

CENTEX XC CAMP

Conclude your summer of cross country training with an exciting, challenging and informative CC Camp. Join together with area cross country athletes who are dedicated and motivated to be their best this season. Join us for an outstanding week of training.

Date and Time: Monday-Thursday July 19th-22nd 8:00 a.m. – 12:00 noon

Day 1 check-in will open at 7:30 a.m. Please have all paperwork completed when you arrive if you are registering on the first day of camp.

All campers will receive:

- Camp T-shirt, Water bottle, Training log.
- Lectures on training, injury prevention
- Information on proper nutrition, safety
- Race techniques and strategies.
- Goal setting for the season.
- Leadership tips and techniques.

This camp is for incoming 7th - 12th graders who are preparing for the 2021 cross country season. Workouts will be 2-8 miles depending on your mileage over the summer. Check in will be at 7:30 a.m. on Monday July 19th at McGregor High School. Each day we will meet and check-in at the McGregor High School commons/cafeteria. Workouts will be conducted at McGregor High School and Elementary School campuses and around the town of McGregor's running trails. Water and Gatorade and some snacks will be provided. You will need to provide a post workout snack.

Needed Forms:

- Accident waiver and release of liability form
- Medical information and release form

Cost of camp:

- Early registration \$60 (now – July 10th)
- Late registration \$70 (after July 10th until the first day of camp)
- Team registration. Get 5 or more runners from your school to send in registration and receive a \$5 per person discount (\$55 per person before July 10th). Team registration can be a mix of boy and girls runners.

***All registrations must include all forms and payment. If you do not have both forms you will not workout but you may attend the lectures. Make checks payable to McGregor ISD.

Email your scanned forms to: jtaylor@mcgregor-isd.org (if this is completed by July 10th you can pay the early fee on the first day)_ Mail registrations to: McGregor High School c/o Jason Taylor, 903 Bluebonnet Parkway, McGregor TX 76657

Coaches Jason Buie of Crawford HS Cross Country and Jason Taylor of McGregor HS Cross Country will be the camp trainers for CenTex Camps.

Medical information and release

Minor or Adult participant (circle one)

Information will only be used in case of emergency.

Name: _____

Address: _____

Date of Birth: _____

Health/accident insurance carrier: _____

Policy Number: _____ Group Number: _____

Personal Physician: _____ phone number: _____

Parent, legal Guardian or other person who has legal authority to authorize medical treatment to participant in case of emergency. Please contact

Name _____

Address _____

Home number: _____ Work Number: _____ Cell Number _____

List any chronic or acute medical problems(continue on back if needed) _____

List any allergies to food, pollen or medicine: _____

List any medications that the athlete is taking: _____

Are immunizations current: Y or N

I or my child plan to attend the Centex CC Camp. I fully realize that injury or illness could result from or during my or my child's participation in this camp. In case of accident or illness, I give my permission to receive medical treatment as deemed appropriate. I will assure responsibility for any medical bills.

Adult participant or legal guardian's signature

Camp participants name (print) _____

Please print 2nd emergency contact name: _____ number _____

Accident Waiver and Release of Liability Form

I hereby assume all of the risks of participating in this Centex Cross country Camp (hereafter "camp"), including by way of example and not limitation, any risk that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned or maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this camp. I acknowledge that this Accident Waiver and Release Form will be used by the organizers of this camp in which I may participate and that it will govern my actions and responsibilities at said camp.

In consideration of my application and permitting me to participate in this camp, I hereby take action for myself, my executors, administrators, heirs, next of kin successors and assigns as follows:

- A. I waive, release and discharge from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this camp. The following entities or persons: Jason Buie, Jason Taylor and all coaches and volunteers and McGregor ISD.
- B. I indemnify, hold harmless, and promise not to sue the entities or person mentioned in the paragraph from any and all liabilities or claims made as a result of participation in this camp, whether caused by negligence or otherwise.

I acknowledge that this camp may carry with it the potential for death, serious injury, and personal loss. The risks may include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches and lack of hydration.

I consent and agree that Centex Cross Country Camp and/or their coaches, agents, representatives or volunteers may take photographs or digital recording of me as a participant during this event and to use these in any and all media for training or promotional purposes. I further consent that my identity may be revealed therein or by description text or commentary. I waive any rights, claims, or interest and I understand that there will be no financial or other remuneration.

The accident waiver, release of liability and image release shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT ON MY OWN FREE WILL.

_____ Print
participant's name and age _____ participant's signature _____ date _____

Parent/guardian waiver for minors (under 18 years old)

As the parent/guardian I offer my consent for _____(athlete) to participate in this camp and agree to all waivers and consents listed above. I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT ON MY OWN FREE WILL.

_____ Print
parent/guardian name _____ parent/guardian signature _____ date _____