



# Mountain View Cross Country Summer Camps



<b>GRADE LEVEL:</b>	<b>Incoming 4<sup>th</sup> - 8<sup>th</sup> graders (should be able to run continuously for 10 minutes)</b>
<b>DAYS:</b>	Monday through Thursday
<b>DATES:</b>	June 11 <sup>th</sup> – July 26 <sup>th</sup>
<b>TIME:</b>	6:00 - 7:30 a.m.

<b>GRADE LEVEL:</b>	<b>Incoming 9<sup>th</sup> - 12<sup>th</sup> graders</b>
<b>DAYS:</b>	Monday-Friday (Fridays we may meet at different locations to run - TBA)
<b>DATES:</b>	June 11 <sup>th</sup> - August 3 <sup>rd</sup>
<b>TIME:</b>	6:00 - 8:00 a.m.

<b>LOCATION:</b>	Mountain View High School Track Entrance
<b>FOCUS:</b>	Cross Country training principles, running form, and conditioning.
<b>FEE:</b>	\$20 online registration      \$30 mail in/bookstore
<b>CONTACT:</b>	Ronnie Buchanan 480-472-6955 <a href="mailto:rsbuchanan@mpsaz.org">rsbuchanan@mpsaz.org</a> or Russ McElhaney 480-308-5710 <a href="mailto:rmcelhaney@mpsaz.org">rmcelhaney@mpsaz.org</a>

**SAVE \$10, REGISTER ONLINE <https://mpswebpay.mpsaz.org>**

or submit registration below to:  
Mountain View High School bookstore

Student Name:	Grade: _____
Parent/Guardian:	School: _____
Phone: (H) _____ (C) _____	Student ID#: _____
Email: _____	
Emergency Contact Name:	
Phone: (H) _____ (C) _____	
I give permission for my child to participate in the sports program listed. I/we understand all risks and hazards incidental to such participation and do hereby waive, release, absolve, indemnify and hold harmless Mesa Public Schools and the school from any claim arising out of any injury to my child.	
<b>Parent Signature:</b> _____	
I give permission to photograph my child during camp participation for publicity use and/or news release. <input type="checkbox"/> YES <input type="checkbox"/> NO	
Does your child have health conditions/concerns of which staff should be aware? If so, please explain:	

**PAYMENT:**

To pay by debit card or credit card and receive a discount, register online at <https://mpswebpay.mpsaz.org>.  
For online payment questions call (480) 472-0118. For camp related questions, contact the coach listed above.

Check # \_\_\_\_\_ Check amount \$ \_\_\_\_\_

Make checks payable to Mesa Public Schools.

For office use only: Item # D1309a Q5 2018

