

The South Sound Cross Country Camp is a day camp for runners of all abilities. Camp Staff includes Ben Mangrum (Curtis HS, Collegiate All-American, & Curtis Invite meet director), Kevin Wright (Capital HS & Capital Invite meet director), Joe Clark (Lakes HS, Fort Steilacoom Invite meet director, XC Coaches Assoc. President, Patty Ley (Hall of Fame, Gig Harbor, Gonzaga University), Tyler Nugent (Peninsula and other local coaches. Many of our counselors are former state meet award winners and current collegiate athletes.

Camp Features:

Training runs in historic Fort Steilacoom Park, site of numerous high school and collegiate cross country meets, camp games, contests, & the famous "ice baths." Training and advice from collegiate and elite runners as well as top high school coaches.. Informational presentations on racing strategy, nutrition, injury prevention, shoes & training gear, core strength, leadership, goal setting, and more.

Registration fee includes instruction, camp materials, T-shirt,, & Brooks items.



July 22-26 2019

The South Sound Cross Country Camp is a premier day camp for cross country athletes. Now in our 16th year, the camp features a wealth of information and training opportunities for area runners. Last year, as in years past, numerous camp members went on to compete in the Washington State Championships , BorderClash, and Nike National Championships with several individual and team podium finishes.

Fort Steilacoom Park is one of the finer running areas in the South Sound and it is here that South Sound Cross Country Camp runners will do the majority of their training. There are miles of trails in the park, with terrain ranging from flat grass fields, to steep, narrow hills. The park is the home of numerous championship meets, including the Pierce County, South Sound Conference, Nisqually, North Puget Sound, & South Puget Sound leagues and as well as the 2400+ runners of the Fort Steilacoom Invitational, to several small community races during the year.



A day camp for
cross-country
runners.



July 22-26 2019

8:00AM-12:30PM

Sponsored by:
Brooks &
South Sound
Running,

Located at Lakes High School &
Fort Steilacoom Park
For More Information
Contact:
Joe Clark
253 844-7343
Email: southsoundxcccamp@gmail.com
Website: www.fortsteilacoominvite.com

Early Registration (prior to July 15) :
\$115.00. **Late Registration: \$130.** The amount must be paid in full prior to the start of the camp. The camp is expected to be filled, so early registration is recommended. **Confirmation:** Confirmation information will be e-mailed prior to camp. It will include a schedule, & directions.

**REGISTER BEFORE JUNE 1 &
RECEIVE A BROOKS PR
INVITATIONAL TICKET.**

South Sound Cross Country Camp

REGISTRATION FORM

July 22-26 2019 8 AM to 12:30 PM

Please enclose your check for \$115.00 (\$130 after July 15) with your completed registration form.)

Mail to SSCCC 4405 N 19th St Tacoma, WA 98406

Register in person at any South Sound Running location prior to July 19, 2018

Name: _____ Age: _____ Gender: M _____ F _____ T-Shirt Size: S M L XL

Street: _____ City: _____ Zip: _____

Phone (Day): _____ Phone (Evening): _____ Parent Email: _____

Grade (Next Fall) : 7_ 8_ 9_ 10_ 11_ 12_ School: _____ Coach: _____

Parent/Guardian Names _____ Allergies or medical conditions (asthma, be stings etc.) _____

Emergency Contact: _____ Emergency Phone: _____

I, _____ (Parent/Guardian), hereby grant permission for my child, _____, to attend the South Sound Cross Country Camp and verify that my child has received a physical examination in the past year and is physically capable to participate in activities, some of which are physically vigorous, related to the camp. I understand that participation in a running camp, despite all reasonable precautions implemented for my child's safety, carries a risk of injury. Consequently, I hereby, for myself, my child, heirs, executives and administrators, do waive and release any and all rights against all

persons given responsibility by the South Sound Cross Country Camp and Clover Park School District for the conduct of activities and rendering of services to my child in association with our participation. I hereby authorize the staff of the South Sound Cross Country Camp to act for me according to their best judgment in any emergency requiring medical attention and waive and release all involved from any and all liabilities for any injuries or illness incurred by my child during his/her involvement at this camp. I have no knowledge of any impairment that would limit or preclude my child's involvement in any activities commonly associated with this type of instructional camp. I agree that costs for treatment of injuries or hospitalization for illness or injuries incurred during the camp will be the responsibility of the parent or guardian of the camp participant. I agree that any insurance carried by the parent or guardian may be used to defray such medical and hospital costs.

Camp Staff:

Joel Wingard: Former Peninsula High School Gig Harbor with numerous individual and team state titles. Member of the Washington State Cross Country Coaches Hall of Fame.

Joe Clark: Lakes High School. Meet director of the Fort Steilacoom X/C Invitational meet and Westside Classic District Championships. President of Washington State Cross Country Coaches Association. Seven time Seamount/Pierce County/WCC coach of the Year

Terry Rice: Stadium/Curtis High School. Three time Narrows League Coach of the Year and Meet Director for the Classic X/C Invitational & Curtis Relays. Member of the Washington State Cross Country Coaches Hall of Fame.

Kevin Wright: Head coach of Capital High School girls cross country, a perennial state qualifying team. With podium finishes in 2012 & 2013. Capital Invitational meet director.

Ben Mangrum: Curtis High School. Head Track & Cross Country Coach. Meet Director for the Curtis Invitational

Many other top coaches and collegiate athletes from the area will also be present.

Guest Speakers: Selected representatives from South Sound Running, Brooks Running, and other recognized experts in training, injury prevention and nutrition.

Not all coaches and speakers will

attend all sessions.