



## ARAPAHOE CROSS COUNTRY - FUTURE WARRIORS SUMMER RUNNING CAMP for Middle School Runners (incoming grades 6-8)

AHS Co-Head Coaches: Jeff Krause and Anne Krause

Middle School Camp Organizer: Kate Dusto | [kdusto@lps.k12.co.us](mailto:kdusto@lps.k12.co.us)

AHS Assistant Coaches: Clelyn Chapin, Kate Dusto, Simon Escorcía, Erica Mabry, Haley Mitchell, Tristan Mitchell, and Tim Schermbeck

### WHAT IS RUNNING CAMP?

The Arapahoe XC program invites your middle school athlete to join us for a fun summer training program. This camp is open to runners of ALL fitness and experience levels. Whether your athlete is a seasoned pro or a total newbie, they'll be welcome with us! During this camp, runners will learn the basics about running and gain confidence in their abilities. We'll cover proper form and training techniques as well as the importance of warm-ups and cool-downs. Runners will set goals and track their progress throughout the summer and will be mentored by peer coaches from our high school team. At the end of the summer, they'll have the chance to test themselves at the Arapahoe 5K community race!

### WHEN & WHERE DOES IT MEET?

This year we are offering **two 4-week sessions**. Both will be held on Tuesdays & Thursdays from 8:30 am - 9:30 am. Meet at the AHS northwest parking lot by the track. We invite runners to join us for both sessions! Please note there is a week off in between session 1 and session 2.

**Session 1:** June 8 - July 1

**Session 2:** July 6 - July 29

### HOW MUCH DOES IT COST?

The cost of one session includes a **t-shirt** as well as one registration to the **Arapahoe 5K community race** (which includes a separate race t-shirt!) on August 14, 2021.

**One session only (either 1 or 2): \$130**

**Both sessions (1 and 2): \$230**

*Save \$30 on registering on session 2 if you join us for the whole summer!*

**Payment accepted through cash or check made out to AHS XC Booster Club.**

### HOW CAN I REGISTER?

Complete the online Running Club Athlete Information & Release Form: <https://forms.gle/k98x7Yi2Y15HtCxs8>.  
Registration deadline to guarantee a t-shirt is May 7, 2021. We will accept late registrations but cannot guarantee a t-shirt after that date. **Please contact Coach Kate Dusto with questions: [kdusto@lps.k12.co.us](mailto:kdusto@lps.k12.co.us).**

### OTHER

- Expect hot & sunny weather! Bring water, wear sunblock, & dress appropriately.
- Even if you will be vacationing and can't attend every day, you are still welcome to join the Summer Running Club. It will be a great way to stay in shape and have fun this summer.
- We will follow Littleton Public Schools' guidelines for social distancing and safety.

FUTURE WARRIORS SUMMER RUNNING CAMP ATHLETE INFORMATION & RELEASE FORM



Athlete Name: \_\_\_\_\_ Gender: M F Grade Fall 2021: 6 7 8

Shirt size: Mens (Youth S | Youth M | Youth L | Adult S | Adult M | Adult L)

Womens (Youth S | Youth M | Youth L | Adult XS | Adult S | Adult M | Adult L)

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

Parent/Guardian Names: \_\_\_\_\_

Parent/Guardian email : \_\_\_\_\_ Runner email: \_\_\_\_\_

Parent/Guardian cell phone number: \_\_\_\_\_ Runner cell phone number: \_\_\_\_\_

Emergency contact (sibling, neighbor, etc...) name & phone: \_\_\_\_\_

Allergies to Medication: \_\_\_\_\_

Required Medication (must be self-administered): \_\_\_\_\_

Additional Medical Concerns (asthma, heart murmurs, etc...) \_\_\_\_\_

**Medical Treatment Authorization**

I \_\_\_\_\_, do hereby appoint and authorize the Arapahoe Summer Running Club and its designated representative as my Attorney-in-Fact to obtain and consent to any and all medical/dental attention and hospital care and treatment, including major surgery, deemed necessary by an appropriate medical/dental provider selected by Attorney-in-Fact for the health and well-being of my son/daughter, \_\_\_\_\_ who is attending the Arapahoe Summer Running Club. I hereby release and exonerate and discharge the Arapahoe Summer Running Club, Arapahoe High School and its representatives from any or all actions or causes of actions, known and unknown, from any injuries incurred in the Club or on the way to or from the Club. This power shall terminate on Monday, August 9, 2021. PARTICIPATION IN ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG-TERM CATASTROPHIC TO EVEN DEATH. Although serious injuries are not common in supervised athletic programs, it is impossible to eliminate this risk. Participants can, and have the responsibility to help reduce the chance of injury. PARTICIPANTS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES AND INSPECT EQUIPMENT DAILY. The Arapahoe Summer Running Club does not screen applicants for illness, injury, allergies or other medical conditions which would prevent or limit the participation of the athlete. By signing this Permission Form, I acknowledge that I have read and understand the above warning. I acknowledge that I do not know of any medical condition which would prevent or limit the participation of this applicant in athletics. I, on my own behalf of this applicant, hereby release the Arapahoe Summer Running Club, Arapahoe High School and its representatives from any financial responsibilities or liability arising from injury to this applicant in connection with his or her participation in the summer camp, including injury resulting from negligence (of any kind) of its representatives of the Arapahoe Summer Running Club.

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 2021

Parent or Legal Guardian Signature \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_