



## What will a day at cross country camp look like?

First off, we will have counselors that will guide you through a warm-up and stretching routine. These will be former and current Boerne and Champion high school athletes.

Next we will discuss an aspect of training. That day's workout will focus on the aspect covered.

At the end of our training run there will be time to do a cool down if needed and stretching time.

At the end of each day we will listen to guest speakers.



## Registration

This camp is primarily for kids entering the 6th through 9th grades. If you have a younger but experienced runner they would be ok. However, this camp is not for young kids with no experience.

Name: \_\_\_\_\_

Entering Grade: \_\_\_\_

Phone: \_\_\_\_\_ T-Shirt Size: S - M  
- L - XL

Please mail this portion with \$75 to the following address. You may register the first day of camp but the cost will be \$85.

Jonathan Tate

# BOERNE ISD CROSS COUNTRY CAMP 2018

June 11-14

Champion High School

8:00-10:00 am



## RUN!

*Everything you need to  
get started on the right  
path!*

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At the end of each day we will listen to guest speakers and boy do we have an impressive list of speakers.

