



**Belvidere High School  
Boys and Girls Cross Country Camp**

**Calling all runners! Please join the BHS Cross Country Coaches along with members from the boys and girls high school cross country teams for a week of fun and learning.**

**WHEN: Monday, June 25 - Friday, June 29**

**WHO: Any boy or girl interested in running who will be entering 4th-8th grade in the 2018-19 school year**

**COST: \$20 which includes a camp t-shirt**

**WHERE: Monday 6/25 - Wed. 6/27 @ BHS - Meet by track  
Thurs. 6/28 & Fri. 6/29 @ Spencer Park - Meet at Pavillion  
All practices will start at 8:00 a.m. and pick-up will be at 10:00 a.m.**

**Please wear comfortable clothing and running shoes. Participants will run! We will teach proper stretching and form running. Some runs will be shorter runs (beginners), and some will be longer runs (more advanced). The week will end on Friday with competitive, timed runs at Spencer Park using parts of the high school course. Family and friends are welcome to come and cheer you on. Please fill out the attached form. Include payment and mail to the address on the form. Forms must be turned in by June 15 to guarantee a t-shirt.**



Name of athlete \_\_\_\_\_ Grade (2018-19) \_\_\_\_\_

Home School \_\_\_\_\_ Running Experience \_\_\_\_\_

Address (athlete) \_\_\_\_\_

Phone Number (Emergency Contact) \_\_\_\_\_

Email Address \_\_\_\_\_

T-shirt size (circle) YS YM YL YXL AS AM AL AXL

Waiver: By signature, I do hereby waive and release any and all claims of damages for injuries that I may receive as a direct or indirect result of my participation in the BHS Cross Country Camp June 25-June 29, 2018.

\_\_\_\_\_  
Parent signature

Mail Completed form with payment to:

Rob Salley

937 Nettie St.

Belvidere, IL 61008 or turn in at the BHS Athletic Office

Make checks payable to BHS

Questions - please e-mail Coach Salley at [rsalley@district100.com](mailto:rsalley@district100.com)