

**Register now for the 2017 Newnan Cross Country and Distance Running
Camp**

The Newnan Cross Country team is pleased to offer a kids running camp designed for runners of all abilities. This camp will feature trail runs, lessons on pre-running and post-running stretching, proper warm-up routine, proper running form, different running speeds, track workouts, AND lots of team building and fun! All camp participants will receive snacks, water, and a camp shirt (if preregistered).

June 5-6 8:30am - 11:30am

Rising 4th-8th graders \$40

Name of Camper _____ Age: _____					
_____ DOB: _____					
Address _____				City _____	
_____ Zip _____					
T-shirt size (please circle) YSm YMed YLg ASm AMed ALg					
Parent or Guardian _____			Phone# _____		
Email _____					

Emergency Contact _____				Cell _____	
Phone _____					
Camp is located at: Newnan High School 190 Lagrange Street Newnan, GA 30263 (will meet by softball field)			Mail form to: NHS Cross Country Attn: Lisa Morris 190 Lagrange Street Newnan, GA 30263		
*Checks payable to: Newnan Cross Country					

For more information email Coach Morris: lisa.morris@cowetaschools.net

Registration Deadline (for camper to get t-shirt): May 22

Walk-Up Registration welcome, but t-shirt not guaranteed

NEWNAN HIGH SCHOOL - WAIVER OF LIABILITY

For and in consideration of being allowed to participate in the following event (Newnan Cross Country Running Camp) I hereby agree to this Waiver of Liability.

I know and fully understand that participation in this event is a potentially hazardous activity. I will not enter and participate unless I am medically able and properly trained. I assume all risks associated with this event, including but not limited to falls, contact with other participants, effects of weather including high heat and humidity, and facility and ground conditions, all such risks being known and appreciated by me, including, without limitation, the risk of death. Having read this waiver and knowing these facts in a consideration of allowing my participation, I, for myself and anyone acting on my behalf, waive and release the Coweta County School System and its employees, officials, volunteers, and all sponsors from all claims and liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purposes.

Signature (Parent/guardian signature if participant is under 18 years of age)

Date

Print Name

Child's Name