

G L E N P O O L

XC CAMP

June 1st - July 13th

6:00 PM - 8:00 PM

Warrior Athletic Complex

Tuesdays & Thursdays

All Students Grades 4th - 12th

\$50.00

Athletes will be introduced to developmentally appropriate endurance training while enhancing cardiovascular fitness, muscular strength, and proper running form and mechanics.

The cost is \$50 per camper (includes a camp t-shirt and complimentary entry into the Black Gold Days 5k on June 17, 2017) and \$35 for additional siblings. Please make checks payable to Glenpool Public Schools and turn in form and payment to the administration building before May 31st . Please complete a form for each camper.

For more information contact Coach Urie at gwurie@glenpoolps.org.

Name _____ Grade (17-18 school year) 4 5 6 7 8 9 10 11 12

T-Shirt Youth Sizes: S M L XL Adult Sizes: S M L XL XXL

Home Phone _____ Cell Phone _____

Parent(s) _____

Emergency Contact _____ Number _____

I give my permission for _____ to participate the Glenpool XC Camp.

signed _____