

**Oak Ridge Track Club Youth Athletics Program
Middle School Cross Country Camp
Robertsville Middle School, Oak Ridge, TN**

Eligibility and Cost:

This camp is for athletes planning to compete in middle school cross country during the fall **2014** season. Athletes should be entering 6th, 7th, or 8th grades. All middle school runners are welcome, regardless of school affiliation. Cost is \$50 (check to Oak Ridge TC) and includes t-shirt.

Schedule:

Monday (July 28) 9:30-11:00 AM at Robertsville MS Track

Dynamic warmup, distance run of varying amounts
Dynamic cooldown and stretching

Wednesday (July 30) 9:30-11:00 AM at Robertsville MS Track

Dynamic warmup, distance run of varying amounts
Dynamic cooldown and stretching, bodyweight strength training

Friday (August 1) 9:30-11:00 AM at Robertsville MS Track

Dynamic warmup, distance run of varying amounts
Introductory yoga for distance runners, core stability training

Tuesday (August 5) 6:00-7:30 PM at Robertsville MS Track

Dynamic warmup, speed and mechanics drills ("Tempo Warmup")
Distance run of varying amounts, bodyweight strength Training
Dynamic cooldown and stretching

Thursday (August 7) 6:00-7:30 PM at Robertsville MS Track

Dynamic warmup, speed and mechanics drills ("Tempo Warmup")
Distance run of varying amounts, nutrition for Performance at the Middle School level

Staff:

Camp Director:

ORHS Head Cross Country Coach Allen Etheridge (USATF Level 1 Coach)

Sam Roberts (USATF Level 1 Coach) shroberts@ortn.edu C-865-719-6215

Ed Wright (USATF Level 1 Coach)

Kate Shult, M.S. (Yoga instructor and exercise physiologist)

Please contact Coach Roberts by e-mail or text to pre-register, bring permission form and check on first day.

Oak Ridge Track Club
2014 Middle School Cross Country Camp
Permission Form

Name _____

Parent Name(s) _____

Address _____

Emergency Phone Number _____

WAIVER OF LIABILITY

THIS IS AN IMPORTANT LEGAL DOCUMENT. READ CAREFULLY BEFORE SIGNING.

In consideration of acceptance of my entry into the Oak Ridge Racing Middle School Cross Country Camp, I, for myself, my heirs, my executors, my administrators, my trustees, and any and all successors in interest, fully and forever waive and release any and all rights and claims for any injuries and damages, including but not limited to demands or actions for negligence, premises liability, emotional injury, intentional conduct, resulting in unintended injury or damage tort claims, any other actions or demands of whatsoever nature, to the fullest extent permitted by law, I may have against (1 Oak Ridge Track Club Middle School Cross Country Camp; (2) Oak Ridge Schools; (3) Oak Ridge Track Club (4) USA Track & Field; (5) all sponsors of the Oak Ridge Track Club Middle School Cross Country Camp; and (6) all employees, principals, directors, shareholders, agents, members, managers, affiliates, volunteers, officials, and representatives acting for or on behalf of any of these entities. I acknowledge that I am aware of the inherent risks involved in the event, and I voluntarily assume these risks. I attest and verify that I am physically fit and I have sufficiently trained for participation in the Oak Ridge Racing Middle School Cross Country Camp , and that a medical doctor has verified my physical condition. As a condition of my participation in this Event, I hereby grant Oak Ridge Track Club Middle School Cross Country Camp a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information (collectively, "Likeness"), in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the Event, USATF, or the sport of Athletics. The foregoing grant, however, does not constitute consent to use my Likeness in an endorsement of any product or service without my specific written consent. The Oak Ridge Track Club Middle School Cross Country Camp reserves the right to reject my entry and further reserves the right to change the details of the event without prior notice. I understand that my entry fee is non-refundable and that USATF membership numbers are not transferable.

I am under 18 years of age. My parent or legal guardian has read and understood the above and is signing below. He/She consents to my participation in the event under the terms hereof.

X _____
Signature of Parent or Guardian Date