

2017 NORTH OLMSTED RUNNING CAMP

**Run Smarter
Run Faster
Run Better**



**For Grades 4-8
Bradley Woods Metro Parks
Monday-Friday
July 10-July 14 9:30-11:00 AM**

Welcome: 2017 North Olmsted Running Camp! The camp is hosted by the North Olmsted High School Cross Country Team. It is for runners in grades 4th-8th. The week-long camp will be held Monday, July 10th through Friday, July 14th. The camp will meet at Bradley Woods Metro Parks from 9:30-11:00 AM. During the camp athletes will learn how to properly warm-up, improve their running form and technique, and train with current North Olmsted High School cross country runners. Runners will have the chance to show off their talents at a 2-mile race on the last day.

Cost: the camp is \$50.00 per Athlete and \$30.00 for each additional family member. Cost includes snack, water/drink and t-shirt.

What to bring: Proper running shoes, proper running clothes, water bottle

Our goal is to make this a positive experience for all runners. We will provide a well-rounded, informative and FUN experience!!

**For More Information: Contact
Coach Bloomfield: 440-822-0611 or
gmbloom9@gmail.com**

**Coach D'Alessandro: 440-655-9873 or
Michael.D'Alessandro@nocseagles.org**

REGISTRATION FORM

NAME: _____

SCHOOL: _____

GRADE: _____ **AGE:** _____

PARENT: _____

PHONE: _____

EMAIL: _____

WAIVER: In consideration of acceptance of this entry, I, for myself my heirs, personal representative, successors, and assigns, release North Olmsted High School from any and all claims and rights of damage or other loss which I may incur as a result of my participation in the running camp. In the event that the participant named herein is a minor, the person signing does hereby certify that he or she is the parent or legal custodian of the said minor and signs this waiver on behalf of the said minor.

SIGNATURE: _____

DATE: _____

Return with check or cash to:
North Olmsted High School
5755 Burns Rd - 44070
Attention NOHS Cross Country Team

Make checks out to NOHS