

2009 JAMESTOWN COLLEGE DISTANCE RUNNING CAMP

Dates:

Wednesday – July 29, Thursday – July 30, and Friday – July 31

Cost:

Resident Campers: **\$135 + \$25 key deposit (will be returned)** – includes a suite style room (4 campers per 2-bedroom suite), all meals Wednesday evening through Friday lunch, and a camp T-Shirt. You can make checks payable to **JC Track Club**.

What Campers Should Bring:

Pillow, bedding for single/twin bed or sleeping bag, Running apparel, towels, swimsuit, fan, insect repellent, at least 2 pairs of running shoes, casual clothes, cell phone or calling card, spending money, sweat clothes, personal toiletries (soap, shampoo). Bring a bike if you can. Not required.

Camp Facilities:

All resident campers will stay in college suite-style dorm rooms. Meals will be all-you-can eat and served cafeteria style in the college dining hall. The Wednesday evening meal will be pizza or pasta in the dorm kitchen. 3 meals on Thursday and 2 meals on Friday will be served in the Jamestown College Dining Center.

Note to Parents: Phones

Due to the busy schedule and limited phones in the dorms, it will be easiest to reach your camper by cell phone. Please ask your camper to contact you when necessary. We will ask them to use cell phones only during free time. Please do not call after the scheduled lights out time. Emergency calls can be made to the cell phone of Coach Clark after hours.

When and Where to Report:

Registration will be from 2:00 to 3:00 pm on Wednesday, July 29 in the Prentice Hall Lounge on the Jamestown College campus.

Check Out:

2:00 pm - Friday, July 31 after final session. Dorm rooms must be picked up before your key deposit can be returned. Make sure you collect your \$25 key deposit before you leave for home.

Who to Contact:

Jim Clark

Women's Cross Country and Track & Field Coach

Jamestown College

Phone: 701-252-3467 ext 2506

Cell Phone: 701-320-8036

Email: clark@jc.edu

Coaches:

Jim Clark – Women's Cross Country and Track & Field Coach – Jamestown College

Ed Crawford – Men's Cross Country and Track & Field Coach – Jamestown College

Kathryn Lemm – Assistant Track & Field Coach – Jamestown College

Lisa (Nayes) Holding Eagle – Assistant Track & Field and Cross Country Coach – Dickinson High School

Members of the Jamestown College mens and women's cross country/track & field teams.

2009 Jamestown College Cross Country Camp Application

Send to:

Jim Clark – Jamestown College Cross Country Coach
6081 College Lane
Jamestown, ND 58405

All information on this form must be completed and signed by Parent/Guardian and returned to Jamestown College Cross Country Camp. Send this form with a \$50 NON-REFUNDABLE Deposit by July 15 , 2009 to reserve your space. Final payment may be made when you arrive at camp. Make Checks payable to **Jamestown College Track Club**. (Please print legibly using ink)

Last Name _____ First Name _____

Age _____ Sex _____ Date of Birth (M/D/Y) _____

Mailing Address _____ City _____

State _____ Zip _____ Phone (____) _____

E-mail Address _____ Cell Phone Number _____

Grade (Fall '2009) _____ School _____

Coach _____

PARENTAL CONSENT

Parent/Guardian Name _____ Relationship _____

Phone (____) _____

List any allergies** and/or chronic medical conditions _____

In Case of Emergency:

Emergency Contact _____

Work Phone (____) _____ Home Phone (____) _____

Cell Phone (____) _____ Relationship _____

PARENT/GUARDIAN AUTHORIZATION

I understand that campers may not participate in camp activities without parental authorization signature and proof of medical insurance. I hereby give permission to the physician, nurse or trainer selected by the Jamestown College Cross Country Camp staff to order x-rays, routine tests and treatment for the health and safety of my child regardless of their insurance status. In the event I cannot be reached in an emergency, I hereby give permission to the attending physician to hospitalize, secure proper treatment for, and to order injections and/or anesthesia and/or surgery for my child. I will be responsible for any and all costs of medical attention and treatment. I waive, release and forever discharge Jamestown College Cross Country Camp, its staff, directors, employees and the host college from all rights and claims for damages, injury or loss to person or property which may be sustained or occur during participation in Camp activities.

Parent/Guardian Signature _____ Date _____

*Questions: Please call Jim Clark's office (701-252-3467, ext. 2506), or his cell (701-320-8036).