

Rocky Mountain Cross Country Camp

YMCA Camp of the Rockies, Estes Park, CO

July 21-July 28, 2024

Please send all completed forms to RMXCC President Jim Smith by email at ifsmith6004@aol.com and payment to 4 Merriam Ave., Shrewsbury, MA 01545

I. Registration Form

Athlete Information

Full Legal Name _____ Nickname (if any): _____

Address _____ City _____ State _____ Zip _____

Cell phone _____ Email _____

Date of Birth _____ Age at time of camp _____ T-shirt size _____

Last grade completed by camp _____ School Name _____

Prior running experience _____

Best times per event _____

Most weekly mileage during most recent cross country season or preseason _____

Parent/Guardian Contact Information:

Name(s) _____

Email address(es) _____

Home Phone(s) _____ Work phone(s) _____

Cell phone(s) _____

Emergency Contact Information:

Please list two additional individuals (relatives, coach, etc.) who may be contacted in case of emergency:

Name: _____

Name: _____

Address: _____

Address: _____

Cell Phone: _____

Cell Phone: _____

Relationship to athlete: _____

Relationship to athlete: _____

II. RMXCC Waiver

I understand that there are risks in any kind of physical activity, including running, swimming, rafting, and/or other activities offered by or through the Rocky Mountain Cross Country Camp. While every precaution will be taken to ensure a completely safe and enjoyable experience for all concerned, sometimes accidents happen. The camp will take place at approximately 7,500 feet and on some of the running/hiking trails in the National Park. Therefore, knowing the risks, I agree that my son/daughter and I do hereby release the Rocky Mountain Cross Country Camp directors and staff, the YMCA of the Rockies and the US Forest Service of any liability or expense in case of an accident.

Also, I further give my consent, in case of emergency, to permit my son/daughter to be treated by the local doctors in case the camp cannot reach anyone in said emergency.

I also grant the Rocky Mountain Cross Country Camp permission to use camp photos of my son/daughter, either individually or in a group, in any of the camp photos given to the camp participants or used in promoting the Rocky Mountain Cross Country Camp. Finally, I also grant the Rocky Mountain Cross Country Camp permission to transport my son/daughter to and from camp at the YMCA facility in Estes Park and on day trips (including but not limited to rafting, into town, to Boulder, into the National Park).

Signature of Parent/Guardian _____ Printed Name _____
Date _____

Signature of Athlete _____ Printed Name _____ Date _____

III. Medical Form

At Beautiful "YMCA in the Rockies"; Estes Park, Colorado, July 21-28, (Sunday-Sunday), 2024.

The 2024 Rocky Mountain Cross Country Training Camp will take place at the YMCA of the Rockies in Estes Park, CO. --Chris Smith, director. smit10k@yahoo.com.

Runner's name _____ Address _____

Parent's names _____ Address (if different) _____

Parent's email address _____

Person to contact in case of emergency? _____ Phone # _____

Medical Insurance
Name _____ Address _____

Medical Insurance Policy # _____ Ins Company phone _____

Family doctor's name _____ Phone _____

Any special medical or physical issues we need to be aware of? _____

Please
explain _____

Any allergies (food or animals, medicine, etc?) _____ Do you take any
medications? _____

(Please list below) _____

At camp, some of the veteran boys/runners **may be running** up to 50-60 miles during the week—most run at camp about 45-50 including several morning runs; some of the veteran girls may be running 40 + miles at camp while others may run 30 +. Some workouts will be optional so you may run considerably fewer miles. However, it is recommended that everyone be running about 25-50+ in the 6 weeks leading up to camp. Training runs at camp will be in groups based on one's ability, conditioning, and experience. Please attach a copy of a recent physical examination given within the school year, 2023-24 but not from before Aug, 2023. Physicals scheduled after the current date may be submitted up to the beginning of camp.

Include with this application form a refundable \$100 registration fee and be sure the form is signed by a parent or guardian. This registration fee of \$100 covers registration, down-payments, any inflationary costs, communication fee, booking fees, etc. and is not refundable if admitted—the **registration deposit fee is separate and is in addition to \$1,300 Camp Fee for the 8 days** (\$1,250, if a team attends with a coach). Camp fees are only refundable if we can retrieve refunds from the Y, rafting, etc, etc. and cancellation is before May 1, 2024. Campships exist based on need—are available. Checks should be made out to **“Rocky Mountain Cross Country Camp” and mailed to my Shrewsbury address (4 Merriam Ave, Shrewsbury, MA 01545)**. Camp space is limited to 40 runners so act quickly. (Keep your own camp records as your health insurance often will give you a \$100+ rebate for having your son/daughter enrolled in a physical activity.)

V. Personal Behavior Awareness Form

In order to be completely transparent, the staff of Rocky Mountain Cross Country Camp, expect that every runner will try to be on his/her best behavior while at camp, in Estes Park, Boulder or in Rocky Mountain National Park. 99.9% of our campers have received praise for their good manners. Other visitors at the YMCA (there are up to 4,000) compliment us every summer and want to know "how can you work with so many teenagers?" It's easy because these runners are among some of the finest student-athletes you will find anywhere. We would like to continue this again this summer. Just remember, you (and I) are representing our camp, our families and ourselves and we would like to return next summer as well.

Please be aware that should there be any issue that requires special attention, the staff would like our parents to know that we will consult you first but that, in the eventuality your son or daughter needs to be sent home, any cost for this would be yours. We have never done this but we need to let you know. Please discuss this issue of "behavior at camp" with your son or daughter and I am sure we will all have another terrific camp. One reason we have such a small camp is that we want every runner to feel important and get to know all our staff and the other campers.

Rocky Mountain Cross Country Camp attracts highly motivated high school runners and our dedicated staff are 100% volunteers giving up a full week of their summer to ensure that this camp is the best. We are all proud of RMXCC and we thank you for having faith in us.

Please sign to acknowledge that you have discussed this issue at home. Thank you!

Parent/Guardian

Date

Athlete

Date