

# Pleasantdale Cross Country Camp 2019



Pleasantdale Cross Country Camp is a great way to improve your running skills over the summer and have some fun.

Participants will work on correct running form while also working on building endurance and speed. The camp will be run by Pleasantdale teachers.

**WHO:** Pleasantdale students entering 5<sup>th</sup>-8<sup>th</sup> grades.

**WHEN:** July 29, 31, Aug. 2, 5, 7, 9, 12, 14, AND 16.  
8:00 a.m. to 9:00 a.m. for incoming 5<sup>th</sup>-8<sup>th</sup> grade students.

**WHERE:** Pleasantdale Middle School

**COST:** \$65.00, includes camp t-shirt

All interested students should turn in their completed registration form and payment to their school office by May 31 to guarantee a camp shirt.

# 2019 Pleasantdale Cross Country Camp Registration Form

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

Grade next year:\_\_\_\_\_ Age:\_\_\_\_\_ DOB:\_\_\_\_\_

Address:\_\_\_\_\_

City:\_\_\_\_\_ Zip:\_\_\_\_\_

Parent Name(s):\_\_\_\_\_

Parent Email:\_\_\_\_\_

T-shirt Size: \_\_\_\_\_Youth S                      \_\_\_\_\_Youth M                      \_\_\_\_\_Youth L  
                             \_\_\_\_\_Adult S                      \_\_\_\_\_Adult M                      \_\_\_\_\_Adult L

Please provide 2 numbers to contact in case of an emergency:

1<sup>st</sup> call \_\_\_\_\_ 2<sup>nd</sup> call \_\_\_\_\_

Camp meets July 29, 31 Aug. 2, 5, 7, 9, 12, 14, and 16. We plan to group 5<sup>th</sup>-8<sup>th</sup> grade students together for an 8:00-9:00 a.m. Depending on the number of enrollees at each grade level, these times may be subject to change. You will get an email confirmation by the end of the school year to confirm the time of your child's session.

Payment of \$65.00, which includes a camp t-shirt, must be included with the registration form and is due to the school office by May 31.

Parent Signature \_\_\_\_\_