

# UCCS MOUNTAIN LION ATHLETICS



## CROSS COUNTRY CAMP JUNE 22-26, 2009



SPONSORED BY THE BOULDER RUNNING COMPANY AND ADIDAS

### UCCS CAMP APPLICATION

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
CAMPERS AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
PHONE (H) \_\_\_\_\_ (C) \_\_\_\_\_  
EMERGENCY CONTACT \_\_\_\_\_  
EMERGENCY PHONE \_\_\_\_\_  
SHIRT SIZE: S M L XL  
SCHOOL GRADE FALL OF '09 \_\_\_\_\_

THERE IS A \$25 NON-REFUNDABLE DEPOSIT  
FOR CANCELLATIONS

INDIVIDUAL CAMPER: \$175  
TEAMS OF 4 OR MORE: \$150 PER CAMPER

TEAM NAME \_\_\_\_\_

\*APPLICATION AND PAYMENT MUST BE RECEIVED BY  
JULY 1ST IN ORDER TO ENSURE A SPOT

TOTAL \$ \_\_\_\_\_

MAIL TO: UCCS ATHLETICS, 1420 AUSTIN BLUFFS  
PKWY., COLORADO SPRINGS, CO 80918

### PARENT/GUARDIAN CONSENT

I/we, the undersigned, hereby certify that I am/we are the parent (s) or legal guardian(s) of the camper. I/we hereby authorize the staff of the UCCS sports campus to act for me according to their best judgment in providing or arranging for emergency care in any emergency requiring medical attention. I/we hereby waive, release, absolve, indemnify, and agree to hold harmless UCCS employees, suppliers, sponsors, and participants for any and all liability and for any and all injuries or illness incurred while at camp. I/we acknowledge that participation in this camp may result in accidents and/or injuries. Even though I know that there are risks involved, I still give my approval for my child to participate in any and all camp activities and I expressly assume all risks and hazards incidental to such participation. I have no knowledge of any physical impairment or health problems that would be affected by my child's participation in the UCCS Summer Sports Camps. By signing this form, I/we acknowledge that I have read and understand the above warning.

Signature \_\_\_\_\_  
Name of Insurance Carrier \_\_\_\_\_  
Policy Number \_\_\_\_\_  
Date of Signature \_\_\_\_\_

### IMPORTANT INFORMATION FOR CAMPERS

#### AGE GROUP

CAMP IS OPEN TO ALL HIGH SCHOOL AGED STUDENTS

#### WHAT TO BRING

PROPER RUNNING ATTIRE & SHOES (A ROOM WILL BE PROVIDED FOR CAMPERS TO LOCK UP BELONGINGS)

#### CAMP TIMES

7:30 AM—4:30 PM (LUNCH WILL BE PROVIDED)

#### DAILY CAMP SCHEDULE

**MORNING SESSION:** RUN, CAMP SPEAKERS

**LUNCH**

**AFTERNOON SESSION:** TECHNICAL SESSION, GAMES AND ACTIVITIES

#### AWARDS

THERE WILL BE AN AWARDS PICNIC FOR ALL CAMPERS AND FAMILIES ON THE FINAL DAY OF CAMP (JUNE 26TH). SPECIFIC TIME AND LOCATION TO BE DETERMINED.

#### OFFICIAL SPONSORS



#### ALL CAMPERS WILL RECEIVE

- TECHNICAL CAMP SHIRT
- SLING BAG WITH MERCHANDISE FROM THE BRC AND ADIDAS
- PRIZES THROUGHOUT THE WEEK
- BOULDER RUNNING COMPANY EVALUATION AND DISCOUNT ON SHOES/APPAREL

#### CAMP SPEAKER TOPICS TO INCLUDE

NUTRITION, FITNESS AND TRAINING TECHNIQUES, THE COLLEGE RUNNING EXPERIENCE, BIO-MECHANICS, MOTIVATION, AND PASSION FOR THE SPORT



#### CONTACT

BRAD WINN—[BWINN@UCCS.EDU](mailto:BWINN@UCCS.EDU)

OR

COREY KUBATZKY—[CKUBATZK@UCCS.EDU](mailto:CKUBATZK@UCCS.EDU)

WITH ANY QUESTIONS

OR CALL 255-3005

