

CAMP PHILOSOPHY

Summer is the time to improve your running technique and the RED & WHITE RUNNING camp is the place to do it.

Join us for a summer session of individual improvement to prepare you for competition.

Each camper will receive instruction in running and conditioning. This camp is for ANY athlete grades 5th-8th interested in improving their knowledge of running and level of fitness.

CAMP DIRECTOR

Jim Fischer **Head Coach Cross Country
Head Track and Field
Ursuline Academy**

Jim Fischer was Head Cross Country and Track and Field coach at the University of Delaware for 30 years. Coach Fischer has been the Head coach at Ursuline for 3 years. He has a Level III USATF certificate in endurance training. Coach Fischer is excited to share his love of running with our campers.

Fundamentals such as proper stretching, strength and flexibility drills, training progression and racing strategy will be covered.

**Additional questions: Contact Susan Heiss
sheiss@ursuline.org 302-798-5355**

GENERAL INFORMATION

**Cost: \$125 made out to RED & WHITE CAMP
Due by June 15**

Fee includes a camp shirt. This non-refundable payment must accompany the application.

- **Campers must abide by all rules and regulations. If a camper is dismissed for good cause, no refund is given.**

Register early to ensure a space at camp. Spaces are limited and will be awarded on a first-come, first-served basis. Limit: 30 campers.

RED & WHITE RUNNING CAMP

Return this application (front and back) along with a non-refundable deposit of \$125 by June 15.

**RED & WHITE
SPORTS CAMP
1503 Harrison Avenue
Wilmington, DE 19809**



Checks should be made payable to RED & WHITE CAMP
Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Email address _____

Father's Name _____

Father's Work & Cell #'s _____

Mother's Name _____

Mother's Work and Cell #'s _____

CAMP DATES: MON, WED, FRI JUNE 19-JULY 28

Grade Entering (9/2017) _____

School attending _____

Shirt: Adult Sm. _____ Adult Md. _____

Adult Lg. _____ Adult XL _____

RED & WHITE

2017 RUNNING CAMP MEDICAL FORM

COED RUNNING/CONDITIONING CAMP 2017

Contact person in case of an emergency in the event parents cannot be reached:

Name _____

Telephone Number _____

Physician to contact _____

Telephone Number _____

Med. Ins. Carrier _____

Policy Number _____

I understand that the camp schedule includes strenuous exercise and that my child is in good physical health and is not restricted from participating fully in camp activities. By enrolling my child, I assume all risks in connection with the camp and release the instructors, agents, and operators for any injury suffered by my child, except for gross negligence.
Important Medical Information
(Allergic reactions, etc.)

Parent Signature _____



Acclaim Images.com

**Directed by
Coach Jim Fischer**

Location: Bellevue State Park

Grades: Rising 5th-8th graders

**Every Mon/Wed/Fri from
June 19th - July 28th
5:30- 7:00 pm**

