

# 2016 PXC Summer Camp

## Prairie Girls Grades 7-12

### Objective:

FUN, team building, running and workouts, injury prevention, nutrition for runners, runner's yoga, overnight camping on the Prairie Invitational Cross Country Start Field, goal setting, race tactics, and day trip to Camp Wapsie.

### Eligible Campers:

Girls in grades 7-12; student athletes planning on participating in Cross Country during the 2016 season or have attended optional summer practices.

### Date: August 1-5, 2016

**Monday - Wednesday 8:00 - 11:00am** morning only camp

**Thursday 8:00am - Friday 11:00am** - Camp Wapsie Team Building day trip, then return for overnighter and campout at school. Spaghetti dinner Thursday and breakfast Fri. a.m. will be provided. Girls are responsible for their own picnic lunch or any other snacks on Thursday. Plan B for inclement weather vs. overnighter - Parents P/up Thursday even. @ 9:00pm and camp resumes Friday morning @ 8:00a.m.

\*Please notify coach of any special dietary needs / considerations.

**Cost:** Includes t-shirt, Camp Wapsie day fee and meals for overnighter \$75.00

***Please return registration by July 22nd to guarantee camp t-shirt.***

Name of Camper: \_\_\_\_\_  
Grade for Fall XC season \_\_\_\_\_ Shirt Size AS AM AL  
Address \_\_\_\_\_  
Email \_\_\_\_\_  
Phone# \_\_\_\_\_ Emergency# \_\_\_\_\_  
Parent / Emergency Contact \_\_\_\_\_  
Fee enclosed \_\_\_\_\_

**Parent Statement:** I hereby authorize the director and/or staff of the PXC Summer Camp to act according to their best judgement in any emergency situation. I feel there is no reason, physically, that my child should not participate in the activities of the camp. I have notified camp staff of any restrictions or concerns that my child has with regard to health.

Parent/Guardian Signature \_\_\_\_\_

\*Checks can be made out to **PXC Girls Summer Camp**

\*\*Mail to: Corrie Enyart  
1350 Spring Ridge Ct NE  
Swisher, IA 52338

This form along with your cancelled check will serve as your receipt for this camp.

**Questions:** Contact Corrie Enyart at [cenyart@crprairie.org](mailto:cenyart@crprairie.org) or cell# 319-533-7571