



# Hebron Cross Country and Track & Field Camp

**Cross Country: May 28<sup>th</sup>- 31st 8 – 11 am**

**OR**

**Track: Track: June 3<sup>rd</sup>- 6th 8 – 11 am**

**Hebron High School  
For students grades 1<sup>st</sup> - 9<sup>th</sup>**

The Hebron Cross Country and Track Camp is a camp for students of all abilities. The purpose of this camp is to teach the fundamentals of track and field and distance running. Track campers will get a chance to try all field events and running events such as the long jump and relays. Distance campers will also have classes on race strategy, technique, nutrition and how to balance school and sports. Campers will be placed into groups based on their abilities and training levels. Guest speakers will include Hebron alumni and current college runners. There will be an end-of-camp race for all groups. **Friday will be used as a make-up day in the event of inclement weather.**

- Campers will receive a camp T-shirt
- Awards and prizes will be given throughout the week.
- Secondary insurance will be provided.
- Cost of camp is \$75.00

## **Daily camp schedule:**

- 8:00 - 8:30 am warm up
- 8:30 - 9:30 am workout
- 9:30 - 9:45 am break
- 9:45 - 10:15 am class
- 10:15 - 11:00 am running game/core strength training

**If you have any questions please call Coach Chris Capeau at 469-644-1874**

# Run, Jump & Throw with the Hawks!

## Hebron Cross Country and Track & Field 2019 Camp Registration Form

Student's Name: \_\_\_\_\_ Age at camp date \_\_\_\_ Grade 2018-19 \_\_\_\_

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Parent's Name: \_\_\_\_\_ School: \_\_\_\_\_

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

Phone: Home ( \_\_\_\_ ) \_\_\_\_ - \_\_\_\_ Work ( \_\_\_\_ ) \_\_\_\_ - \_\_\_\_ Mobile ( \_\_\_\_ ) \_\_\_\_ - \_\_\_\_

Email \_\_\_\_\_

Yes, you can email me information about the Friday Night Hawk Invite, Hawk Relays, youth running camps and clubs, etc.

**Cross Country: May 28<sup>th</sup>- 31st**    **OR**    **Track: June 3<sup>rd</sup>- 6th**

**Liability Release: I release the Lewisville ISD and camp coaches from all responsibility in case of an accident.**

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

**T-Shirt size(s):** Please check the sizes you need (one t-shirt per camper)

Youth Sizes:    \_\_\_\_ Small    \_\_\_\_ Medium    \_\_\_\_ Large

Adult Sizes:    \_\_\_\_ Small    \_\_\_\_ Medium    \_\_\_\_ Large    \_\_\_\_ X Large

**Please send registration form and \$75.00 (per camper, per camp) to:**

**Chris Capeau  
4207 Plano Pkwy, Carrollton, TX 75010**