



2019 Kennedy Cougar Cross Country and Fitness Camp

What: Kennedy Cross Country and Fitness Camp.

Who: All Girls entering 7th – 12th grade in the fall of 2019 with an interest in running Cross Country.

When: June 12th – 14th; 8:00 am – 10:00 am

Where: South Entrance Kennedy High School

How much: \$20 camp fee to cover snacks, drinks and trainer fee. Make checks payable to Mark Jensen. I use this money to buy snacks for camp and to pay for a gift basket for the Kennedy Booster Club Golf Outing.

Why: To help you become a better, faster and smarter runner. Meet other athletes who will be your classmates and teammates.

Daily Schedule:

- Warm up and Stretch
- Technique training
- Training run
- Games
- Instructional Discussions
- Snacks

Camp Staff: Kennedy Women's Cross Country Staff, former Cougar Cross Country runners.

What to Bring: Running Shoes, Workout clothes, water bottle, sun screen, and \$20 camp fee.

Questions: Kennedywxc@gmail.com

This is a private camp not sponsored by the Cedar Rapids Community School District.

Return with \$20 Camp Fee on Wednesday June 12th.

Runner's Name _____

Address _____

City _____ **State** _____

Middle/High School _____

Age _____ **Grade** _____

Name of parent or guardian _____

Parent Cell phone _____

Parent email _____