



Oklahoma Christian Saints Cross Country Camp

Cross Country Running Camp—Grade 6-12

Middle School Camp Dates—May 28th to June 7th (Monday, Wednesday, Friday)

High School Team Camp Dates—May 28th to July 12th (Monday, Wednesday, Friday)

Middle School Cost of Camp--\$70 per student

High School Cost of Camp--\$80 per student

Location of Camp—OCS Track and Field Facilities

Camp Times—8:00 am to 10:00 am

The camp will focus on the fundamentals of running, health, hydration, goal setting and overall fitness. This will help current cross country runners to develop the skills they need to begin their summer running. This camp is great for beginning runners and kids who have been running for years. Students will learn how to take care of and improve the health of their bodies.

Cut and Send Bottom Portion

Student Name: _____ Grade Entering (2019-2020) _____

Address: _____ City _____ Zip _____

Parent/Guardian: _____ Phone: _____

Shirt size: (circle one) YS YM YL AS AM AL AXL

Any Allergies or Medical notes: _____

Return to: Oklahoma Christian School
or mail to:

Rodney Nichols
18409 Las Meninas
Edmond, OK 73012

Make checks payable to Rodney Nichols