

CAMP DATES:

Individual/Team Camps

Session I: June 22nd-June 25th

**5:30pm- 8pm for campers entering 8th-12th
Grade in September '10.**

Session II; July 26th-July 29th

**5:30pm-8pm for campers entering 8th-12th
Grade**

CAMP SITE: Marymount University
Arlington, VA

COACHING STAFF:

Area high school coaches, college runners, and college coaches dedicated to teaching the fundamentals of Cross Country in a fun environment.

COST: \$150 for each session per runner.

Includes camp shirt, camp water bottle, and an evaluation by the coaches

Team Costs: \$135 per runner for any team with more than 7 runners signed up. Please send in all team camp applications together—**each camper must have their own application.**

DAILY SCHEDULE (Session I or II):

Always meet in the Lee Center. Each day will include a “Special of the day” teaching skill (nutrition, biomechanics, goal setting, etc), teaching stations, and/or races.

CAMP DIRECTOR: Josh Merck, Head Coach, Marymount University Men’s and Women’s Cross Country Team – Over 10 years coaching experience with High School, College and Professional Runners.

Payment in full is required two weeks prior to the start of the session in which the camper is enrolled.

At that time, full payment is non-refundable. There is a \$25 fee for any changes in sessions.

Confirmation of camp application will be mailed out within two weeks of receipt of the application.

Please complete the application in full, including the grade level and the 5k time of the camper. You must sign the release form on the back of this application. Thank you.

FOR FURTHER INFORMATION CALL or
EMAIL JOSH MERCK:

Phone
(703) 284-1518

Email
josh.merck@marymount.edu

MARYMOUNT UNIVERSITY
2010 CROSS COUNTRY CAMP APPLICATION

Name: _____
Age: _____ Height: _____
Address: _____

City: _____ St: _____ Zip: _____
Home Phone: _____
Work Phone: _____
Emergency Phone: _____
School/Team: _____
Grade September '10: _____
5K Time: _____

T-shirt Size: YS YM YL S M L XL

Session 1 Session 2

Enclosed is a check for \$75 as a **non-refundable** deposit fee for the Marymount Cross Country Camp. I understand the balance of \$75 is due two weeks prior to the first day of camp.

Enclosed is a check for \$150 for the **Marymount Cross Country Camp, \$75 of this amount is non-refundable. Should the camper cancel from her enrolled session after the date for payment in full of that session, there will be no refund.**

Please make checks payable to
MARYMOUNT UNIVERSITY
and return application(s) to:

Josh Merck
Marymount University Athletic Department
2807 North Glebe Road
Arlington, VA 22207

PLEASE SIGN THE BACK

**2010 MARYMOUNT UNIVERSITY
CROSS COUNTRY CAMP**

PLEASE READ AND SIGN: I give my child permission to participate in the program indicated on this form. I understand that there may be inherent risks in any activity, and that the advice of a medical doctor should be obtained prior to my child's participation in the program. I hereby waive and release Marymount University, the Marymount University Cross Country Camp, its director and staff from and against all claims for illness or injury directly resulting from my child's participation.

I have read and understood that the deposit of \$75 is non-refundable at all times. Full payment of \$150 is due two weeks prior to the start of camp. At that time, full payment is non-refundable.

Signature: _____

Date: _____

**MARYMOUNT UNIVERSITY
Men's and Women's Cross Country**

Camp Mission Statement

We want to create a fun learning environment. By the end of the week we want each participant to be a better runner and learn new skills that they can incorporate and develop once the camp is completed.

About the Camp Director

Josh Merck just completed his first year as Head Men's and Women's Cross Country Coach at Marymount University. Prior to this he was a high school coach where he coached one Northern Region Champion, one AAA State Runner Up, numerous All State, Region and District runners in the distance events.

Equipment Needed:

Each camper will need to bring training shoes.

**2010
MARYMOUNT UNIVERSITY
CROSS COUNTRY
CAMP**



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SESSION I: JUNE 22 – JUNE 25

SESSION II: JULY 26-JULY 29

Copies of this form can be printed out from our
website: www.marymount.edu/athletics/