

# Participant/Parent Waiver

## Running With the Stars Cross Country Camp

I agree that on the behalf of the enrolled student named on this application form, Siegel High School and/or the Running With the Stars Cross Country Camp and/or their staff, coaches, or employees will not be held responsible for any injury, accident or loss of property, however caused. It is further agreed that all risks involved in participation in said camp are assumed by the student and his/her parent or guardian, who are responsible for the medical fitness of the enrollee and for all medical costs incurred in case of injury while in attendance at the Running With the Stars Cross Country Camp. I know that the student should not run unless medically able to do so.

I have read the above and consent to the terms as stated.

\_\_\_\_\_  
Parent or Guardian Name

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Date

Emergency Contact

Name \_\_\_\_\_

Phone \_\_\_\_\_

# Camp Information

## CAMPER INFORMATION

- Camp check-in at the Siegel High School track 30 minutes prior to camp.
- Wear active (running) clothes
- Bring a water bottle
- Complimentary Siegel Cross Country camp t-shirt.
- All activities will be moved inside in case of inclement weather.

What parents & campers of campers are saying:

“Participating in the Siegel Running Camp has become one of the highlights of the summer for my children”

Jennifer Hixson (Parent, Decherd, TN)

“I had the best time in camp last summer, 2021. I can’t wait for camp this summer”

Charlotte Sutton - Age 11



**SIEGEL**  
**STARS**  
**CROSS COUNTRY**

## RUNNING CAMP

**Come**  
**“Run, Play & Train” with the**  
**Siegel STARS**



**June 17-19, 2024**  
**6:00 - 8:00 PM**

**For boys & girls**  
**entering grades 1- 8**  
**Siegel High School Track**



# STARS CROSS COUNTRY

## GOALS

- To show that fitness & running can be fun
- To gain self esteem & improved attitudes
- To encourage lifelong healthy exercise habits

## CAMP INSTRUCTION

- General strength
- Running pace
- Nutrition
- Hydration
- Running shoes
- Dynamic stretching
- Speed
- Flexibility
- Running form
- Games



## CAMP ACTIVITIES

- Sharks & Minnows
- Blob Tag
- Red light, green light
- Guest Speakers
- Candy Relay
- Flag tag

# SIEGEL CROSS COUNTRY RUNNING CAMP

JUNE 17-19, 2024  
6:00 - 8:00 P.M.



## CAMP DIRECTED BY

SIEGEL HIGH CROSS COUNTRY  
TEAM AND STAFF



## APPLICATION FORM

13TH ANNUAL  
SIEGEL RUNNING CAMP

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

School \_\_\_\_\_

Age \_\_\_\_\_ Grade (2024 - 25) \_\_\_\_\_

T-shirt size Youth S M L XL

Circle one Adult S M L XL

E-mail Address \_\_\_\_\_

Cost: \$60.00

Sibling discount - \$50.00

Full payment should accompany this application form. A confirmation e-mail will be sent confirming your application.

**Make checks payable to:  
Siegel High School**

**Mail to:** Joshua Carroll  
3300 Siegel Road  
Murfreesboro, TN 37129

**For additional information:**

Contact Josh Carroll: [carrollj@rcschools.net](mailto:carrollj@rcschools.net)  
OR (615) 497-4032