

FOX athletics

FOXathletics High Altitude Running Camp in Mammoth Lakes, California Monday August 7th through Friday August 11th

The FOXathletics High Altitude Running Camp was established to give the serious high school distance, middle distance and cross country runner of all abilities tools to optimize their training. Located above 8000ft, Mammoth is the optimal environment for training. Athletes will have access to miles of soft trails, dirt roads, a grassy athletic field, and numerous cool, serene lakes. Athletes will receive hands on coaching from experienced coaches in a fun learning environment.

Athletes will learn proper running mechanics, injury prevention, core and general strength, dynamic warm up exercises and race strategies. Athletes will also be educated on proper nutrition, introduced to goal setting and team building activities.

FOXathletics High Altitude Running Camp – Youth Registration Form

Athlete Name: _____

Parent/Guardian Name: _____

Address: _____

City, State and Zip: _____

Home/Work Phone: _____

Email: _____

Athlete Age: _____ Gender: _____ School: _____

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Camper Fees (Full Payment): q \$350.00 on or before July 7

(Includes \$100.00 non-refundable deposit)

\$400 after July 8

(Includes \$100.00 non-refundable deposit)

Hold a Spot (Deposit Only): \$100.00 (non-refundable)

Non-refundable deposits will be accepted to hold a spot in the camp with the balance of camp fees due on or before August 1.

The balance due will be calculated based on whether or not the deposit was postmarked before or after July 7th.

FOXathletics High Altitude Running Camp –Athlete Release Form

All information is required. Please fill out all blanks.

MEDICAL RELEASE

Athlete's Name: _____ SS #: _____

Address, City, State, Zip: _____ Phone: _____

Emergency contact & phone: _____ Age: _____

Date of Birth: _____

Past injuries/dates: _____

Present health: _____

Current medications: _____

Drug/other allergies: _____

Insurance Company: _____

Policyholder: _____

Insurance Co Address/Phone: _____

Policy No: _____

Other Health/Accident

Coverage: _____

Policyholder: _____ Policy No: _____

I verify that my child has been checked by a licensed physician and is physically able to participate in the FOXathletics High Altitude Running Camp at Mammoth Lakes, Ca. I hereby agree that I will not hold FOXathletics or any of its employees or affiliates responsible for any loss, damages, or personal injury received as a result of participation. I hereby authorize the program leaders to act for my child according to their best judgement in an emergency requiring medical attention. I agree to allow my child to be treated by a licensed physician or hospital(if necessary) and to assume all cost related to such treatment.

I give my child permission to participate in the FOXathletics High Altitude Running Camp. Parent/Guardian Signature: _____

Printed Name: _____ Date: _____