

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. 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 16-18th , 2025
6:00 - 8:00 PM**

**For boys & girls
entering grades 1- 8**

Siegel High School



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 16-18TH, 2025
6:00 - 8:00 P.M.



CAMP DIRECTED BY

SIEGEL HIGH CROSS COUNTRY
TEAM AND STAFF



APPLICATION FORM

16TH ANNUAL
SIEGEL RUNNING CAMP

Name _____

Address _____

City _____ Zip Code _____

Phone _____

School _____

Age _____ Grade (2025-26) _____

T-shirt size Youth S M L XL

Circle one Adult S M L XL

E-mail Address _____

Cost: \$60.00

Sibling discount - \$45.00

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
OR (615) 497-4032