

G L E N P O O L

# XC CAMP

June 12th - July 26th

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 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](mailto:gwurie@glenpoolps.org).

Name \_\_\_\_\_ Grade (18-19 school year) 4 5 6 7 8 9 10 11 12

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

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Parent(s) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Number \_\_\_\_\_

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

signed \_\_\_\_\_