

South Sound Cross Country Camp

REGISTRATION FORM

July 23-27 2018 8 AM to 12:30 PM

Please enclose your check for \$115.00 (\$130 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 19, 2018

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: Former Peninsula High School 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. (time League coach of the Year.

Terry Rice: Stadium/Curtis High School. Three time Nar-rows 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 & Westside Classic Meet Director

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

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 in training, injury prevention, nutrition and other aspects of cross country running and racing.

For additional information, visit <http://fortsteilacoominvite.com/sscccinformation.html> or email us at southsoundxccamp@gmail.com