

# DMS Summer Running Camp

When: Mondays – Thursdays, 7:00-8:30 a.m.

Starts: June 17th

Ends: July 25th

\*We do not run the week of July 4<sup>th</sup> (July 1<sup>st</sup> – 4<sup>th</sup>)

Cost \$150 /Child

Checks may be made out to DMS XC

Please note child's name in memo line and turn in to the DMS Front Office by June 13<sup>th</sup>.

- Registration fee includes a summer camp drifit tee.
- Athletes should wear appropriate running attire and shoes, and must have a water bottle each day to participate. A towel or yoga mat and sunscreen also recommended.
- If child has an inhaler or epipen, they must have it with them when we run.

## Weekly running schedule with locations:

Mondays- Crab Trap old 98, Destin \* meet in largest pavilion

Tuesdays- NWFSC hillwork and Turkey Creek Float, Niceville \*Meet in NWFSC parking lot near baseball field

Wednesdays-DMS Track, Destin

Thursdays-Destin Bridge, Destin \*Meet at Calhoun Park

**Please detach the following registration form and return with payment to DMS**

**c/o coach Steven by June 14<sup>th</sup>.**

Child's Name \_\_\_\_\_ Grade this fall 5 6 7 8

Age \_\_\_\_\_ Shirt Size YM YL YXL AS AM Allergies/Asthma? Yes No

Other health conditions, medications, or concerns we should know about? Please explain.

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Has your child participated in sports before? Yes No Which Sports? \_\_\_\_\_

Emergency Contacts and Numbers:

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