



REGISTRATION FORM

NAME OF ATHLETE

ADDRESS

CITY _____ ZIP _____

PHONE _____

EMAIL _____

GRADE YOU ARE ENTERING _____

JR HIGH YOU ATTENDED OR WILL ATTEND

SHIRT SIZE (Circle choice)
YL AS AM AL AXL

Do you have any medical problems which running might aggravate? YES/NO
If yes, explain:

Do you wish to purchase an additional t-shirt? (\$10) SIZE _____

RETURN BY May 28th

To: Bastrop High School
c/o Cross Country
1614 Chambers St
Bastrop, TX 78602

Make Checks Payable to:
Bastrop Cross Country



CAMP SCHEDULE

5th - 8th Grade

Monday August 4th - Thursday August 7th
9am-11am

PURPOSE

Introduce young athletes interested in running, to track and cross country. Camp will provide them with basic skills so they can begin training on their own and setting running goals.

CAMP FOCUS

- Form Running
- Proper Diet
- Pace Running
- Stretching
- Goal Setting

SAMPLE DAILY INTNERARY

Warm-Up
Stretch
Build Ups
Work Out
Coach Speak
Game
Cool Down
Snack

Camp Registration: By May 28th.
Registration Cost is \$25 and includes camp t-shirt and stop watch.

Make checks payable to:

Bastrop High School Cross Country

Contact Info: BastropXC@hotmail.com
512.321.1303



BASTROP XC RUN CAMP 2008

“It is a rough road that leads to the heights of greatness.”
--Seneca

**At the
Bastrop High School Track**

**Girls/Boys
5th-12th**

For anyone interested in
Cross Country
or
Running

BastropXC@hotmail.com



BE PART OF A RUNNING TRADITION

In three Years we have produced

2005-2008	XC	TRACK
Individual District Champions	4	4
Individual Regional Qualifiers	15	11
Individual State Qualifiers	3	0

Bastrop Boys Cross Country
District Runner-Up
 2006,2007
Team Regional Qualifier
 2002,2003,2004,2005,2006,2007

Bastrop Girls Cross Country
District Runner-Up
 2005
District Champions
 2006, 2007
Team Regional Qualifier
 2005,2006, 2007

RUN CAMP ALUMNI

Running at Colligate Level

Millie Rapp - Brigham Young University
 Victoria Cantu -Texas A&M Prairie View
 Agustin Montoya-Huston-Tillotson University
 Santiago Sepeda - McMurray University
 Sammy Cadena - McMurray University



9th- 12th Grade
 6/16, 6/23, 6/30, 7/7, 7/14
 5:00pm -7:00pm
 July 21st – July 25th
 5:00pm - 7:00pm

PURPOSE

Provide returning and new XC runners an opportunity to train and condition for upcoming season.

CAMP FOCUS

- Form Running
- Develop running base
- Improve Strength
- Team Build

MONDAYS 5:00pm-7:00pm

6/16, 6/23, 6/30, 7/7, 7/14
 Athletes will weight train and do varying base runs. Provides them opportunity to run with teammates and begin to develop cardiovascular endurance for season. Athletes will be given sample workouts to do on their own during other part of the week.

JULY 21st- 25th 5:00pm- 7:00pm

Athletes will weight train and do pace oriented runs based on hitting desired goals. Week will conclude with time trial run.

Camp Registration: By May 28th.

Registration Cost is \$25 and includes camp t-shirt and stop watch.

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 512.321.1303

PARENT INFORMATION

Mother's First/Last Name:

Mother's Work/Cell Number

Father's First/Last Name:

Father's Work/Cell Number

EMERGENCY CONTACT INFORMATION

Emergency Contact other than parent

Tel:

Medical Consent and Release of Liability

Parents and Athletes, please read and sign to complete this registration: I, the undersigned parent guardian and/or athlete listed above, do hereby authorize the program directors and/or instructors as agents for the undersigned to consent to Medical, Surgical or Dental Examinations, Treatments, etc. In addition, I hereby agree to indemnify and hold harmless the Run Camp, the Bastrop Independent School District and their representatives, and any other entities sponsoring and contributing to the program from any liability which may incur to the child (participant), howsoever arising and whether caused by the negligent or intentional acts of the Run Camp or any other entities sponsoring and contributing to the program or third parties. I agree that any pictures or results taken during the program hours may be used for future promotional purposes, news articles and Run Camp website information. Payment of fees and/or participation in this program shall constitute acceptance of the conditions set forth in this release even in lieu of signatures. As the undersigned parent/guardian/athlete, I understand that no confirmation will be mailed and no refunds will be given.

Parent Signature Date

Athlete Signature Date