

**Cross Country Camp Grades 5-12**

Our summer camp is scheduled for the week of July 26-30 from 8:00-10:00 AM at the Intermediate Pavilion (Times and locations may change due to heat). The cost of the camp is \$30 which includes a T-shirt.

All students in grades 7-12 that are participating in a sport next school year must have an updated physical and MSHSAA packet on file before participating. Unless your primary Doctor does not approve, physicals are now good for 2 years.

The first day of practice for the High School only is scheduled for August 9th from 8:00-10:00 AM at the Intermediate Pavilion. Junior High runners will start on August 16th. Everyone needs to have a physical turned in along with tryout packets by that date or YOU cannot practice. There will be NO EXCEPTIONS to this rule.

**MSHSAA Packet**/Physical forms need to be completed and on file with HHS Athletic Office

Check Infinite Campus or Contact Gayle Huck at the HS if unsure about physicals/packets

[huck\\_gayle@hsdr3.org](mailto:huck_gayle@hsdr3.org)

Make all checks payable to Hillsboro High School Cross-Country. Please fill out the sheet below regarding Cross Country Summer Camp and turn it back in to the Intermediate School or you can mail it in to:

Attn: Coach Gordon  
Hillsboro Intermediate  
10478 Highway 21  
Hillsboro, MO 63050

Remember, Champions are made on your own during the summer, not once we start practice. Get out there and put some mileage in every day!

Sincerely,

Coach Gordon  
gordon\_thomas@hsdr3.org

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I \_\_\_\_\_, give permission for my child \_\_\_\_\_, to participate in the Hillsboro Cross Country Camp. I also attest that my child has health insurance and is covered in case of any injury that may occur while participating at camp.

Grade \_\_\_\_\_ T-Shirt size (Youth and Adult Sizes) \_\_\_\_\_  
Emergency Contact; NAME: \_\_\_\_\_ PHONE#: \_\_\_\_\_