2022
Quaker Valley Cross Country
Summer Camp

WHAT: Cross Country camp run by QVHS varsity Head Coach, Ryan Kelly, members of QVHS staff and team

WHO: Boys and Girls entering grades 3-9 in Fall 2022

WHEN: Monday, June 27th - Thursday, June 30th from 8-11AM each day

WHERE: Quaker Valley Middle School Track; 618 Harbaugh Street Sewickley, PA, 15143

COST: $90 - checks made payable to: Ryan Kelly

FEATURES: T-shirt, simulated meets, running-based contests and games, detailed instruction with videos, teaching of fundamentals, guest speakers (Q.V. coaches and student athletes) and more!

BRING: Full water bottle, running shoes, activewear clothing (shorts and t-shirt) and your willingness to try new things!

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Quaker Valley Cross Country Summer Camp Application

Name: ____________________________________________________________
Address: ____________________________________________________________________________
Age in July 2022: __________ Grade in Fall of 2022: _______
School: ________________________________
Home phone number: _____________________ Cell phone number: ______________________________
Email: ________________________________

Interest in joining a school team? Yes _____ ‘No____

T-shirt size: Youth _____ Adult _____ S _____ M _____ L _____ XL _____

Will your child be a walker or be picked up after camp? (If not a “walker”, campers will need to be picked up in the rear parking lot of Quaker Valley Middle School)

We hereby give our consent and approval for the participation of the applicant in the program conducted by the Quaker Valley Cross Country Coaching Staff. We certify that he/she is physically fit to take part in all of the activities. Further, we do hereby waive, and release said organization, its staff officer, representatives, coach and employees from any or all claims for damages, injury, or loss of property during camp.

Parent’s Signature: __________________________
Date: __________________________

Please mail checks and applications to Ryan Kelly, Quaker Valley Middle School 618 Harbaugh Street Sewickley, PA 15143

Questions? Call (412) 749-5557 x5312 kellyr@qvsd.org