

Rocky Mountain Cross Country Camp
(for serious veteran high school runners) @ YMCA, Estes Park, CO
July 29-August 5 (Sun-Sun), 2018

I. Registration Form for 2018

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

Athlete's Name _____ (name used on passport, etc.) Nick Name _____

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

Athlete's cell phone _____ Email Address _____

Age at time of camp _____ Date of Birth _____ Last school grade completed _____ 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----

1. Name/address/phone _____

2. _____

II. PERMISSION (To Participate) FORM

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

Signature of Parent or Guardian—Relationship to Runner and Date

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

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 the 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 can not reach anyone in said emergency.

I also grant the Rocky Mountain XC 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 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 or Guardian _____

(Please print your name as well) _____ Today's Date _____

IV. Medical Form

At Beautiful "YMCA in the Rockies"; Estes Park, Colorado, July 29-August 5, 2018

The 2018 Rocky Mountain Cross Country Training Camp will take place at the YMCA in the Rockies in Estes Park, CO. Coach Jim Smith, director. 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 # _____

Medical Insurance Name _____ Address _____

Medical Insurance Policy # _____ Ins Company phone # _____

Family doctor's name _____ Phone # _____

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

_____ A

ny allergies (food or animals, medicine, etc?) _____ Do you take any medications?

(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 30-40 miles at camp while others may run 25-30. 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, 2017-18 but not from before Aug, 2017. Physicals scheduled after the current date may be submitted up to the beginning of camp.

Include with this application form a \$100 registration fee and be sure the form is signed by a parent or guardian. (This registration fee covers all deposits, registration, down-payments, any inflationary costs, communication fee, etc. and is not refundable if admitted—the camp fee is separate and an additional \$735 for the 8 days (\$710, if a team attends with a coach.) Checks should be made out to "Jim Smith" or "Rocky Mt Cross Country Camp" and mailed to 4 Merriam Ave., Shrewsbury, MA 01545 Camp space is limited to 45 runners so act quickly.