

You're Invited To:

Cross Country Camp

Dates: June 18-21 2018

Time: 7:15-8:30 PM

Where: West City Park

Cost: \$25 (includes shirt)

**Bring Water Bottles &
Running Gear**

We will supply the FUN!



All participants need a current physical on file (MSHSAA form) with office w/insurance information.

Name: _____ Date of Physical: _____

Grade (Next Year): _____ Address: _____

Phone: _____ Parent #: _____

Email: _____ Parent Email: _____

Before you can participate:

- 1- Get a physical!**
- 2- Print Athletic Packet from school website**
- 3- Take completed physical & packet to the Middle School Office (except during July, give to FHS Athletics)**
- 4- Bring the Gold Card they give you to Camp!!**

