WHAT? - Inaugural Wildcat Cross Country Camp

WHO? - All students 6th grade through 12th grade in Nampa are invited to attend

WHERE? - Columbia High School

WHEN? - July 13th - 16th, 20th - 23rd and 27th - 30th 7:30 am to 9:30 am

FOCUS? - The camp will focus on the following areas:

- Fitness through running
- Core strength through bodyweight exercises
- Running form through drills
- Team strategy
- FUN!

FUN? - OF COURSE!!! We will have fun doing many activities including but not limited to: Running, Ultimate Frisbee, Obstacle Courses, Human Pyramids, Spoons, Lava, Tag, etc.

PHILOSOPHY – Running should be fun and challenging. Running early in the mornings should help avoid high summer temperatures. The camp is focused on gaining strength, endurance, skills, camaraderie and having FUN. Our goal is to have these skills carry over to each student-athletes' sport of choice as they enter the new school year, fit and ready to go.

SCHEDULE – Each day will consist of 4 stages, Fitness/Warm-up, Running, Team Activities, then Stretching.

CAMP GUIDES – Wildcat Cross Country Camp will be directed by J.D. Collins, Columbia High School Teacher and head Cross Country/Track & Field Coach. *Coach Collins' email is: jcollins@nsd131.org* Under the direction of Coach Collins, experienced high school student-athletes will guide the 4 stages of each day. Water/fluids will be made available.

COST? - *$30.00 for 1 week, $45.00 for 2 weeks and $60.00 for 3 weeks *Includes Camp T-shirt

PAYMENT/REGISTRATION – Please send payment (checks made out to Columbia Cross Country) and completed Registration Form to:

Columbia Wildcat Cross Country Summer Camp
Attn.  J.D. Collins
301 S. Happy Valley Road
Nampa, ID 83687
REGISTRATION FORM  **Please return to Coach Collins no later than Friday the 26th of June**

STUDENT/PARENT INFORMATION

Student Name__________________________________________________________

Date of Birth __________________________________________________________________________

Grade in 2020–2021 school year _________________________________________________________

School student will be attending _________________________________________________________

T-shirt Size (Youth/Adult) _________________________________________________________________

Parent Name ___________________________________________________________________________

Parent Cell #1 __________________________________________________________________________

Parent Cell #2 __________________________________________________________________________

WAIVER AND RELEASE AGREEMENT

Please read carefully. This is a release of liability and waiver of certain legal rights. In consideration for my being permitted to participate in the activities of Jason D. (J.D.) Collins Cross Country dba Wildcat Cross Country Camp, I agree to the following waiver and release: I acknowledge that running has inherent risks, hazards, and dangers for anyone, and these risks, hazards and dangers cannot be eliminated. I UNDERSTAND THESE RISKS, HAZARDS AND DANGERS WITHOUT LIMITATION. I understand the risks, hazards and dangers of running and have had the opportunity to discuss them with Coach Collins. I believe I have that good physical conditioning and a degree of skill and knowledge. I, for myself, my heirs, successors, assigns, and subrogates, herby KNOWINGLY AND INDEMINIFY AND HOLD HARMLESS Coach Collins. Furthermore, I INTENTIONALLY WAIVE AND RELEASE, Coach Collins/Columbia High School dba Wildcat Cross Country Camp, their directors, officers, agents, employees, and volunteers from and against any and all claims, actions, causes of action, liabilities, suits expenses (including reasonable attorneys’ fees) which are related to, arise out of, or are in any way connected with my participation in this activity including, but not limited to, NEGLIGENCE of any kind or nature, whether foreseen or unforeseen, arising directly or indirectly out of any damage, loss, injury, paralysis, or death to me or property as a result of my engaging in these activities or the use of these services, animals or equipment, whether such damage, loss, injury, paralysis, or death results from negligence of Coach Collins/Columbia High School dba Wildcat Cross Country Camp or from some other cause. I, for myself, my heirs, my successors, executors, and subrogates, further agree not to sue Coach Collins/Columbia High School dba Wildcat Cross Country Camp as a result of any injury, paralysis, or death suffered in connection with my use and participation in the activities of Coach Collins/Columbia High School dba Wildcat Cross Country Camp. I HAVE CAREFULLY READ, CLEARLY UNDERSTAND, AND VOLUNTARILY ACCEPT THIS WAIVER AND RELEASE AGREEMENT.

______________________________ __________________________________________
Signature of Student-Athlete Date

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Signature of Parent/Guardian Date