



2022 Cross Country Camp

For GIRLS & BOYS entering grades 7-12

This camp will serve as the official kick-off to summer cross country training. Runners will receive a comprehensive summer training plan that will prepare and equip them for a successful fall season. Along with running workouts, campers will be taught a variety of auxiliary drills and routines that will help eliminate injuries and build overall strength and mobility. Special emphasis will be given to bodily maintenance and injury prevention through the demonstration and teaching of self myofascial release.

Campers will receive a SFC XC gear bag, t-shirt, water bottle, resistance bands and their own myofascial release ball.

Details: 7:30 – 9:00 am

June 13 - Pasley Park (2521 Southeastern Ave.)

June 14 - TutHill Park (lower parking lot)

June 15 - OutDoor Campus (4500 S. Oxbow Ave.)

Cost: \$60 (checks payable to SFC XC)

Contact: Luke VanderLeest
lvanderleest@siouxfallschristian.org

Participant's Name _____ Age _____ Grade in 2022-23 _____

Adult T-shirt size – *Circle one:* XS S M L XL

Registration Deadline: May 19

Activity Participation Agreement

Participant Information *(To be completed by participant or authorized guardian)*

Name of participant: _____

Name of parents/guardians: _____

Address: _____ phone: _____

Name of emergency contact: _____

Emergency phone (Day): _____ Emergency phone (evening): _____

List allergies or medical conditions: _____

Is sponsor (SFC) authorized to approve medical treatment? YES NO

Is participant covered by personal/family medical insurance? YES NO

If YES, name of insurer: _____

Policy or group number: _____

Participation Agreement

I acknowledge that participation in the activity described above involves risk to the Participant (and to Participant's parents or guardians, if Participant is a minor), and may result in various types of injury including, but not limited to, the following: sickness, exposure to infectious/communicable disease, bodily injury, death, emotional injury, personal injury, property damage and financial damage.

In consideration for the opportunity to participate in the activity described above (the "Activity"), the Participant (or parent/guardian if Participant is a minor) acknowledges and accepts the risks of injury associated with participation in and transportation to and from the Activity. The Participant (or parent/guardian) accepts personal financial responsibility for any injury or other loss sustained during the Activity or during transportation to and from the activity, as well as for any medical treatment rendered to the Participant that is authorized by the Sponsor or its agents, employees, volunteers, or any other representatives (collectively referred to hereinafter as the "Activity Sponsor").

Further, the Participant (or parent/guardian) releases and promises to indemnify, defend, and hold harmless the Activity Sponsor for any injury arising directly or indirectly out of the described Activity or transportation to and from the Activity, whether such injury arises out of the negligence of the Activity Sponsor, the Participant, or otherwise.

If a dispute over this agreement or any claim for damages arises, the Participant (or parent/guardian) agrees to resolve the matter through a mutually acceptable alternative dispute resolution process. If the Participant (or parent/guardian) and the Activity Sponsor cannot agree upon such a process, the dispute will be submitted to a three-member arbitration panel for resolution pursuant to the rules of the American Arbitration Association.

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

(Participant and/or ALL parent/guardians if participant is a minor)