

ARKANSAS CROSS COUNTRY CAMP

Please note: You may register through our secure website at www.arkansastrackcamps.com

This camp is open to any and all entrants on a first-come, first-serve basis and any individual who satisfies the age and/or grade level requirements set forth in the registration materials.

Name _____

Gender: M F

Birth date ____/____/____

Address _____

City _____ ST _____ Zip _____

Grade Entering _____ Age _____

School _____

Phone _____

Email _____

Emergency Contact _____

Emergency Phone _____

Allergies _____

Current Medications _____

T-Shirt Size _____

Events _____ PB _____

Events _____ PB _____

Registration deadlines and camp fees:

Camp fees:

Individual Cost: \$300 per Athlete

Housing is not provided

There is no charge for parents or coaches. Enrollment is limited, early registration is advisable. Payment must be received in full to guarantee your enrollment. There will be a \$25 processing fee on all refunds and cancellations. There is a \$20 processing fee for all returned checks. Refunds will only be given for medical reasons when accompanied with a letter from your physician.

Checks should be made payable to:

Megan Elliott

Mail application, medical release form, and payment to:

**Arkansas Cross Country Camp
10 S. Razorback Road
Fayetteville, AR 72701**

**For questions or additional information please contact
Megan Elliott 479-445-9168**

Participants are not contracting with the University of Arkansas or the State of Arkansas with regard to participating in this camp, and the University of Arkansas do not run or have any responsibility for the camp.

RANDAL TYSON TRACK & FIELD CENTER

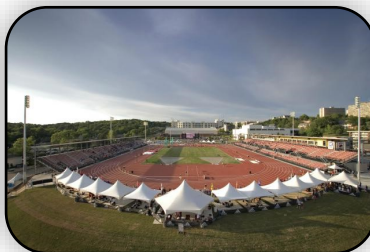


One of the best indoor facilities in the world, the Tyson Center has been the home of the NCAA Men's and Women's Indoor Track & Field Championships since its completion in the winter of

2000. The six-lane banked oval has been touted by insiders and the casual fan as perhaps the fastest indoor track in the world thanks to its steep curves and long straightaways and the numbers back it up as 11 of 20 NCAA Championship running records have been broken on its surface.

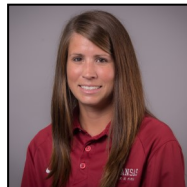
JOHN MCDONNELL FIELD

Home to the most successful program in NCAA history, John McDonnell Field has been transformed into one of the top outdoor track and field facilities in the nation. Named for legendary head coach John McDonnell, the winner of 43 NCAA national championships, the facility is one of only two IAAF Class 1 certified track and field complexes in the U.S. and the first such facility on a collegiate campus.



THE STAFF

Rick and Megan Elliott joined the Razorbacks track and field and cross country staff in 2014. After, both having competed collegiately for the Razorbacks track and cross country programs. Both Megan and Rick were steeplechase All-Americans. Since joining the staff Rick and Megan have been a part of 16 SEC titles and 3 National team titles. The Arkansas student-athlete counselors boast numerous All-American Honors. Their knowledge, experience and ability to demonstrate can help you reach your potential.



ARKANSAS[®]

Cross Country Camp

July 11-13 2019



www.arkansastrackcamps.com

Date: July 11-13, 2019

Thursday	Friday	Saturday
REGISTRATION 12:00PM- 1:00PM	SESSION II 9:00 AM – 12:00PM	SESSION IV 9:00 AM – 12:00 PM
SESSION I 1:00PM- 5:00PM	LUNCH (provided) 12:00 PM – 1:00 PM	CAMP AWARDS 1 12:00 PM – 1:00 PM
	SESSION III 1:00 PM – 5:00PM	

**Place: John McDonnell Field
10 S. Razorback Road**

**Who: ALL male/female Athletes
6th grade and up**

**Cost: \$300 per athlete
3 day session
(Overnight housing not provided)**

CAMP OVERVIEW

The Arkansas Cross Country Camp has many things to offer an individual or team. Located on the campus of the University the camp offers a unique combination of challenging running experiences along with many beneficial learning opportunities on various topics. Campers train in small groups led by collegiate runners on some of their favorite training spots. Campers will have many “learn by doing” opportunities.

