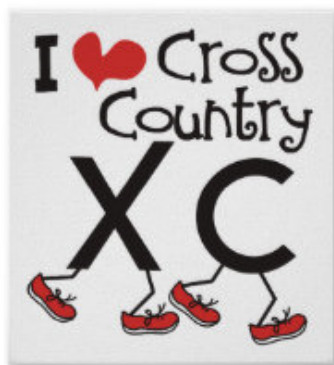


Middleberg 5th - 8th Grade X-Cross Country Camp July 30-Aug 2, 2018



Time: 8:00-10:00 a.m.

Where: Middleberg Gym

Cost: \$45

(only \$40 if you are also doing the XC Camp)

Make Checks out to Middleberg Public Schools

Come ready to work-out!

Shorts, t-shirt, running shoes (No spikes for camp)

We will be running and drilling. Mainly acclimating to the heat and building endurance and stamina!

If you have any questions call Coach Bacon (580) 775-7973 or email bbacon@middleberg.k12.ok.us

Name: _____ Gender: _____ Age: _____

Phone: _____ Grade for 2018-2019: _____

T-Shirt Size: (Circle Size) Adult S M L XL 2X Youth M L

ANY MEDICAL PROBLEMS MUST be made known to the camp staff at registration.

WAIVER: I hereby authorize the directors of the Middleberg Sports Camp to act for me according to their best judgment in any emergency requiring medical attention, and I waive and release the camp from any liability for any injuries sustained while at camp. I also certify that my child is medically fit to participate in this camp.

Parent/ Guardian Signature: _____ Date: _____

**The work begins in the off-season.
If we wait until the season starts it is too late.**