

2009 Building Champions Registration

Name _____

Address _____

City _____ State _____ Zip _____

Age _____ Male Female

T-Shirt Size XS S M L XL

Telephone _____

Email _____

Camp Cost: \$100

Includes:

- 2 Nights lodging in a 15 room cabin w/8 bathrooms
- 6 Meals and snacks
- Camp T-shirt/Drawings
- 5 Coaching Sessions
- Great Mountain runs
- Evening Activities

Release of Liability:

Building Champions Camp HEREBY acknowledges that THE ACTIVITIES OF THE EVENT(S) involve the risk of injury or bodily harm. Each of THE UNDERSIGNED, also expressly acknowledges that they ASSUME FULL RESPONSIBILITY FOR ANY RISK OR BODILY INJURY. I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, AND ASSUMPTION OF RISK, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I RELEASE ALL LIABILITY.

Name _____

2009 Building Champions X-C Camp

Sponsored by www.idahoxc.com



**Only 30 spots-
Register Now!**

2009 Building Champions X-C Camp

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**July 30 - Aug. 1, 2009
Cedar Creek Ranch
(Mountains SE of Firth, Id)**

Presented by
**Firth Cross-Country
Coach Brett Hill
Idahoxc.com**

The 2009 Building Champions Camp is designed to do as the name suggest build champion runners, but equally important it is designed to build champion individuals. The champ will have strong emphasis in the latest training techniques, nutrition, and physiology of cross-country and a strong emphasis on the mental aspects of the sport. A number of high quality coaches will be on hand to lecture and instruct campers throughout the three days. Runs and activities will be in the beautiful mountains of Bingham County.

Take it to the next level!



Ages 13-18