

Parental Consent/ Statement of Disclaimer

I, the undersigned, hereby certify that I am the parent or legal guardian of the camper. I grant permission for my son/daughter to attend the Colerain High School Cross Country Camp. I verify that my son/daughter has had a physical exam in the past year and is capable to participate in the activities related to the camp. I agree to indemnify, hold harmless, and forever discharge The Colerain High School Cross Country Camp, its staff or agents for any and all liabilities, claims, and causes of action from injury, loss, or property damage caused to my son/daughter while at camp. I hereby authorize any physician or trainer selected by camp personnel to order and conduct any medical treatment deemed necessary. I will be responsible for any and all costs of medical attention and treatment.

Signature of (Parent or Guardian)

Date: _____

What to bring:

Shower Supplies
Swimsuit/Towel
Running clothes/shoes (4 runs)
Non-running clothes/shoes
Healthy snacks/Gatorade/Waterbottles
Sunscreen/Bug Spray
Equipment for disc golf, tennis, volleyball, whiffle ball, basketball...

What the room has:

Air conditioning, Refrigerator, Coffee Maker, TV

Paperwork check list:

Camp Payment
Signed Registration/Disclaimer
Emergency Medical Form (must be with coach)

Emergency Contact: Coach Bierkan

(513) 260-5522 mbierkan@nwlsd.org

Hueston Woods Lodge: (513) 664-3500



July 28—30

2014 Cardinal Distance Camp



“A race is a **work of art that people can look at and be affected in as many ways they’re capable of understanding”**

~Steve Prefontaine

Start Time:

July 28th: check in is at 3pm at Hueston Woods. It might be a good idea to have a group meet at your high school and carpool to the camp.

Pick up Time:

July 30th: check out is 10:30— 11am at Hueston Woods. Your rooms will be checked out by a counselor before you leave with your ride.

Accommodations:

Hueston Woods Lodge (513) 664-3500
5201 Lodge Rd.
College Corner, Oh. 45003

Directions from Colerain High School:

Start out going North on Cheviot Rd. toward Poole Rd. Turn right onto Poole Rd. Turn LEFT onto COLERAIN AVE/US -27/OH-126. Continue to follow US-27 N. Turn LEFT onto MILLVILLE OXFORD RD/US-27. Continue to follow US-27. Turn LEFT onto E HIGH ST/US-27/OH-73. Turn RIGHT onto N MAIN ST/OH-732. Continue to follow OH-732. Turn LEFT onto MAIN LOOP RD KEEP RIGHT at the fork to continue on MAIN LOOP RD Turn LEFT. Turn LEFT onto LODGE RD. 5201 LODGE RD is on the RIGHT.



Camp Directors and Coaches:

Camp Directors:

Director: Mark Bierkan

Assistant Directors: Mychal Feuchter, Sarah Chisom, Craig White

Counselors: All head and assistant coaches that come to camp with their team.

All other counselors will be:

*Past graduates of any school who have continued their running careers into college.

*College graduates that have competed at the collegiate level.

*Anyone else introduced at the 1st meeting (at camp)

**All counselors are volunteering their time and should be respected at all times.

All forms are due by: July 2nd 2014 (Wed.)

Activities:

Swimming pool (indoor/outdoor), basketball, corn hole, Disc Golf, Tennis, Shuffle Board, ping pong, and pool tables.

There will be an itinerary that contains the times of all runs and all mandatory team meetings and guest speakers.

Special events: team unity activity, goal setting, Shoe specialist, Nutrition/physiology of running, special guest, Yoga instruction, and a **Relay Run**

If you have any questions please see your head coach and if they can not answer the question please feel free to e-mail me at

mbierkan@nwlsd.org

***PAYMENT DUE BY: Wednesday, July 2nd**

Full Name

Street Address

City State Zip Code

Home Phone Number

Parent Name, Cell Phone Number

Parent Email Address

Age and Grade

T-shirt size S M L XL

Cost \$165.00 including all lodging, 5 meals, activities, and t-shirt.

Please make check payable to: Colerain Cross Country

**Please sign other side, and all necessary forms must be turned in or camper can not participate. See check list.