



# NMS Cross Country Summer Running Camp



**Who:** Incoming 6th-8th grade

**Questions:** email: [kristene.dombroski@nordoniaschools.org](mailto:kristene.dombroski@nordoniaschools.org)

**What:** A 3 day introduction and kick-off to our 2019 Middle School Cross Country Season!

- Meet coaches and teammates.
- Learn the basics of Cross Country
- Review the framework of an excellent training program (stretches, conditioning, pacing, etc.)
- Get information on the Summer Running Program, occurring weekday mornings in the summer

**When:** 7:45-9:45 am on June 5th, 6th, and 7th: Oak Grove Picnic Area in Brecksville Reservation (entrance on Valley Parkway between Meadows Dr. and Chippewa Creek Dr.)

**How:**

- Return signed permission form (and optional payment for T-shirt) to Nordonia Middle School office by May 17th.
- Arrive at Oak Grove Pavilion at 7:45 with:
  - EMA Form is attached.
  - Running shoes and clothing conducive for running (No Denim)
  - Water bottle

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This form indicates that my child has permission to attend the Nordonia Middle School Cross Country Running Camp. Transportation to and from the camp is the responsibility of the parent/ guardian. Please ensure a timely pick-up/ drop-off, as we plan on running the trails during camp and will not always be at the drop off point. We leave to go run shortly after 7:45 a.m.

Student Name: \_\_\_\_\_

Incoming Grade (2019-2020 School Year): \_\_\_\_\_

Parent/ Guardian Phone Number: \_\_\_\_\_

Parent/ Guardian Signature: \_\_\_\_\_

**\*\*OPTIONAL:**

Include a payment of \$15.00 to purchase an official NMS Running Camp T-shirt! Indicate your payment and size below:

\_\_\_\_\_ \$15.00 Cash

\_\_\_\_\_ \$15.00 Check ( payable to **GINA PICOULT**)

Indicate: Mens/Boys Cut \_\_\_\_\_ Or Ladies Fitted Cut \_\_\_\_\_

size: (Adult) \_\_\_\_\_S \_\_\_\_\_M \_\_\_\_\_L \_\_\_\_\_XL

Size (Youth) \_\_\_\_\_M \_\_\_\_\_L \_\_\_\_\_XL

