

# LIMESTONE

## Cross Country

### MIDDLE SCHOOL

## TRAINING CAMP #2

**THE NEXT TRAINING CAMP STARTS**  
**MONDAY, JULY 11 AT 8AM**  
**IF YOU PLAN ON GOING OUT FOR CROSS COUNTRY,**  
**PLEASE COME TO THIS CAMP!**

**WHO:** For all 5th - 8th graders interested in joining the cross country team entering into the 2022/2023 school year attending: Monroe, Norwood, Oak Grove, Limestone Walters, Bartonville, Hollis and Pleasant Valley (NEW THIS YEAR!).

**WHAT:** An **INTENSE** Cross Country Training Camp for anyone interested in joining the team. If you did not attend the first training camp but still plan on going out for cross country, please come to this camp.

**WHEN:** **Monday, July 11 - Thursday, July 28, 7am - 8am (Monday-Thursday)**  
*(rain or shine, but no lightning)*

*\*\* I do realize that some of you might have summer vacations planned during these times. I just ask that the athletes attend the camps as much as possible and that they run on their own if they cannot attend.*

**WHERE:** Limestone High School (drop off & pickup in the back of the teachers lot)

**WHY:** To get physically & mentally prepared for the upcoming cross country season

**WHO WILL TRAIN US:**

Coach Missy Walker, Limestone Walters Middle School Cross Country Co-op Coach  
(309) 253-9282  
missywalker1974@gmail.com

**WHAT DO I NEED:** Good running shoes, water, a ready to work attitude, and a **CURRENT SCHOOL PHYSICAL IS REQUIRED!** See next page for mandatory participation waiver. **Only fill out the waiver if you are new to this camp.**

**\*\*ADDED BONUS:** I would like for all cross country team members to participate in Detweiller at Dark on Friday, July 29 at 7pm. Anyone is welcome to register, but it is NOT required for anybody not joining the cross country team! See page 3 for more information. Please feel free to contact me if you have any questions.

### **\*\*REGULAR SEASON PRACTICE INFO\*\***

REGULAR SEASON PRACTICES WILL START ON MONDAY, AUGUST 1 FROM 3:45 - 5:00, MONDAY - THURSDAY and will remain on these days and times once school starts. Practice times may vary later in the season, to help accommodate girls basketball participants.

Parents, if you haven't, please download **TeamReach**. This is the app that I will use for **ALL** communication. The link to join is LWXC22. Other than practice, this is my **only** form of communication and I use this app to communicate about practices, meets, meetings, etc.

**PARENT MEETING WILL BE WEDNESDAY, AUGUST 3RD AT 5:00PM AT ALPHA PARK.**

## CROSS COUNTRY TRAINING CAMP WAIVER 2022

*Must be completed and given to Coach Walker before participating.*

Student athlete name: \_\_\_\_\_

School student attends: \_\_\_\_\_

Name & number to call for emergency: \_\_\_\_\_

Please initial and sign at the places indicated:

\_\_\_ My child has a CURRENT physical AT THEIR CURRENT SCHOOL.

\_\_\_ In my opinion, my child is physically fit enough to participate at the camp.

\_\_\_ I will have my child on time to all practices.

\_\_\_ I will ensure that my child is eating properly and getting enough nutrients in order to participate.

\_\_\_ I will ensure that my child is drinking PLENTY of water (eliminate soda if possible).

\_\_\_ I understand that my child will be using crosswalks in order to go to Alpha Park. I will ensure that my child understands and knows how to cross a street properly.

## WAVIER OF LIABILITY

*Must be signed by both participants and a parent or legal guardian*

I know that participating in this running/exercise camp and all related activities are potentially hazardous activities. I agree not to participate unless I am medically able and properly trained. I agree to abide by any decision of the coach relative to my ability to safely take part. I am voluntarily assuming all risks associated with participating in this camp including, but not limited to, falls, contact with other participants, spectators or others, the effects of weather, including heat, cold and/or humidity, traffic and other conditions that could be encountered, all risks being known and appreciated by me. Having read this Waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive, release, and hold harmless the organizers, volunteers, and schools for all claims or liabilities of any kind arising out of my participation in the SUMMER FITNESS AND RUNNING CAMP even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

I release the coach, volunteers, and parents of any liability for my son/daughter as a passenger in a private passenger vehicle for any injury or loss which may occur in transit to and from any practices.

**BY SUBMITTING AND SIGNING THIS APPLICATION I AGREE TO THE ABOVE WAVIER OF LIABILITY.**

STUDENT: \_\_\_\_\_

PARENT OR LEGAL GUARDIAN: \_\_\_\_\_

DATE: \_\_\_\_\_

# DETWEILLER AT DARK!

**FRIDAY, JULY 29, 2022 @ 7PM**

**Detweiller Park - Peoria, IL**

## REGISTER EARLY TO SAVE \$\$\$

### Registration costs:

Thru May 31	June 1 - 30	July 1 - 15	July 16 - 28	July 29
<b>\$30</b>	<b>\$35</b>	<b>\$40</b>	<b>\$45</b>	<b>\$50</b>

\*Use code DADXC22 for \$5 off! This applies to Jr. High and High School events only.

\*Shirts are not guaranteed if you register after July 26th.

## PACKET PICKUP:

**Thursday, July 28th @ RC Outfitters**

11:00am - 6:00pm

**Race Day @ Detweiller Park**

3:00pm - 9:00pm

Participants will receive an official Detweiller at Dark shirt, custom race bib, and virtual packet

## RACE DAY:

### KIDS' FUN RUN:

starts at 6:30 pm - This is for all the little ones. Approximately 800 meters.

### OPEN RACE - 3.0 MILES

starts at 7:00 pm - This is for all collegiate and post-collegiate athletes and weekend warriors! (NO CO-ED TEAMS)

### JR. HIGH (UP TO AGE 14) - 2.1 MILES

Girls - 8:00 pm | Boys - 8:30 pm

### HIGH SCHOOL (AGES 13-19) - 3.0 MILES

Girls - 9:15 pm | Boys - 10:00 pm

## AWARDS:

Top 25 Awards for each race. No awards for the Kids' Run.