



Bulldog Running



Where: Waterloo Jr. High School on the steps in front of the Auditorium Doors

When: June 3rd – June 7th

8:00 - 9:30 am (3rd-5th Grade) & 10:00 - 11:30 am (6th-8th Grade)

Who: 3rd-5th & 6th-8th grade students interested in becoming faster runners! (*entering that grade next year.*)

Why: Running is more fun when it is done with others. This is a great opportunity to learn about the sport of running and have fun with peers and coaches. It is also a great chance to kick start summer running and/or prepare for the Cross-Country season.

What will we be doing besides running?

- Fundamental Speed Drills
- Strength Training
- Learning about the sport
- Playing games
- Socializing
- Snacks



\$50.00 per runner
(Includes T-shirt)

Make checks payable to Waterloo Junior High School

Fee & Waiver due May 20th, 2024 (to guarantee a t-shirt) in the WJHS main office.

Questions should be referred to Coach Rathgeb:

erathgeb@wcusd5.net

Bulldog Running Camp

Name: _____

Select Grade/Session (entering next year):

3rd 4th 5th --- 6th 7th 8th
8:00-9:30 session --- 10:00-11:30 session

T-Shirt Size: **Youth:** S M L **Adult:** S M L XL

Parent/Guardian: I verify that my child has received a physical examination (2023-2024) and is able to participate in running camp. I give permission for my child to be treated by the appropriate medical personnel for any illness/accident while at camp.

I can be reached by **phone** at: _____

I can be reached by **email** at: _____

Please indicate any special medical problem (medicine, injury, and allergies), which should be known:

The undersigned (parent/guardian) understands that the running camp will consist of physical activities that contain an inherent risk of physical injury and assumes the risk and releases the Waterloo Community School District #5, its coaches, employees, and volunteers from any and all liability for injury arising from the applicant's participation in practice. I hereby grant permission for my child to attend the skills camp. I affirm that my child is in good physical health and has health and accidental coverage.

Parent/Guardian Signature:

Date: _____

For questions, contact Coach Rathgeb at erathgeb@wcusd5.net. Please turn in the money and waiver by May 20th, 2024 (to guarantee a t-shirt) to Coach Rathgeb at the high school or the junior high school office.