

2022 Boys and Girls Cross Country Camp



Registration Form

Athlete's Name: _____

Athlete's Age: _____

Grade of Athlete in 2022-2023: _____ School attending in 2022-2023: _____

Please Provide Contact Information:

Parent Name: _____ Parent Cell Phone Number: _____

Home Address: _____

Email Address: _____

Please **CIRCLE** level of experience for your athlete:

- a. Extensive middle school track/cross country or travel team experience
- b. Some Track or Cross-Country experience
- c. Beginner, just learning the sport with no team experience

Please **Circle** T-Shirt Size of participating athlete: Youth S, Youth M, Youth L, Adult S, Adult M, Adult L, Adult XL

Emergency Contact Information:

Primary Contact Person: _____ Telephone Number: _____

Secondary Contact: _____ Telephone Number: _____

Waiver and Medical Consent:

Any health concerns/considerations the Colonial Forge High School Cross Country Camp Staff should be aware:

Select which applies: No Yes Explanation: _____

Waiver:

In consideration of my application being accepted, I, intending to be legally bound, for myself, my executors and administrators, waive and release and forever discharge any and all rights and claims for damages which I may have hereafter accrue to me against Colonial Forge Cross Country Camp Coaches or Staff, or the Stafford County School Board. I waive all claims against Stafford County employees and administrators or its respective officers, agents, representatives, successors, and/or assigned camp staff, for any and all damages which may be sustained or suffered by me in connection with my association with or participation in and/or rising out of my travel to the Colonial Forge High School Cross Country Camp to participate on the campus of Colonial Forge High School. I, the parent/guardian of _____ do hereby agree to the above waiver and release.

Parent or Guardian Signature: _____ Date: _____

Medical Consent:

Athlete's Name: _____ Permission is hereby granted to the attending physician to proceed with any medical or minor surgical treatment, x-ray exam and immunizations for the e above named camper. In the event of a serious illness, the need for major surgery or significant accidental injury, I understand that an attempt will be made to authorize the treatment necessary for the best interest of the above-named child. In the event an emergency arises during the camp session, an effort will be made to contact the parents or guardians as soon as possible. Permission is also granted to the camp staff and rescue squad to provide the needed medical treatment to the camper prior to their admission to any medical facilities.

Name of Family Physician: _____

Parent/Guardian Signature: _____ Date: _____

2022 Boys and Girls Cross Country Camp



Hosted by the Colonial Forge Cross Country Booster Club

Camp Objectives: The purpose of the camp is to build, develop and foster fitness and the basics of Cross Country running. Athletes will be given instruction on:

- a. Stretching for warm up and cool down
- b. Proper form and stride for longer distance running
- c. Nutrition for the student athlete
- d. Camp will include a mock timed Cross Country meet on the final day (Parents welcome)

Ages: The Colonial Forge Cross Country Camp welcomes boys and girls who are rising 2nd grade through rising 9th grade students (Ages 7-14).

Dates and Times: From June 20 to June 24 from 8:30AM to 11:30AM at the Colonial Forge High School Track.

Camp Staff: The Camp is hosted by the Coaching Staff of the Colonial Forge Cross Country Team assisted by Colonial Forge Cross Country Team athletes.

Cost: The cost of the camp is \$100 for the full 5 days and includes a Colonial Forge Cross Country Camp T Shirt.

Items to Bring:

- a. Water Bottle
- b. Light snack
- c. Young athlete ready to run

More About the Camp:

- a. Athletes are expected to wear appropriate running attire and footwear for the duration of the camp.
- b. Athletes will not be permitted to leave the school campus during the session, unless released to a parent/guardian and signed out with the Camp Director.
- c. If a day is canceled due to inclement weather, there will be no make-up days.
- d. In the event of inclement weather, a decision will be made NLT 7:00AM of that day and announced through the Colonial Forge Athletics home page (www.forgeathletics.org)
- e. Late and day of registration is accepted; however, T shirt sizing is not guaranteed.

Please send attached registration form and fee NLT than May 25, 2022* to:

CFHS XC Boosters
550 Courthouse Road
Stafford, VA 22554

Please make checks payable to the CFHS XC Boosters

*Registration forms which arrive after May 25 will not be guaranteed a T Shirt in the size requested.

Have further questions? Email Coach Van Green at vangreen4@gmail.com