

WELCOME TO WILDCAT COUNTRY

Our preseason summer training program/camp will begin on June 18th and will "run" through July 20th (See DATES, TIMES & DIRECTIONS Below). During this time, we will be meeting 3 days per week, Monday Wednesday and Friday. Along with the running we will be doing agility training on Wednesdays. The summer running camp will be coached by Jay Valentine, Head Cross Country Coach, Joel Kincade, Assistant Cross Country Coach, Tayler Stowell, Certified Strength/Conditioning Trainer, and Yvette Valentine, Program Coordinator.

All runs and agility training will be set based on your training background. If you aren't a runner yet, we will start you off gradually, working up to distances you never thought you could achieve! Even if you're not sure you want to run in the fall, our WILDCAT summer running/agility camp is a great way to find out if you like it, meet some new students, and get in shape for other sports, so COME AND JOIN US!

The 2018 regular season starts Monday, August 6th at 3:10 pm in the FMHS Auditorium! Be sure to have all of your paperwork completed and turned into the athletic office by this date or you will not be allowed to participate in practice!

Please feel free to contact us if you have any questions:

Coach Jay Valentine jay@runnersconnect.net Cell: 970-640-2746

Coach Joel Kincade joel@merge2media.com Cell: 970-250-9557

Coach Yvette Valentine FMHSXcountry@gmail.com Cell: 970-216-7091

Coach Bear Huskey bear.huskey@d51schools.org cell: 970-210-6339

WE BEGIN OUR SUMMER CAMP at 8:30 AM ON:

***Monday, June 18th - Meet at Riverfront Trail by the Safeway and Chow Down on Broadway and Monument Rd.**

***Wednesday, June 20th - Meet at Suplizio Field (Track) on 12th and Gunnison**

***Friday June 22nd - Wingate Elementary School, South Camp Road**

Future Locations are to be determined.

WILDCAT RUNNING CAMP INFORMATION

The camp fee is \$80. Please fill out the attached **PARENT PERMISSION FORM** and mail it, along with payment, to the address provided. We will accept participants the day of the camp (Monday, June 18th) for \$80 but they will not be guaranteed a T-shirt.

Parent Permission Form

(This form **MUST** be completed and turned in by **June 11th** to ensure that you receive a T-Shirt)

Name: _____
First Last

Your Cell Phone: _____ Grade next year (2018-2019): _____ Age: _____

Address: _____
Street City State Zip

Name of Your Doctor: _____ T-Shirt Size (Circle One): XS S M L XL

EMERGENCY MEDICAL RELEASE

I authorize my son or daughter's coach and/or sponsor to secure emergency medical treatment in the event of an injury or accident. Mesa County Valley School District coaches and/or sponsors will attempt to contact parents or guardians as to the injury and treatment of your son or daughter.

Insurance Company _____ Policy Number # _____

Print Name of Parents/Guardians: _____

Emergency Contact Phone #: _____ or _____

Signature of Parent/Guardian : _____

Please mail this form to: **Coach Jay Valentine**
519 Rado Dr. Unit A
Grand Junction, CO 81507

Include a check for \$80 made out to:
FMHS Cross Country