

**City High Little Hawk
2011 Summer Sports Camps**

Detach and mail this panel to:

**City High Sports Camps
1900 Morningside Drive
Iowa City, Iowa 52245**

Name _____

Address _____

Home Phone: _____ Cell Phone: _____

2011-2012 Grade _____ Age _____

T-Shirt -- Adult Sizes (circle one)

S M L XL

Registering for the following camp(s):

- | | | | |
|--------------------------|---------------------|------------------|------|
| <input type="checkbox"/> | CO-ED Cross Country | (June 6-8) | \$40 |
| <input type="checkbox"/> | Softball | (June 6-9) | \$50 |
| <input type="checkbox"/> | Baseball | (June 8-10) | \$50 |
| <input type="checkbox"/> | Cheerleading | (June 11) | \$25 |
| <input type="checkbox"/> | Wrestling | (June 20-23) | \$50 |
| <input type="checkbox"/> | Girls Basketball | (June 20-23) | \$50 |
| <input type="checkbox"/> | Boys Basketball | (June 27-July 1) | \$50 |
| <input type="checkbox"/> | Volleyball | (August 1-4) | \$50 |

Checks should be made payable to each individual camp.

(Checks will not be deposited until the week of camp. No confirmation or receipt will be sent)

We understand accidents may occur even though safety precautions have been followed. My son/daughter has my permission to participate in the City High Sports Camps.

Parent/Guardian Signature

Date

**CITY HIGH SCHOOL
CO-ED CROSS COUNTRY CAMP**

DATE: June 6 – 8

TIME: 8:00am - 10:30am
Grades 4 – 8 (2011-2012)

11:00am-1:30pm
Grades 9 – 12 (2011-2012)

COST: \$40.00 (Includes t-shirt)

EQUIPMENT: Workout clothes & training shoes.
Spikes not required.

LOCATION: City High

OBJECTIVES:

1. Build the City High Cross Country TEAM concept.
2. Begin a training program that will prepare runners that may compete in cross country this fall at City High and SE.
3. Introduce runners to various types of workouts and a practical strength program for distance running.
4. Provide runners with specific information regarding a wide range of topics including: nutrition, shoes, injury prevention, all weather training, mental preparation and racing.

STAFF: City High Coaching Staff

For additional information contact:

Coach Jayme Skay: skay.jayme@iccsd.k12.ia.us

Coach Tom Mittman: t.mittman@mchsi.com

SCHOOL: 688-1045

HOME: 337-6648

