

The South Sound Cross Country Camp is a day camp for runners of all abilities. Camp Staff includes Joel Wingard (Peninsula) Multiple State Championship coach, Rich Frazier (Gig Harbor), Terry Rice (Curtis) Joe Clark (Lakes) Fort Steilacoom Invitational director, President WSCCCA, John Payne, (Curtis-retired) Meet director for Westside Classic, Ben Mangrum (Curtis) Collegiate All American, Kevin Wright, Capital HS coach, Steve Kingston (Mt. Rainier Lutheran), Kim Muenz (Stadium), and others.

### **Camp Features:**

Training runs in historic Fort Steilacoom Park, site of numerous high school and collegiate cross country meets.

Hill challenge, team relay, and camp time trial. Training and advice from collegiate and elite runners and top high school coaches.

Informational presentations on racing strategy, nutrition, injury prevention, shoes & training gear, core strength, leadership,



## **July 26-30 2010**

The South Sound Cross Country Camp is a premier day camp for cross country athletes. Now in our 8th 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 in 2009 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 Narrows, & South Puget Sound leagues and also the Northwest Conference Collegiate Championships. There are numerous races held throughout the year in the park as well, ranging from the 1500+ runners of the Fort Steilacoom Invitational, to several small community races during the year.



A day camp for  
cross-country  
runners.



July 27-31 2009

8:00AM-1:30PM

Sponsored by:  
Brooks &  
South Sound  
Running.

Located at Lakes High School &  
Fort Steilacoom Park  
For More Information

Contact:

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Website: [www.fortsteilacoominvite.com](http://www.fortsteilacoominvite.com)

*Early Registration (prior to July 15) :*

**\$110.00. Late Registration: \$125.** 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.

# REGISTRATION FORM

Please enclose your check for \$110.00 (\$125 after July 15) with your completed registration form.)

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

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Gender:** M \_\_\_\_\_ F \_\_\_\_\_ **T-Shirt Size:** S M L XL  
**Street:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone (Day):** \_\_\_\_\_ **Phone (Evening):** \_\_\_\_\_ **Parent Email:** \_\_\_\_\_

**Grade (Fall 2010):** 7\_ 8\_ 9\_ 10\_ 11\_ 12\_ **School:** \_\_\_\_\_ **Coach:** \_\_\_\_\_

**Parent/Guardian Names** \_\_\_\_\_ **Allergies or medical conditions (asthma, bee 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.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Camp Staff:

**Joel Wingard:** Peninsula High School Coach. Second place in 2010 tournament and former coach at Gig Harbor with numerous 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:** Curtis School. Three time Narrows League Coach of the Year and Meet Director for the Tiger Classic X/C Invitational & Curtis Relays.

**Rich Frazier:** Head Coach Gig Harbor High School. Assistant coach on several state champion and podium placing teams.

**Kim Muenz:** Stadium High School . Perennially one of the largest girls programs in the South Puget Sound.

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

**Steve Kingston:** Mt. Rainier Lutheran distance coach.

**John Payne:** Former coach at Curtis High School. Meet director of the Westside Classic.

Many other top coaches and collegiate athletes from the area.

Guest Speakers: Ed Kingston, sports psychologist, MVP sports trainers, selected representatives from South Sound Running, Brooks Running, and other recognized experts.

*Not all coaches and speakers will attend all sessions.*