

## Camp Directors:

- **Jason Lienau** - Clovis North H.S.  
Director of CN Area Cross Country  
Assistant Track & Field Coach (distance)
- **Joanna Vitale** - Granite Ridge I. S.  
Head Cross-Country Coach  
Head Track & Field Coach
- **Camp Staff** - Clovis North High School  
Cross-Country and Track & Field Team



League Champions: 2008, '09, '11, '13  
Valley Champions: 2009, '10, '11, '14, '15

*\*\*In accordance with CIF bylaw 207, any athlete who transfers from School "A" to School "B" after having prior contact, during the previous 24 months, either directly or indirectly with school "B" prior to enrollment shall not be eligible at school "B" for 365 days from initial date of enrollment. This includes this camp, clinic, AAU, club team, and/or workouts.\*\**

Name: \_\_\_\_\_

Current School: \_\_\_\_\_

T-shirt size **Youth** S M L **Adult** S M L Grade. \_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Phone: \_\_\_\_\_

In case of emergency notify:

Name: \_\_\_\_\_ Ph \_\_\_\_\_

Name: \_\_\_\_\_ Ph \_\_\_\_\_

### Waiver & Release

As a parent or guardian of the above named participant, I authorize the program director or staff member into whose care. I have entrusted my child, to consent to any x-ray, examination, anesthetic, medical treatment and/or hospital care that may be required. While participating in activities of the Run Like a Champion XC Camp, each participant assumes all risks, consequences and potential liability. The undersigned hereby releases and holds harmless Clovis Unified, its employs, agents, volunteers, and any other persons, firm or corporation, charged or chargeable with responsibility or liability from any and all claims by reason of accident, illness, injury, death or other consequences arising or resulting from participating in the Run Like a Champion XC Camp.

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

Date: \_\_\_\_\_

### Medical Information:

List any Medical problems the camp directors should be aware of (regular medication, allergies, physical limitations, etc)

### Insurance info:

Policy Name \_\_\_\_\_

Policy Number \_\_\_\_\_

Send to: Jason Lienau  
2770 E. International Ave.  
Fresno, CA 93730

**\*You may register the first day of camp**



## **RUN LIKE A**

# **CHAMPION**

**B R O N C O S**

## **2018 XC CAMP**



## **For Grades 4-8**

## **August 6-10, 2018**

## **Time: 8:00 – 10:30 am**

## Why Running Camp?

\*Come hear some of the nation's best college and pro athletes speak and give helpful tips!

\*We want you to have a positive experience being part of a team.

\*We want the young athletes to feel that they are starting to prepare for the up coming cross country season.

\*We want the young athletes to have fun and experience the great friendships that are a big part of why kids run.

\*We want athletes to experience the intensity and the joy of accomplishment that comes from running.

\*We want young people to know that running is a great way to keep our bodies fit and healthy



## Run Like a Champion Cross- Country Camp

Isaiah Galindo – 2017 League Champion,  
3200m on the track



League Champions: 2008, '09, '13, '14

**Date:** August 6-10, 2018

**Time:** 8:00-10:30 AM

**Place:** Clovis North HS Track

**Cost:** \$30.00...discounts for multiple family members. \$20 for 2<sup>nd</sup> child, \$10 for 3<sup>rd</sup>. Checks Payable to: Run Like a Champion Camp

**Check in:** Monday, August 6, @ 7:45 am - Clovis North Track

### What to Bring:

Come dressed ready to move!

Also, bring your swim suit and towel!

All Camp members will receive a Running Camp T-shirt

### For more info:

jasonlienau@cusd.com

joannavitale@cusd.com



Blayney Dolan –  
School Record Holder (10:23 3000m)

## Activities Include:

\*Hear Guest Speakers from past high school champions to some of the top collegiate and professional runners

\*Running games

\*Running at your ability level

\*Technique drills

\*Get tips from Clovis North High School's Championship Cross-Country Team

\*Swimming

\*Racing strategies

### Typical Day

8:00-8:10 Roll Call

8:15-General warm-up

8:30-Group Activity

9:00-Technique/Form

9:30-Discussion/tech.

Drills

9:45-Form Running

10:00-Pool workout/fun

10:25-Wrap up meeting