



ZION LUTHERAN SCHOOL



CROSS COUNTRY CAMP

Only \$25!

August 9th - 13th

4:00pm - 5:30pm

Camp T-Shirt!

**Location: Zion School XC Course
For 4th Grade – 8th Grade Boys & Girls!**

The ZLS Youth Cross Country Camp is open to any boy or girl that enjoys running and is entering 4th through 8th grades. The runs and workouts will be tailored to each individual whether experienced or inexperienced.

The ZLS coaching staff and former team members will provide instruction.

The camp features:

- Running form techniques
- Distance runs, speed workouts, and cross training
- Strategies for racing and training
- Guest speakers
- A time trial at the end of the week

The cost of the camp includes instruction, insurance, and a camp T-shirt.



Mail application and money to: (Make checks payable to **ZLS**)

Mark Goerger - ZLS Youth Cross Country Camp
1810 McClintock
Belleville, IL 62221

(cut here and return)

Name _____ Age _____ Grade (entering) _____ M/F _____

Address _____ Phone _____

School _____ Best Times: 1 mile _____ 2 mile _____

Current Weekly Mileage _____ T-shirt size (adult or youth) _____

I hereby grant permission for my son/daughter to participate in the camp and acknowledge that he/she is physically able to participate in all camp activities, and I waive and release the school and all camp personnel from any and all liability for any injuries or illness incurred while at camp. Zion Lutheran School Cross Country Camp will not be held responsible for medical fees over and above those covered by our camp insurance policy.

Parent's/Guardian's signature

Camper's signature