**Camp Application**

Name:

School:

Grade: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Home Address:

City, State, Zip:

Phone #:

Emergency Contact:

Name:

Phone: ( \_\_\_\_\_ ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

T-Shirt Size (Adult Sizes) (circle):

**Small Medium Large**

**I hereby grant my permission for Scott High School Cross Country camp to have my child treated by my physician if necessary. My child is physically fit according to our physician.**

**Parent/Guardian Signature**

**Communication**

Train with the best runners from Northern Kentucky and all over the State.

49 State Qualifiers attended last year’s camp!

Make all checks payable to:

Scott High School Cross Country

Camp Director: Jerry Mohr

Home: (859) 441-5287

School: (859) 960-1605

Send Reservations to Jerry Mohr, Scott High School

5400 Old Taylor Mill Road

Taylor Mill, Kentucky 41015

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*Scott High School Cross Country Training Camp*

July 25 – July 29

8:00 am – 3:00 pm

Since 1996

**Camp Date: July 25th – July 29th**

**Campers: Boys and Girls**

**Cost: $110 Individual**

**$85 family / Team (4 or more)**

**discounts per person**

**Includes: T-Shirt, Insurance and awards**

**Make all checks payables to:**

**Scott High School Cross Country**

**Camp Staff:**

**Camp Director: Jerry Mohr, Northern Kentucky High School Coaches, Former State Champions, Formers and Current College Runners**

**Coach Mohr’s Achievements:**

**28 years of experience in cross Country**

**Has Coached:**

**17 Team N.K.A.C Champions**

**29 team Regional Champions**

**19 Team Regional Runner-ups**

**3 State Team Champions**

**3 State team Runner-ups**

**1 Individual State Champion**

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| --- |
| **Special features:**   * **Guest Speakers** * **Talk on equipment, tactics, etc** * **Facilities: Scott HS (Indoor 25 yard pool), Woodland Middle School, New track facility** * **Wooded Trails, grass running area** * **Rubberized 9 lane track** * **Fitness course** * **Site of Regional & Conference Championship Meets** * **Running games** * **Site of elementary and middle school meets**   **What to bring:**   * **Training shoes / racing shoes** * **Water bottle / drink** * **Extra socks, shoes, shorts, etc.** * **Towel** * **Lunch (lunch may be purchased at Scott High School** |

**Typical Day at camp:**

**8:00 Roll Call**

**8:05 Stretching / Warm-up**

**8:20 Morning Run**

**9:20 Cool Down / rehydration**

**9:45 Weight training / plyometric drills**

**10:30 Training talk**

**11:00 Lunch: pack or Buy at Scott**

**11:45 Guest Speaker**

**12:30 Afternoon Stretching /**

**Warm-up**

**12:45 Afternoon run & games**

**1:45 Cool down / rehydration**

**2:00 Pool training**

**3:00 Dismissal**