

Brighton Cross Country

Middle School Cross Country Camp

**Running Games * Cross Country Meet * Learn about Good Form Running, Nutrition, Training*

Brighton High School girls and boys cross country programs believe cross country is the sport for you! No matter your ability, this sport can be enjoyed by all. This camp is designed to promote the fun and excitement of cross country in a positive environment. All activities will be adjusted based on each individual's ability. The goal is to have fun while learning more about the greatest sport around. There is no requirement for pre-camp training. For \$30 (\$40 late registration), your athlete will receive a camp t-shirt, 4 days of coaching and fun activities, 2K race, prizes and awards. Questions or concerns can be directed to either of the program head coaches: Chris Elsey (boys) elsey@brightonk12.com or Kristi Matuszewski (girls) runkristi@sbcglobal.net

Who: 5th - 8th Graders

Dates: Monday, July 31st -Thursday, August 3rd, 2017

Time: 10:00 a.m. to 11:30 a.m.

Place: Scranton Middle School track area

Cost: \$30 pre-registration (\$40 late or on site registration)

Pre-Registration deadline July 10th, 2017. Registration by Mail: Checks payable to Brighton Athletics; Mail to Brighton Athletics, c/o Cross Country, 7878 Brighton Rd., Brighton, MI 48116. In Person: to Brighton Athletics office with cash or check

REGISTRATION FORM

Participant Name _____ Grade _____ School Attending _____

Home Address _____

Date of Birth _____ Gender _____ Male _____ Female

Parent or Guardian Name _____

Home or Cell Phone _____

Email _____

Shirt Size (circle one) _____ YS _____ YM _____ YL _____ AS _____ AM _____ AL

***Campers must provide their own insurance. I hereby authorize the Bulldog coaching staff to act for me according to their best judgment in any emergency situation requiring medical attention for my child. In addition, I do not hold the coaching staff, Brighton high school, or anyone associated with the cross country clinic, responsible for any injury occurring to my child while under their direction.

Parent/Guardian Signature _____

Policy Name & # _____