) assume all risks of injury, illness, or death to my child arising out of or resulting from my child's participation in and/or attendance at the above-stated program or activity, such risks to include but are not limited to, injury, illness, or death due to being exposed to or infected by contagious diseases, including COVID-19; (2) waive and release all claims, causes of actions, actions, liabilities, and costs against the Clovis Unified School District (District) and its governing board and members thereof, officers, employees, agents, and volunteers (collectively District Personnel) and hold harmless the District and District Personnel from any claims, causes of actions, actions, liabilities, and costs that may arise out of or result from my child's participation in or attendance at such program or activity; and (3) assume all obligations for any medical, financial, and other costs and/or liabilities that be sustained or incurred by my child, myself, or my agents, heirs, and/or successors. The District assumes no responsibility and shall not be liable for any injury, illness, death, liabilities, damages, or costs that my child, myself, my agents, heirs, and/or successors may sustain or incur arising out of or resulting from the aforementioned program or activity

