



LIONS MIDDLE SCHOOL DISTANCE RUNNING CAMP
June 10-14, 2019 ☆ Littleton High School

Littleton High School, in conjunction with Right Start Race Management, is hosting a middle school distance running camp June 10-14, 2019.

The five-day camp will run from 8:00 a.m. to Noon at Littleton High School and feature runs, games, lectures and other fun activities designed to help runners of all ages and abilities learn and grow. Topics covered will include running at your best, nutrition and the young athlete, the role of stretching and strengthening muscles, injury prevention, competing at a high level and more. The camp is open to any runner entering 6th, 7th or 8th grade in the fall.

Each day will begin with announcements, warm-up and then a run. Afterward, we'll cool down, grab a snack and then settle in for an interactive presentation from one of our experts. We'll close the day with final thoughts and get home in time for lunch.

\$200 per athlete covers all training, lectures, food and a camp t-shirt. Reservations must be made with a non-refundable deposit of \$100 by Sat., May 25, 2019. Full payment is due by Mon., June 10, 2019. Contact Sydney Ayers, head coach, at sayers@lpsk12.co.us or 303-324-3880 with questions.

LIONS MIDDLE SCHOOL DISTANCE CAMP APPLICATION AND WAIVER

Athlete Name _____ Gender _____ Grade (Fall 2019) _____
 Address _____
 Home Phone _____ Email _____
 Athlete Cell Number _____ Shirt Size YL S M L
 Emergency Contact Name _____
 Relationship _____
 Phone _____

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

Deadline: Sat., May 25, 2019 or until at capacity

Mail a check payable to Right Start Race Management to 2560 Pierson Street, Lakewood, CO 80215 or

Log onto rightstarevents.com and look for the sign up page there.

The Lions Middle School Distance Camp includes, but is not limited to, the following activities: running, physical movement, stretching. 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 Lions Middle School Distance 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, Right Start Race Management, RSRM directors 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 _____