

# Rocky Mountain Cross Country Camp

@ YMCA, Estes Park, CO  
July 31-Aug.7 (Sun-Sun), 2022

## I. Registration Form for 2022

**Camp Director: Coach Jim Smith, 4 Merriam Ave. Shrewsbury, MA 01545 or email at [jfsmith6004@aol.com](mailto:jfsmith6004@aol.com). PLEASE SEND ALL REGISTRATION FORMS TO ME--COACH JIM SMITH either by email or by snail mail to my Shrewsbury home.**

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 grade completed by camp \_\_\_ School Name \_\_\_\_\_  
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) –COVID 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.

Also, I certify that my son or daughter has had the Covid Vaccine and boosters and that he/she will test negative to the covid test approx. two days before leaving for Colorado. (We plan to have everyone tested in Estes Park, CO to ensure that everyone is safe the whole week.) Please attach a photo copy of both "certificates" and boosters when taken.

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

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 cannot 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/daughter 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, too) \_\_\_\_\_ Today's Date \_\_\_\_\_

**IV. Medical Form**

**At Beautiful "YMCA in the Rockies"; Estes Park, Colorado, July 31-August 7, (Sunday-Sunday), 2022.**

The 2022 Rocky Mountain Cross Country Training Camp will take place at the YMCA in the Rockies in Estes Park, CO. --Coach Jim Smith, director. Cell phone 508 250 8311.

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 \_\_\_\_\_

Have you had covid? \_\_\_\_\_ When? \_\_\_\_\_ How severe was it? \_\_\_\_\_

Any 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 50-60 miles during the week—most run at camp 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 8 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, 2021-22 but not from before Aug, 2021. Physicals scheduled after the current date may be submitted up to the beginning of camp.

Include with this application form a refundable \$100 registration fee and be sure the form is signed by a parent or guardian. This registration fee of \$100 covers registration, down-payments, any inflationary costs, communication fee, booking fees, etc. and is not refundable if admitted—the **registration deposit fee is separate and is in addition to \$950 Camp Fee for the 8 days** (\$900, if a team attends with a coach). Camp fees are only refundable if I can retrieve refunds from the Y, rafting, etc, etc. and cancellation is before May 1, 2022. Camperships exist based on need—are available. Checks should be made out to **“Jim Smith” or “Rocky Mountain Cross Country Camp”** and mailed to **my Shrewsbury address (see above)**. Camp space is limited to 40 runners so act quickly. (Keep your own camp records as your health insurance often will give you a \$100+ rebate for having your son/daughter enrolled in a physical activity.)

### V. Personal Behavior Awareness Form

## Rocky Mountain Cross Country Camp

Acknowledgement and Waiver

July 31-Aug.7. 2022 at YMCA, Estes Park, CO

In order to be completely transparent, the staff of Rocky Mountain Cross Country Camp, expect that every runner will try to be on his/her best behavior while at camp, in Estes Park, Boulder or in Rocky Mountain National Park. 99.9% of our campers have received praise for their good manners. Other visitors at the YMCA (there are up to 4,000) compliment us every summer and want to know “how can you work with so many teenagers?” It’s easy because these runners are among some of the finest student-athletes you will find anywhere. We would like to continue this again this summer. Just remember, you (and I) are representing our camp, our families and ourselves and we would like to return next summer as well.

Please be aware that should there be any issue that requires special attention, the staff would like our parents to know that we will consult you first but that, in the eventuality your son or daughter needs to be sent home, any cost for this would be yours. We have never done this but we need to let you know. Please discuss this issue of “behavior at camp” with your son or daughter and I am sure we will all have another terrific camp. One reason we have such a small camp is that we want every runner to feel important and get to know all our staff and the other campers.

Rocky Mountain Cross Country Camp attracts highly motivated high school runners and our dedicated staff are 100% volunteers giving up a full week of their summer to ensure that this camp is the best. We are all proud of RMXCC and we thank you for having faith in us.

**Please sign to acknowledge that you have discussed this issue at home.** Thank you!

\_\_\_\_\_ (parent, guardian) \_\_\_\_\_ (date)

\_\_\_\_\_ (son or daughter attending camp)