



Littleton Lions Summer Running 2017

Summer is time for relaxing by the pool, hanging out with friends and family, doing your summer homework (yes, you have to!), and of course, running.

But, wait, isn't summer my time off?

Kind of. If you are running track or participating in another Spring sport, that's great! If not, that's okay too. Regardless of your fitness and ability, you will still need to establish a solid base of mileage in order to be ready for the start of the cross country season in August. That's why we encourage you to join us during our summer running program. These optional runs will begin June 5 and continue through the summer until regular practice starts August 14.

We will meet on Mondays at 7:30 a.m., Wednesdays at 3:30 p.m. and Fridays at 7:30 a.m. by the Athletic Entrance to the school. As the summer progresses, there will be some Fridays when we will meet at various trail locations around the school that will be announced at Monday's runs and via email. Whether you plan to come out for cross country, want to maintain fitness for another sport or just want to get out and try something different, we hope you will join us this summer for what is sure to be a good time!



What else can I do to prepare for the Fall?

This year, we are offering a four-day summer running camp July 18-22, 2017 at Snow Mountain Ranch in Fraser, Colo. This high-altitude running camp is open to all Littleton High School runners and those wanting to learn if distance running is right for them.

Our four-day program includes mountain runs, games, lectures and lots of team-building activities designed to help runners of all ages and abilities learn and grow. Topics covered will include nutrition and the specific needs of high school athletes, the role of stretching and strengthening muscles, injury prevention, competing at a high level and more.

\$200 per athlete covers all meals, training, lectures and a camp t-shirt. Reservations must be made with a non-refundable deposit of \$100 by Monday, June 19, 2017. Full payment is due by Tuesday July 18, 2017.



LITTLETON DISTANCE CAMP APPLICATION AND WAIVER

Athlete Name _____ Gender _____ Grade (Fall 2017) _____

Address _____

Home Phone _____ Email _____

Athlete Cell Number _____ Shirt Size S M L XL

Emergency Contact Name _____

Relationship _____

Phone _____

Make check payable to Littleton High School

Cost: \$200 – \$100 non-refundable deposit due with registration

Deadline: June 19, 2017 or until at capacity

The Littleton Lions Cross Country Camp includes, but is not limited to, the following activities: running, hiking, swimming, transportation by vehicle. It is understood there are inherent dangers in these activities that could result in injury. By signing below, the parent/guardian assumes all risks associated with participation. I hereby authorize the directors of the Littleton Lions Cross Country Camp to act for me according to their best judgment in any emergency requiring medical attention and hereby waive and release the camp, Littleton Public Schools, Littleton High School, and the instructors of all liability for any illnesses or injuries incurred by the above named participant while at or en route to the camp. My child has adequate insurance coverage through a family plan or policy.

Parent/Guardian Signature _____