

TECUMSEH RUNNING CAMP



Date & Cost: June 14 – 17, 2010
Middle School Students - \$30.00 pre-registration
June 14 – 18, 2010
High School Students \$50.00 pre-registration
Time: 9:00 am – 12:00 noon
Location: Smith Park, New Carlisle

Eligibility: Open to any Tecumseh boy or girl entering grades 7-12

Camp Purpose

The goals of the Tecumseh Running Camp are designed for middle school and high school athletes to receive instruction in and develop skills relevant to Cross Country. We want each athlete to become the best they can become through an intensive program of instruction and practice.

Camp Objectives

The Objectives that the camp will cover are...



- The runners will demonstrate an understanding on how to build a running base.
- The runners will increase knowledge in nutrition, stride and form, strategy, injury prevention, and mental preparation.
- The runners will increase their awareness and recognize ones accountability to themselves and their team mates.

WHAT TO BRING

Running Shoes, Sweat socks,
T-shirt, shorts

REGISTRATION FORM

Make checks payable to: Tecumseh Running Camp
Send to: Tecumseh High School-Camps 845-4512 / 845-4500
9830 W. National Road
New Carlisle, OH 45344

Name _____ Home Phone _____
Address _____ City _____
Age _____ Grade(this fall) _____ School attending **THS TMS** Height _____ Weight _____
Shirt Size: ___S ___M ___L___XL

I wish to enroll in Running Camp and will abide by all rules and regulations of the camp. The directors or other camp staff will not be responsible for accidents, medical, dental or any expense incurred as a result of an accident. I grant the right to administer all medical services that may result from any participation.

Parent's Signature _____