

WE DON'T NEED EASY



WE JUST NEED POSSIBLE

ATTITUDE XC CAMP AUGUST 4-8, 2K14



BIG BEAR CALIFORNIA

Train, Learn and Cohesiveness is the purpose of this training camp. We will train our minds, body and soul. There will be classes on various running topics: physiology, psychology and nutrition. TEAM- Together Everyone Achieves More! 5 days of TeamHood.



**LIMITED TO
30 ATHLETES**

**BEAUTIFUL
ACCOMODATIONS
FOR POST
PAINFUL
WORKOUTS!**

**EXCELLENT
LOCATION TO TEST
YOUR
ENDURANCE
RUNNING TWO
HOURS UP HILL!**

Housing:

<http://www.vrbo.com/477161>

**Cost: \$325/per
athlete.**

**Depart/Arrive:
RSM**

Details on

[http://GrassRootsAthletics.org/
cross-country-camp](http://GrassRootsAthletics.org/cross-country-camp)

CONTACT INFORMATION

Coach Robert Belo

949-525-0567

Rob@GrassRootsAthletics.org

2014 Big Bear XC Camp Tentative Schedule

Monday August 4, 2014	
12:00 PM	Meet at Coaches Home to prep and load vehicles
12:30 to 4:45 PM	Travel to Big Bear and grab lunch and unpack (4:00 pm Check In).
5:00 to 7:00 PM	Meeting and Shake out run
7:30 to 9:00 PM	Dinner and Class: Cerebral Athlete
10:30 PM	Lights Out

Tuesday August 5, 2014	
6:15 AM	Early Bird gets The Worm!
6:30 AM	Workout 1
9:00 AM	Breakfast
11:30 to 12:30PM	Class: Physiology of Running (Exercise Physiology 101)
12:30 to 1:30	Lunch
1:45 PM	Movie: Guardians of the Galaxy- Bring \$\$
5:00 PM	Workout 2
7:00 PM	Dinner plus Journal
10:30 PM	Lights Out

Wednesday August 6, 2014	
6:15 AM	Early Bird gets The Worm!
6:30 AM	Workout 1
9:00 AM	Breakfast
11:30 to 12:30PM	Class: Eating on the Run (Nutrition 101)
12:30 to 1:30	Lunch
2:00 to 4:45	Individual or group session with coach
5:00 PM	Workout 2
7:00 PM	Dinner plus Journal
10:00 PM	Lights Out

Thursday August 7, 2014

6:15 AM	Early Bird gets The Worm!
6:30 AM	Challenge Run!
9:00 AM	Breakfast
11:30 to 12:30PM	Class: Mental Games (Sport Psychology 101)
12:30 to 1:30	Lunch
1:30 to 2:45	Rest & Recovery
3:00 PM	Group Outing
6:00 PM	Dinner Out
7:45 PM	Bowling
10:30 PM	Lights Out

Friday August 8, 2014

7:00 AM	Up an At' Em. Morning Shakeout run
8:00 to 9:15 AM	Breakfast
9:30 AM to 10:00AM	Load and Checkout
10:00 to 1:00 PM	Travel back to RSM & lunch on the road

Saturday August 9, 2014

5:00 PM	Workout TBD
----------------	--------------------

GrassRoots Athletics Athlete Information Form

Athlete's Name: _____ Cell Phone: _____
Address: _____
City: _____ Zip: _____
Date of Birth: _____ Age: _____ Grade: _____
E-Mail Address Athlete: _____
E-Mail Address Parent: _____

EMERGENCY CONTACT INFORMATION

Father's Name: _____
Home Phone: _____ Work: _____ Cell: _____
Mother's Name: _____
Home Phone: _____ Work: _____ Cell: _____
Alternate Contact: _____
Phone: _____

MEDICAL INFORMATION

Any Respiratory Illness? _____
Medical Issues: _____
Medications: _____
Allergies: _____
Insurance Carrier: _____
Policy Number: _____
Family Doctor: _____ Phone: _____

ASSUMPTION OF RISK AND RELEASE AND WAIVER OF LIABILITY **CONSENT FOR MEDICAL TREATMENT OF MINOR**

In consideration for the training/competition program/camp in which my child will be participating with GrassRoots Athletics XC Camp, I fully and forever waive all rights and claims for any injuries and damages that may occur during said program. I agree to hold free liability any representative, coach, administrator, director, volunteer or sponsor of *GrassRoots Athletics*, Saddleback Unified School District, and facilities in which we hold organized training/competition sessions. Furthermore, I enter this XC Camp/program knowing that certain risk of injury does exist and by signing below, I am also implying that my child has been medically cleared by my physician to participate in this type of physical fitness training program. As I give permission to *GrassRoots Athletics*, and their associates to use photos captured during training sessions, races, and club events for advertisement, promotional, and other uses. Also as the parent of the above named athlete, and in the event I cannot be reached, I hereby give my consent for emergency medical care prescribed by a duly licensed physician. This care may be give under whatever conditions are necessary to preserve the well-being of my child. By signing below I have read and understand the assumption of risk and release and waiver of liability.

Signature of Parent/Legal Guardian: _____ Date: _____

Cross Country Camp Rules & Permission

Each athlete must abide to these rules and sign the agreements on the registration form.

- If any athlete breaks a camp rule, coach will review his actions. The athlete may be asked to leave, and parents will be required to pick him up at their own expense without a camp refund.
- We are guests at this property and their rules prevail. Any damages will be charged to you and your parents will be expected to address the situation.
- All Athletes will conduct themselves as gentleman at all times and be a good representatives of our cross country program.
- No athlete will be allowed to drive to or from camp unless accompanied by a parent or waiver signed off. Only coaches and other designated people will drive.
- When running anywhere at Big Bear, athletes should be in a group of no less than 3 people.
- Athlete are not allowed into town unless a chaperones is present.
- Team members will be expected to get along with teammates and support each other. No types of hazing or other similar behavior will be tolerated during XC camp.
- **No Fireworks, Tobacco, Hazing, or Alcohol are permitted in camp.**
- Lights out at 10:30. No music or loud noise is permitted after that time.
- Any music played at camp must not be offensive (i.e. lyrics) to other campers and chaperones. If in doubt, don't play it!
- Each camper will be assigned to a group for cleaning and support detail.
- Workouts are mandatory unless coach decides that the athlete is not healthy enough to participate.
- Anyone who is ill must notify coach or one of the chaperones immediately.
- Coaches/Chaperones need to know where you are at all times. There will be a curfew, it will be enforced.
- Individuals violating rules may be asked to call home and have their parents pick them up. Any **GROSS** violations of these rules will result in the cancellation of the rest of camp and everyone will return home.

This permission slip must be signed by student and parent (see below).

Parents, please use the space below or on the back for any extra restrictions or instructions concerning your student that you'd like us to address:

_____ (athlete) has my permission to attend Cross Country Camp and take non-school transportation. This is not a school sponsored event, and I waive liability of the coaches, Mission Viejo High School and the Saddleback Valley Unified School District in accordance with the assumption of risk and release and waiver of liability consent for medical treatment of minor. Attending camp is a privilege and best behavior is expected. By signing below I understand and will comply with the cross country camp rules and will be accountable and responsible.

_____ (Parent's Signature) _____(Date)

_____ (Athletes Signature) _____(Date)