

CAMBRIDGE BEARS

**Junior Bears Running Camp
with Coach Massey & Cambridge XC Runners
Cambridge High School Trail**

**Rising Grades 4 - 8 / Boys & Girls Invited
July 8, 9 & 10**

9:00 am to 11:00 am

Drop off and Pick Up in front of Bears football stadium

- ✓ *Learn proper warm ups and techniques*
- ✓ *XC Work outs*
- ✓ *Fun activities*
- ✓ *Bottled water & healthy snacks provided*
- ✓ *CHS XC Water Bottle for all participants*

-----*Detach and send with your check by July 1, 2013*-----

*Payable to CAA \$60.00 per person
(Cambridge Athletic Association, no refunds)*

Runners Name: _____ *Grade* _____

Parents Name: _____ *Cell#:* _____ *Home#* _____

Email contact: _____

Mail to: Anne Thistleton.560 Hickory Oaks Ct.Milton, GA 30004