CAMP FEATURES

EACH ATHLETE WILL RECEIVE

- ◆ Dynamic warm up and cool down routines
- ◆ Small group instruction from camp counselors
- ◆ Knowledge of training techniques used by world class athletes
- ◆ An Arkansas Cross Country Camp T-Shirt
- ◆ Many team building opportunities
- ◆ Guest speakers focusing on various relevant topics

AGRI PARK CROSS COUNTRY COURSE The University of Arkansas is known



around the world for its outstanding distance runners. It is also one of the handful of universities in North America with its own dedicated cross country course. Carved out of a portion of the University of Arkansas’ on-campus agricultural area—the course provides the men’s and women’s cross country teams with an excellent practice and competition area.

ARKANSAS CROSS COUNTRY CAMP

CONTACT INFORMATION

Camper's Name: _____

Parent/Guardian Names: _____

Home Phone: () _____ Work () _____ Cell () _____

Emergency Contacts (other than parent/guardian)

Name _____ Relationship to Camper _____

Home Phone: () _____ Work () _____ Cell () _____

Name _____ Relationship to Camper _____

Home Phone: () _____ Work () _____ Cell () _____

Individuals allowed to check-out camper daily. Must show photo ID when picking up.

Name: _____ Name: _____

MEDICAL INFORMATION

Camper's Doctor: _____ Phone: _____

Camper's Dentist: _____ Phone: _____

Pertinent health or medical information including all allergies:

List all medication currently taking including over-the-counter, non-prescription, and prescription:

The undersigned, acting on behalf of ourselves and our child, and any heirs or assigns, hereby certifies that (“Camper”) has been cleared by a medical physician within the last year (within 365 days of the first day of this camp) to fully participate in Cross Country Camp. If Camper requires medical attention as a result of participation in said camp, we hereby give consent to authorize medical personnel present to provide such care as is deemed necessary by such authorized personnel and/or to seek additional emergency medical treatment if the Camper's parent(s)/guardian(s) as may be deemed necessary by such authorized personnel.

We have received and read the concussion and head injury information sheet. We understand that there is a risk of injury during athletic participation, and we agree to disclose any signs and symptoms of a concussion to the camp coaching staff. We also understand that Camper will be removed from play to eliminate the risk of any injury and will not be able to resume participation until evaluated and cleared by a member of the camp health services staff who has experience with evaluating and managing pediatric concussions and head injuries.

Printed Name of Camper: _____

Signature of Camper: _____

If Camper is a minor under the age of eighteen (18), signature of Parent or Guardian is required:

Signature of Parent or Guardian: _____

Sports Camp/Clinic Waiver

RELEASE, INDEMNIFICATION, AND HOLD HARMLESS AGREEMENT

In consideration for the Camper being permitted to participate in the Arkansas Cross Country Camp from July 11-13, 2019 (“Activity”), the undersigned, acting on behalf of ourselves and our child, and any heirs or assigns, hereby waive and release forever any and all rights for claims and damages we and/or our child/guardian may have against the Board of Trustees of the University of Arkansas, its current and former Trustees, officers, agents, employees, and the Camp, and the Camp's owners, officers, agents and employees, from and against any and all liability for any harm, injury, damage, claims, demands, actions, costs, and expenses of any nature which we or our child may have or which may hereafter accrue to our child, arising out of or related to any loss, damage, or personal injury (including, without limitation, death), that may be sustained by our child at any Activity, or to any property belonging to child, whether caused by negligence or carelessness on the part of the Board of Trustees of the University of Arkansas, its current and former Trustees, officers, agents, employees, or the Camp, and the Camp's owners, officers, agents and employees or otherwise, while our child is in, on, upon, or in transit to or from the premises where the Activity, or any adjunct to the Activity, occurs or is being conducted.

We accept, understand, and assume that there is a risk of injury in this Activity, due to the physical and athletic nature of the Activity, including, but not limited to, falls, contact with other participants, and running drills. The Camper agrees to follow all instructions and to wear all necessary, recommended, and appropriate protective gear and equipment.

We understand that this Activity is neither administered nor sponsored by the Board of Trustees of the University of Arkansas and that the Camp is providing the instruction and camp Activities outside the scope of any affiliation with the

University of Arkansas. We agree on behalf of ourselves, our Camper, and any heirs or assigns to release, hold harmless, and indemnify the Board of Trustees of the University of Arkansas, its current and former Trustees, officers, agents, employees, or the Camp, and the Camp's owners, officers, agents and employees from and against any and all claims and liability or damages of any kind or nature whatsoever arising out of or relating to the Activity.

Printed Name of the Camper: _____

Signature of Camper: _____

If the Camper is a minor under the age of eighteen (18), signature of Parent(s) or Guardian(s) is required: