



Boys and Girls Cross Country Camp @ PHS



Campers will be introduced to warm-up drills, general conditioning, nutrition, and training schedules. Campers will also receive a camp t-shirt and a summer training program. For more info, contact Coach Nordmann at cnordmann@plymouth.k12.in.us

Dates: May 22nd - 24th

Time: 3:30-5:00pm at Door 5 of PHS

Age: Any Runner Currently in 5th - 8th Grade

Cost : \$25 (make checks to PHS)

REGISTRATION (Keep the top part and turn in this bottom part.)

Name: _____ Email: _____
Current Age: _____ T-Shirt Size: _____ Phone: _____

I give permission _____ (student) to participate in (name of activity). I agree to release and hold harmless the Plymouth Community School Corporation, its employees and agents from any liability for damages or injuries suffered during the student's participation in (name of activity). I further authorize the Plymouth Community School Corporation, its employees and agents to seek, obtain and approve necessary medical treatment for the student while participating in (name of activity). I agree that I am responsible for the cost of any medical treatment provided for the student.

Parent or Guardian: _____ Date: _____

Cross Country Camp Registration