


# WESTERN CROSS COUNTRY DAY CAMP



## Cross Country Day Camp for: Kindergarten – 8<sup>th</sup> grade

The Western Runners Club is putting on a 3-day day camp for any students (k-8) interested in running. During this camp, the runners will learn the fundamentals of running, run a few workouts, play games, and get a feel for what Cross Country is all about! On the last day there will be a competition for the athletes to show off what they have gained during their time at the camp.  
Questions? Email Coach Belote @ [taylor.belote@wsdpanthers.org](mailto:taylor.belote@wsdpanthers.org)

<b>Dates and Times:</b> Thursday, July 13 <sup>th</sup> 8:00am – 11:00am Friday, July 14 <sup>th</sup> 8:00am – 11:00am Saturday, July 15 <sup>th</sup> 8:00am	
<p style="text-align: center;">Cost: \$50</p> <p><b>Includes:</b></p> <ul style="list-style-type: none"><li>• T-Shirt</li><li>• Snack/Water each day</li><li>• Race Entry</li></ul> <p><b>Checks made out to: Western Runners Club</b></p> <p>Register using the link or mailing in registration from below. Money and registration must be turned in <b>BEFORE</b> July 5<sup>th</sup>.</p>	<p><b>Sign-up using the link below:</b></p> <p><a href="http://bit.ly/westernxccamp17">http://bit.ly/westernxccamp17</a></p> <div style="text-align: center;"> <hr style="width: 10%; margin: auto;"/></div>

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First and Last Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade (Fall 17') \_\_\_\_\_

School Building Name: \_\_\_\_\_ Email: \_\_\_\_\_

Parent(s) Name: \_\_\_\_\_

Parent(s) Phone Number: \_\_\_\_\_ T- Shirt (Circle): YS YM YL S M L XL

**Mail registration to: Western Athletic Department Atten: Taylor Belote 1400 S. Dearing Rd. Parma, MI 49269**