



**Lynchburg City Schools XC Middle/High School Summer Camp 2018**

*The goal of this camp is to help athletes improve their running conditioning while experiencing all the valuable and positive aspects of summer day camp. Each athlete will benefit from individual coaching and race experience. We hope you will join us for an exciting experience this summer.*

**Dates: Monday- Friday, July 9-13 from 7:30-11:30am.**

**Location: St. George Greek Orthodox Church at 1724 Langhorne Rd, Lynchburg, VA 24503 (Blackwater Creek Greek Church.)**

**Grade Level: rising 6-12 graders**

**Cost: \$50 - All paid participants will receive a camp shirt and snacks during the camp.**

**During these camps we will:**

- Run!**
- Do team building activities**
- Strength and plyometric train**
- Hear from guest speakers**
- Learn how to set achievable goals**

**Camp hosted by:**



**Coaches Dennis Coan & Chelsie Viar**

**\*In the event of inclement weather, camp schedule may be altered or extended.**



LYNCHBURG CITY SCHOOLS

### Cross Country Running Summer Camp Application

Athlete name: \_\_\_\_\_

School Presently Attending (2018/2019 year) \_\_\_\_\_

Grade (2018/2019 year): \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_

Zip: \_\_\_\_\_

Home Phone # \_\_\_\_\_

Emergency Daytime Phone # \_\_\_\_\_

Waiver: I, the parent or guardian of the above named student, hereby gives my approval for his/her participation in the 2018 Lynchburg City Schools' Cross Country Running Camp. I assume all risks and hazards incidental to such participation. I do hereby waive, release, and agree to hold harmless the directors, counselors, supervisors, and the Lynchburg City Schools from any claim arising from an injury to my child while participating in the camp.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**Send this completed form along with \$50.00 registration fee payable to  
Lynchburg City Schools' Cross Country Running Camp, to:**

**Heritage High School  
Attn: Dennis Coan  
3101 Wards Ferry Road  
Lynchburg, VA 24502.**

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