

SPARTAN CROSS COUNTRY CAMP (grades 7-12)

Sibley State Park New London, MN

When: June 26 - 28, 2023

Why: Great Cross Country teams and runners are built in the summer months and not in November. With this philosophy in mind, the Spartan Cross Country Camp has been designed. Boys and girls from middle school up will enjoy running with one another and the coaches. New topics concerning distance running, goal setting, and care/prevention of injuries will be covered.

- Running on 18 miles of hiking trails
- Canoeing
- Swimming
- Games
- Team building

Housing and Food: Students will stay in the group center. Center facilities include staff quarters, 7 bunk houses, dining hall, modern sanitation building, and craft hall. Food will be prepared in dining hall.

Cost: \$100

Checks can be made to "ROCORI Cross Country"

Fee includes: food, lodging and a t-shirt. More information will be sent once registration is received.

Name: (First, Middle, Last) _____
Address: Street _____ City _____ State _____ Zip _____
Age _____ Sex: M / F School _____
Parents or Guardian _____
Home phone _____ Cell phone _____
Email _____
Insurance Company _____
Policy Number _____
T-shirt size _____
Parent/Guardian Signature _____ Date _____

Questions: Please contact Brad Bauer email: bauerb@rocori.k12.mn.us or Phone: 320-237-2937 or
Brittany Herrig email: herrigbm@rocori.k12.mn.us or Phone: 320-290-0741

Mail the form to: Brittany Herrig

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