



Lynchburg City Schools XC Middle/High School Summer Camp 2019

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 a race experience. We hope you will join us for an exciting experience this summer!

Dates: Monday- Friday, July 15-19 from 7:30-11:30am.

Location: St. George Greek Orthodox Church, 1724 Langhorne Road, Lynchburg 24503

Participants: male and female athletes that are rising 8-12 graders

Cost: \$60 - All paid participants will receive a camp shirt and snacks during the camp.

During these camps we will:

- Run!**
- Participate in team building activities**
- Complete strength and plyometric training**
- 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 (2019/2020 year)_____

Grade (2019/2020 year):_____

Home Address:_____

City:_____

Zip:_____

Home Phone # _____

Emergency Daytime Phone # _____

Adult shirt size: **S M L XL**

Waiver: I, the parent or guardian of the above named student, hereby gives my approval for his/her participation in the 2019 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 \$60.00 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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