J-HAWK RUNNING CAMP

Come join us to learn the aspects of running!

When: June 25th-27th 5:00-6:00 pm

Location: Morgan Creek Park, 7212 E Ave NW, Cedar Rapids, IA

Cost: $30 (Includes a T-shirt)

Age: Boys and Girls going into 2nd-8th grade in the fall.

Instructors: Jefferson's Cross Country Coaches, Jefferson Athletes, and Special guests.

Race: On Thursday June 15th, we will have a race for the runners to show what they have learned. After the race, the campers will be able to enjoy ice cream. The race will start at 6:00pm. Friday June 15th will finish before 7pm.

What to Bring: Good running shoes, workout clothes, water bottle, and sunscreen. Older athletes may bring spikes if they have them.

Runners will learn a variety of tools to use while running. The camp will focus on form, drills, strength, and recovery. They will have fun as well as become a stronger runner which will benefit every sport they are involved in! We will meet each day by the new playground by the new entrance off of E Avenue. Any questions contact Sarah Hilby at shilby@crschools.us

---

Registration: Send payment to: Jefferson High School
attn: Sarah Hilby
1243 20th Street SW
Cedar Rapids, IA 52404

Make Checks payable to: Jefferson High School Cross Country

For guaranteed shirt size, registration is DUE Friday, May31st . YOU MAY REGISTER UP TO JUNE 14TH.

NAME: _____ GRADE: _____ SCHOOL ATTENDING:_____ T-SHIRT SIZE: S M L XL

LEGAL GUARDIAN NAME: _____ CONTACT NUMBER: _____
EMAIL: _____

Waiver please sign below:

I understand that personal medical insurance coverage for this camp is the obligation of each participant. I hereby authorize the instructors and coaches of the Jefferson Running Camp to act accordingly to their best judgment and provide medical attention to my son/daughter or ward in the event of minor injury or illness. I hereby release Jefferson High School and the volunteers of the Jefferson's Running Camp from all claims resulting from injuries which may be sustained by my son/daughter or ward while attending the camp.

Signature & Date_____