

**WAUKEE KEYS TO SUCCESS  
CROSS COUNTRY CAMP  
GIRLS GRADES 4-8  
WED. JULY 31 - TH. AUG. 1, 2019**



**CAMP DETAILS**

**ELIGIBILITY**

GIRLS GRADES 4 - 8 AS OF FALL 2019.

**DATES/TIMES**

JULY 31ST-AUG 1, 2019 8:30 AM - 11:00 AM

PLEASE CHECK TWITTER @WAUKEEGIRLSXC FOR WEATHER RELATED CANCELLATION ANNOUNCEMENTS.

**LOCATION**

MEET IN CENTENNIAL PARK ACROSS FROM TENNIS COURTS. IN CASE OF RAIN MEET IN THE HIGH SCHOOL COMMONS.

**COST**

\$50 INCLUDES INSTRUCTION AND T-SHIRT.  
\$10 PER ATHLETE DISCOUNT FOR SIBLINGS.

**CAMP INSTRUCTION**

DEVELOPING A WINNING LIFESTYLE  
DEVELOPING A WINNING ATTITUDE  
KEYS TO SUCCESSFUL TRAINING  
KEYS TO SUCCESSFUL RACING

**CAMP WORKOUTS**

LONG RUN, INTERVALS AND/OR HILLS

**ADDITIONAL OPPORTUNITIES**

HIGH SCHOOL TRACK & FIELD  
GRADES 9-12  
SPRING 2020

MIDDLE SCHOOL TRACK & FIELD  
GRADE 8  
SPRING 2020

TRACK & FIELD CLUB  
AGES 11-18  
SPRING 2020

TRACK & FIELD CAMP  
GRADES K-5  
SUMMER 2019

HIGH SCHOOL CROSS COUNTRY  
GRADES 9-12  
FALL 2019

MIDDLE SCHOOL CROSS COUNTRY  
GRADE 8  
FALL 2019

ROAD WARRIORS XC CLUB  
GRADES 6-7  
FALL 2019

CROSS COUNTRY CAMPS  
GRADES 4-12  
SUMMER 2019

INVITATIONAL MILE RUN  
GRADES 3-7  
FALL 2019

**WAUKEE CHAMPIONSHIP TRADITION**

**GIRLS TRACK & FIELD**

STATE TOP TEN – 2018\*, 17\*, 16\*, 15, 14, 13\*, 12\*, 09\*, 08, 07, 06, 05, 02  
\* State Champions

**GIRLS CROSS COUNTRY**

STATE TEAM QUALIFIER – 2018, 17, 16, 15, 14, 13, 12, 11, 10, 09, 08, 07, 06, 05

## WHAT TO EXPECT

CAMPERS WILL PARTICIPATE IN TEAM BUILDING ACTIVITIES, LEARN DISTANCE RUNNING FUNDAMENTALS AND DISCUSS CROSS COUNTRY STRATEGIES. IN ADDITION, CAMPERS WILL RECEIVE VIDEO ANALYSIS AND PARTICIPATE IN WORKOUTS.

## COACHING STAFF

ABBY SCHMITZ, HEAD HIGH SCHOOL COACH  
CHRISTIAN GRANDGENETT, ASSISTANT HIGH SCHOOL COACH  
KACIE WHIPPS, HEAD MIDDLE SCHOOL COACH

## NOTE TO PARENTS

OUR COACHING STAFF IS FOCUSED ON BUILDING ENTHUSIASM FOR CROSS COUNTRY IN YOUNG ATHLETES. WE STRIVE TO ENSURE CAMP PARTICIPANTS EXPERIENCE SUCCESS WHILE INTRODUCING CROSS COUNTRY FUNDAMENTALS. WE WILL ENCOURAGE EACH ATHLETE TO CELEBRATE EFFORT OVER RESULT.

## ENROLLMENT INSTRUCTIONS – REGISTER ONLINE AT WAUKEEBACKPACK UNDER “WAUKEE CAMPS & CLINICS”

ONLINE REGISTRATION IS ENCOURAGED. TO REGISTER BY MAIL SEND COMPLETED FORM TOGETHER WITH PAYMENT TO:

**ABBY SCHMITZ, 1126 COOLIDGE ST., CUMMING, IA 50061**

PLEASE MAKE CHECKS PAYABLE TO WAUKEE GIRLS CROSS COUNTRY. REFUNDS WILL NOT BE ISSUED FOR CANCELLATIONS. REGISTRATIONS AFTER JULY 21 WILL BE ACCEPTED. HOWEVER, T-SHIRTS WILL NOT BE GUARANTEED.

## ATHLETE INFORMATION

NAME:

GRADE: 4 5 6 7 8 \*\*\* GRADE AS OF FALL 2019 \*\*\*

T-SHIRT: YXS YS YM YL S M L XL

## PARENT RELEASE

I HEREBY REQUEST THAT YOU ACCEPT THE APPLICATION FOR ENROLLMENT OF \_\_\_\_\_ IN THE 2017 WAUKEE KEYS TO SUCCESS CROSS COUNTRY CAMP DURING THE DATES SET FORTH IN THIS BROCHURE AND IN CONSIDERATION OF YOUR ACCEPTANCE OF THE APPLICATION, HEREBY RELEASE THE WAUKEE SCHOOL DISTRICT AND ALL ITS EMPLOYEES FROM ALL CLAIMS ON THE ACCOUNT OF ANY INJURIES WHICH MAY BE SUSTAINED WHILE ATTENDING THE WAUKEE KEYS TO SUCCESS CROSS COUNTRY CAMP. I FURTHER AGREE TO INDEMNIFY THE WAUKEE SCHOOL DISTRICT AND ITS EMPLOYEES FOR ANY CLAIM WHICH MAY HEREAFTER BE PRESENTED BY MY CHILD AS A RESULT OF ANY SUCH INJURIES. I ALSO AUTHORIZE THE TRAINING STAFF AND MEDICAL PERSONNEL TO TREAT MY CHILD IN THE EVENT OF ILLNESS OR INJURY.

PARENT NAME

PARENT SIGNATURE

DATE

\_\_\_\_\_

\_\_\_\_\_

ADDRESS

PHONE

EMAIL

\_\_\_\_\_

\_\_\_\_\_

## WHAT TO BRING

COMFORTABLE WORKOUT CLOTHES  
RUNNING OR TENNIS SHOES - NO SPIKES  
WATER BOTTLE  
POSITIVE ATTITUDE

## FURTHER INFORMATION

ABBY SCHMITZ  
PHONE - 515.402.9207  
EMAIL – ASCHMITZ@WAUKEESCHOOLS.ORG