

The South Sound Cross Country Camp is a day camp for runners of all abilities. Camp Staff includes Hall of Fame coaches Joel Wingard (Peninsula), & Terry Rice. Ben Mangrum (Curtis HS, Collegiate All-American, & Curtis Invite meet director) Kevin Wright (Capital HS & Capital Invite meet director), Joe Clark (Lakes, Fort Steilacoom Invite meet director, XC Coaches Assoc. President) Jenny Lange (Steilacoom) and other local coaches. Many of our counselors are former state meet award winners and current collegiate athletes.

### Camp Features:

Training runs in historic Fort Steilacoom Park, site of numerous high school and collegiate cross country meets, camp games, contests, & the famous "ice baths." Training and advice from collegiate and elite runners as well as top high school coaches.. Informational presentations on racing strategy, nutrition, injury prevention, shoes & training gear, core strength, leadership, goal setting, and more.

Registration fee includes instruction, camp materials, T-shirt, water bottle, & Brooks item.



## July 24-28 2017

The South Sound Cross Country Camp is a premier day camp for cross country athletes. Now in our 13th year, the camp features a wealth of information and training opportunities for area runners. Last year, as in years past, numerous camp members went on to compete in the Washington State Championships, BorderClash, and Nike National Championships with several individual and team podium finishes.

Fort Steilacoom Park is one of the finer running areas in the South Sound and it is here that South Sound Cross Country Camp runners will do the majority of their training. There are miles of trails in the park, with terrain ranging from flat grass fields, to steep, narrow hills. The park is the home of numerous championship meets, including the Nisqually, Narrows, & South Puget Sound leagues and as well as the Northwest Conference Collegiate Championships. There are numerous races held throughout the year in the park as well, ranging from the 2300+ runners of the Fort Steilacoom Invitational, to several small community races during the year.



A day camp for  
cross-country  
runners.



July 24-28 2017

8:00AM-12:30PM

Located at Lakes High School &  
Fort Steilacoom Park  
For More Information

Contact:

Joe Clark

253 844-7343

Email: [jclark553@gmail.com](mailto:jclark553@gmail.com)

Website: [www.fortsteilacoominvite.com](http://www.fortsteilacoominvite.com)

Sponsored by:  
Brooks &  
South Sound  
Running,

Early Registration (prior to July 15) :  
\$110.00. **Late Registration: \$125.** The  
amount must be paid in full prior to the  
start of the camp. The camp is expected  
to be filled, so early registration is recom-  
mended. **Confirmation:** Confirmation  
information will be e-mailed prior to  
camp. It will include a schedule, &  
directions.

**REGISTER BEFORE JUNE 15 &  
RECEIVE A BROOKS PR  
INVITATIONAL TICKET.**

# South Sound Cross Country Camp

## REGISTRATION FORM

July 24-28 2017 8 AM to 12:30 PM

Please enclose your check for \$110.00 (\$125 after July 15) with your completed registration form.)

Mail to SSCCC 4405 N 19th St Tacoma, WA 98406

Register in person at any South Sound Running location prior to July 22, 2016

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M \_\_\_\_\_ F \_\_\_\_\_ T-Shirt Size: S M L XL

Street: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (Day): \_\_\_\_\_ Phone (Evening): \_\_\_\_\_ Parent Email: \_\_\_\_\_

Grade (Next Fall) : 7\_ 8\_ 9\_ 10\_ 11\_ 12\_ School: \_\_\_\_\_ Coach: \_\_\_\_\_

Parent/Guardian Names \_\_\_\_\_ Allergies or medical conditions (asthma, be stings etc.) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

I, \_\_\_\_\_ (Parent/Guardian), hereby grant permission for my child, \_\_\_\_\_, to attend the South Sound Cross Country Camp and verify that my child has received a physical examination in the past year and is physically capable to participate in activities, some of which are physically vigorous, related to the camp. I understand that participation in a running camp, despite all reasonable precautions implemented for my child's safety, carries a risk of injury. Consequently, I hereby, for myself, my child, heirs, executives and administrators, do waive and release any and all rights against all

persons given responsibility by the South Sound Cross Country Camp and Clover Park School District for the conduct of activities and rendering of services to my child in association with our participation. I hereby authorize the staff of the South Sound Cross Country Camp to act for me according to their best judgment in any emergency requiring medical attention and waive and release all involved from any and all liabilities for any injuries or illness incurred by my child during his/her involvement at this camp. I have no knowledge of any impairment that would limit or preclude my child's involvement in any activities commonly associated with this type of instructional camp. I agree that costs for treatment of injuries or hospitalization for illness or injuries incurred during the camp will be the responsibility of the parent or guardian of the camp participant. I agree that any insurance carried by the parent or guardian may be used to defray such medical and hospital costs.

### Camp Staff:

**Joel Wingard:** Peninsula High School Coach and former coach at Gig Harbor with numerous individual and team state titles. Member of the Washington State Cross Country Coaches Hall of Fame.

**Joe Clark:** Lakes High School. Meet director of the Fort Steilacoom X/C Invitational meet and Westside Classic District Championships. President of Washington State Cross Country Coaches Association. Seven time Seamount/Pierce County/WCC coach of the Year

**Terry Rice:** Stadium/Curtis High School. Three time Narrows League Coach of the Year and Meet Director for the Classic X/C Invitational & Curtis Relays. Member of the Washington State Cross Country Coaches Hall of Fame.

**Kevin Wright:** Head coach of Capital High School girls cross country, a perennial state qualifying team. With podium finishes in 2012 & 2013. Capital Invitational meet director.

**Ben Mangrum:** Curtis High School. Head Track & Cross Country Coach. Meet Director for the Curtis Invitational

**Jenny Lange:** Steilacoom High School coach and former collegiate runner for Idaho.

**Erin Fraser:** South Kitsap High School head coach.

Many other top coaches and collegiate athletes from the area will also be present.

**Guest Speakers:** , Selected representatives from South Sound Running, Brooks Running, and other recognized experts.

*Not all coaches and speakers will attend all sessions.*