

Rocky Mountain Cross Country Camp

YMCA Camp of the Rockies, Estes Park, CO
July 28-August 4, 2019 (Sunday – Sunday)

Registration Form for 2019

Send to: Jim Smith, 4 Merriam Ave. Shrewsbury, MA 01545 or email at jfsmith6004@aol.com

Athlete's Full Name _____ Nick Name _____

Address _____ City _____ State _____ Zip _____ T-shirt size _____

Athlete's cell phone _____ Email Address _____

Age at time of camp _____ Date of Birth _____ Last grade completed by camp _____

Name of School _____

Prior running experience _____

Best times per event _____

Most weekly mileage during last cross-country season or preseason _____

Mother/Father's Name _____ His/her email _____ Home

Phone no. _____ Work phone no. _____ Cell phone _____

Two more contacts (relatives, coach, etc.) who may be contacted in case of emergency

Name/address/phone _____

Name/address/phone _____

RMXCC Waiver (Please read and have your parent(s) sign the following waiver).

I consent for my son/daughter, _____, to participate in the Rocky Mountain XC Training Country Camp and know that he/she will be in shape for this experience.

I understand that there are risks in any kind of physical activity, be it running, swimming, rafting, or other activities at this running camp. While every precaution will be taken to ensure a completely safe and enjoyable experience for all concerned, sometimes accidents happen. The camp will take place at approximately 7,500 feet and on some of the running/hiking trails in Rocky Mountain National Park. Therefore, knowing the risks, I agree that my son/daughter and I do hereby release the Rocky Mountain Cross Country Camp directors and staff, the YMCA of the Rockies and the US Forest Service of any liability or expense in case of an accident.

Also, I further give my consent, in case of emergency, to permit my son/daughter to be treated by the local doctors in case the camp cannot reach anyone in said emergency.

I also grant the Rocky Mountain XC Training Camp permission to use camp photos of my son/daughter, either individually or in a group, in any of the camp photos given to the camp participants or used in promoting the Rocky Mountain Cross Country Training Camp. Finally, I also grant the Training Camp permission to transport my son to and from camp at the YMCA facility in Estes Park and on day trips (rafting, into town, to Boulder, into the National Park).

Print Name of Student _____

Signature of Parent/Guardian _____

Printed Name of Parent/Guardian _____ Today's Date _____

Medical Information

The 2019 Rocky Mountain Cross Country Training Camp will take place at the YMCA of the Rockies in Estes Park, CO. The Camp is directed by Coach Jim Smith. Phone 508 250 8311. Mailing Address—4 Merriam Av. Shrewsbury, MA 01545.

Runner's name _____ Address _____

Parent's names _____ Address (if different) _____

Parent's email address _____

Person to contact in case of emergency _____ Phone# _____

Health Insurance Information:

Health Insurance company name _____

Address _____

Health Insurance policy # _____

Health Insurance company phone # _____

Family doctor's name _____ Phone# _____

Any special medical or physical issues we need to be aware of? _____

If yes, please explain _____

Any allergies (food or animals, medicine, etc.?) _____

Do you take any medications? _____

If yes, please list below _____

At camp, some of the veteran boys/runners may be running up to 60-70 miles during the week—most run about 45-50 including several morning runs; some of the veteran girls may be running 40+ miles at camp while others may run 30+. Some workouts will be optional, so you may run considerably fewer miles. However, it is recommended that everyone be running about 25-50 in the weeks leading up to camp. Training runs at camp will be in groups based on one's ability, conditioning, and experience. Please attach a copy of a recent physical examination given within the school year, 2018-19 but not from before August 2018. Physicals scheduled after the current date may be submitted up to the beginning of camp.

Registration Fees, Camp Fees, and Refund Policy

Include with this application form a \$100 non-refundable registration fee and be sure the form is signed by a parent or guardian. The \$760 fee (\$740, if a team attends with a coach) for the 8-day camp is due by May 31, 2019 and may be paid in installments in March, April, and May.

Checks should be made out to "Jim Smith" or "Rocky Mountain Cross Country Camp" and mailed to: 4 Merriam Ave., Shrewsbury, MA 01545 Camp space is limited to 45 runners so act quickly.