

# 2024 Andover Running Camp

- Improve your endurance and speed
- Improve your strength
- Improve your running stride and form
- Improve your understanding of fitness training
- Improve your knowledge of nutrition
- Run and train with friends



## Information

- Cost: \$150 for returning runners, \$100 for first time cross country runners\*
- Check payable to Andover Cross Country
- Venmo Dennis Downs @AndoverXCteam
- Practices will be from 8:30 AM - 10:15 AM Monday - Friday at **Lions Park** across from Bunker Hills Park
- Start date Wednesday, June 12th
- No contact days – Monday, July 1st - July 5th
- Last day - Wednesday, July 31st
- Registration form below must be filled out to participate at practice

**What to bring:** Pace/running watch, water bottle

**Questions:** Scott Clark (Head Coach) at [scottclarkd37@gmail.com](mailto:scottclarkd37@gmail.com) or (763) 754-6256

The enrolled participant does for themselves, heirs, executives, and administrators waive and release any and all rights and claims for damages we may have against the Anoka-Hennepin ISD#11, or other district sites for any and all injuries suffered by me or my child while participating on and/or arising from the use of any facilities of the above-mentioned school district. By the signature below, we also recognize the contagious nature of COVID-19 and voluntarily assume any risk to which we may be exposed to from said enrollment.

Name: \_\_\_\_\_ Grade: \_\_\_\_ Athlete Phone #: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Email: \_\_\_\_\_ Parent Telephone #: \_\_\_\_\_

T-shirt: \_\_S \_\_M \_\_L \_\_XL

**The Andover Running Camp is designed to meet the endurance, strength, and speed requirements of the all athletes. If you are looking to improve your endurance, speed, and strength for any sport, then this camp is for you.**

\*If cost is a barrier to participation, contact Coach Clark to discuss options.



## WE RUN THIS TOWN!