Hebron Cross Country and Track & Field Camp
June 6th – 9th = 8 – 11 am
June 13th – 16th = 8 – 11 am

Hebron High School
For students grades 3rd-12th

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.

- 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

Please note: In the rare event that inclement weather forces cancellation of one of the daily sessions, there will be no make-up days.

If you have any questions please call Coach Jason Grennier at 214-616-0237
Hebron Cross Country and Track & Field  
2016 Camp Registration Form

Student's Name: ___________________________ Age at camp date ____ Grade 2016 –17 ____

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Parent’s Name: __________________________________________________________________________

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.

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: _____ Medium _____ Large

Adult Sizes: _____ Small _____ Medium _____ Large _____ X Large

Please registration form and $75.00 per camper to:

Jason Grennier
5765 Bozeman Drive #2328
Plano, TX 75024