



Run With Us

Limestone Cross Country Camp!

- July 20th-24th Monday through Friday 6:00-7:00pm
- Students entering 7th or 8th grade
- Cost- \$5.00



Camp will include instructions in training, racing, and health. Daily activities will include group stretching, group runs, games, and relay races.

Remember to bring a water bottle that you can carry while you run. Please only wear proper running shoes. You may also want to apply bug spray before running.

All running levels are accepted. Runners will be grouped based on experience and pace. Parents are invited to come along and help on the course.

Camp will meet each day at the farthest pavilion in Limestone Park.

For Information Contact:

Coach Grosso grossor@hsd2.k12.il.us

Coach Brooks brooksje@hsd2.k12.il.us

Limestone Cross Country Camp

July 20th-24th

Runner's Name _____

Grade _____ Age _____

The following information must be completed and signed by the appropriate parent or before participation in Camp activities will be allowed. If the following information is not complete, this form will be returned to you.

Parent/Guardian: _____

Address: _____

City: _____ State: _____ Zip Code _____

Home Phone: _____ Work Phone: _____

Cell/Emergency Phone Number: _____

Assumption of Risks: Participation in athletics carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I know, understand, and appreciate these and other risks that are inherent in athletics. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

I understand that Herscher School District and its employees and volunteers are not liable for any medical bills, claims, procedures, costs, expenses and liabilities, including attorney's fees, brought as a result of my child participating in any athletic practice of event.

Signature of Parent or Guardian: _____

Wavier of Liability

We, the undersigned, hereby certify that I (we) a (are) the parent or legal guardian of the student. I hereby give permission to the Camp personnel to seek appropriate medical attention and for the student to receive medical attention. I/We the undersigned, for ourselves, our heirs, our executor and administrator, waiver, release, and forever discharge Herscher School District and it staff, officers, agents, employees, representatives, successors and assigns from any and all liability claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, personal injury or property damage that may be sustained or occur during participation in student athletic activities or while at school.

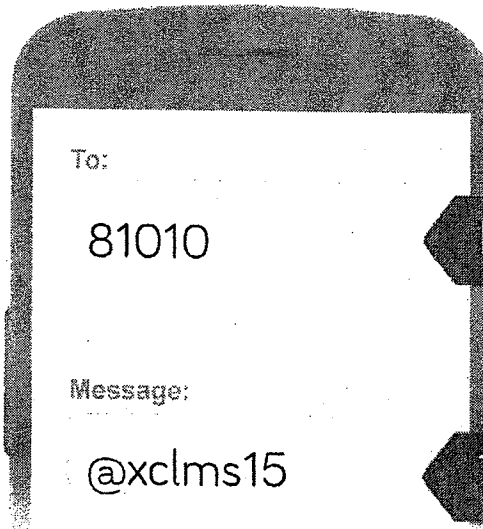
Signature of Parent or Guardian: _____ Date: _____

Coach Grosso would like you to join LMS Cross Country 2015!



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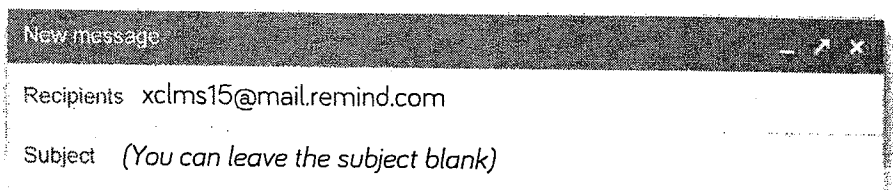


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August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Optional Workout 6:00-7:00 @ Limestone Park	5 Optional Workout 6:00-7:00 @ Limestone Park	6 Optional Workout 6:00-7:00 @ Limestone Park	7	8
9	10 Optional Workout 6:00-7:00 @ Limestone Park	11 Optional Workout 6:00-7:00 @ Limestone Park	12 Optional Workout 6:00-7:00 @ Limestone Park	13 No Workout Preview Night @LMS	14	15
16	17	18 1st Day of School NO PRACTICE	19 1st Official Practice 3:20-5:00 @ LMS	20 Practice 3:20-5:00	21 Practice 3:20-4:45	22 AWAY 9:00 Beecher Invite @ KCC
23	24 Practice 3:20-5:00	25 Practice 3:20-5:00	26 Recovery Day No Practice	27 Practice 3:20-5:00	28 Practice 3:20-4:45	29
30	TIGERS X-C					