

## 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**

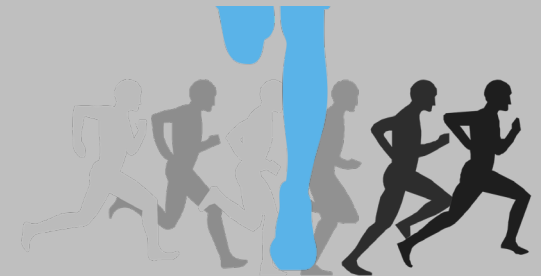


## **RUN LIKE A**

# **CHAMPION**

**B R O N C O S**

## **2021 XC CAMP**



## **For Grades 4-8**

## **August 2-6, 2021**

## **Time: 8:00 – 10:30 am**

## Why Running Camp?

\*Hear some of the state and nation's best high school, college and pro athletes speak and give helpful tips!

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

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

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

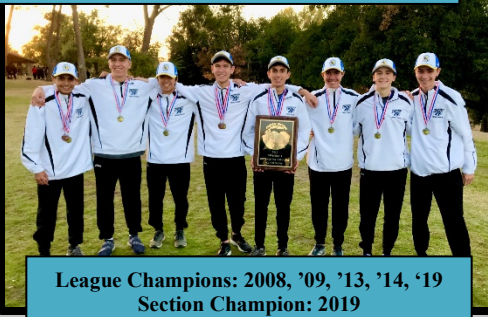
\*We want athletes to experience the intensity and the joy of accomplishment that comes from running.

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



## Run Like a Champion Cross- Country Camp

Isaiah Galindo – 2017, '18, '19 League Champion;  
'19 Section Champion; '19 State Runner-up



League Champions: 2008, '09, '13, '14, '19  
Section Champion: 2019

**Date:** August 2-6, 2021

**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 2, @ 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 information:

[jasonlienau@cusd.com](mailto:jasonlienau@cusd.com)

[joannavitale@cusd.com](mailto:joannavitale@cusd.com)



Miliana Perez  
School Record Holder  
(16:58.9 – 3 miles)

## 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-Guest Speaker

9:00-Workout

9:30-Technical/Form Drills

9:45-Group Activity/Game

10:00-Pool workout/fun

10:25-Wrap up meeting



## INFORMED CONSENT AND TESTING CONSENT FORM REGARDING COVID-19

**This form must be signed and returned prior to a student playing any moderate-contact (red tier) or high-contact (orange tier) sports.**

Name of Student: \_\_\_\_\_ School: \_\_\_\_\_

Sport/Activity: \_\_\_\_\_

According to the Centers for Diseases Control and Prevention (CDC), COVID-19 is a disease that is caused by a novel coronavirus. Please carefully review the nature and risks regarding COVID-19, including but not limited to, the following information from CDC:

- Although most people who have COVID-19 have mild symptoms, COVID-19 can also cause severe illness and even death. Some groups, including older adults and people who have certain underlying medical conditions, are at increased risk of severe illness and death.
- COVID-19 spreads easily from person to person. How easily the virus spreads from person to person can vary. COVID-19 is thought to spread mainly through close contact from person to person, including between people who are physically near each other (within 6 feet). People who are infected but do not show symptoms can also spread the virus to others.

You may obtain additional information regarding COVID-19 on the websites of the CDC, the California Department of Public (CDPH), and the Fresno County Public Health Department and by consulting with your physicians.

On February 19, 2021, the CDPH issued its guidance, setting forth requirements for outdoor and indoor youth and recreational adults sports. As stated in the guidance, Clovis Unified must provide parents/guardians with information regarding the nature and risk of COVID-19 while participating in red tier/outdoor moderate-contact sports or orange tier/outdoor high-contact sports and have parents/guardians sign an informed consent. A copy of the guidance is attached. Please review its requirements carefully as your child will be required to comply with them as well as Clovis Unified policies and procedures.

As the parent/guardian of the above-named child and on behalf of myself and my child, agents, heirs, and successors, I understand and acknowledge the risks relating to COVID-19 and voluntarily agree to: (1) assume all risks of injury, illness, or death to my child arising out of or resulting from my child's participation in and/or attendance at the above-stated sport or activity, such risks to include but are not limited to, injury, illness, or death due to being exposed to or infected by contagious diseases, including COVID-19; (2) waive and release all claims, causes of actions, actions, liabilities, and costs against the Clovis Unified School District (District) and its governing board and members thereof, officers,

employees, agents, and volunteers (collectively District Personnel) and hold harmless the District and District Personnel from any claims, causes of actions, actions, liabilities, and costs that may arise out of or result from my child's participation in or attendance at such sport or activity; and (3) assume all obligations for any medical, financial, and other costs and/or liabilities that be sustained or incurred by my child, myself, or my agents, heirs, and/or successors. The District assumes no responsibility and shall not be liable for any injury, illness, death, liabilities, damages, or costs that my child, myself, my agents, heirs, and/or successors may sustain or incur arising out of or resulting from the aforementioned sport or activity.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

**Football and Water Polo Sports Only**

**TESTING CONSENT FORM**

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

For the sports of football and water polo, the California Department of Public Health (CDPH) has mandated that weekly testing must take place prior to competing. Per the CDPH guidance on February 19, 2021, antigen or PCR (regular and postseason antigen or PCR testing of sports participants and coaches weekly). If competing, testing performed with test results made available within 24 hours of play must be implemented. Clovis Unified will be providing an antigen test on a weekly basis, onsite, using the Abbott BinaxNOW rapid antigen testing cards. All student/athletes participating in football and water polo will be required to test on a weekly basis and have a negative test in order to participate in the competition for that week. *Failure to take the test or having a positive test will remove that student/athlete from the activity.* If a student has a positive test, he/she must adhere to the guidelines established by the CDPH and must have a clearance from a physician prior to resuming training, practice or games.

By signing below, I represent that I am the parent/guardian of the student listed above and have the authority to consent to the above-stated testing for the student. I consent to the testing of the above-listed student and the release of the test results to Clovis Unified for the purposes stated in this form and as otherwise authorized by public health orders and guidance, and applicable laws.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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