

Registration:
\$25
Checks to
WHS Booster
Club

***You may register on the 1st
day of camp or send in
registrations early.

***Families with more than 1
athlete are \$15 each.

***Send Registration to:

Nick Nordheim

1014 North Street

Williamsburg, LA 52361

---OR---

Bring/send registrations to the
high school office

Williamsburg High School

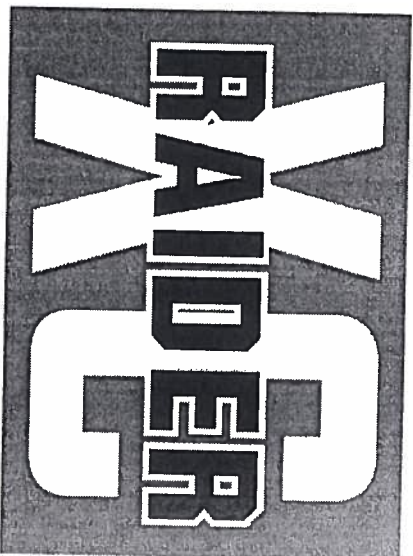
Coach Nordheim
810 W. Walnut St.
Williamsburg, IA 52361

Williamsburg
Raider
Cross Country
Camp 2019

August 5th - August 8th

5:00 - 7:00 PM

Williamsburg High
School



Name: _____

Grade: _____

Address: _____

Athlete Cell: _____

Parent Phone: _____

Parent Email: _____

Shirt Size (circle one):

YS YM YL S M L XL 2XL

Parents Release & Indemnity Agreement:

We (or I) hereby request that you accept the application of our (my) child in the 2019 camp. We (or I) hereby release the School Board of Williamsburg, Williamsburg Booster Club, and the Williamsburg Cross Country Camp Staff from all claims on account of any injuries, which may be sustained by our (my) child while attending or traveling to and from the Williamsburg Cross Country Camp. We (or I) also agree to indemnify the School Board of Williamsburg, Williamsburg Booster Club, and the Williamsburg Cross Country Camp Staff staff for any claims which may hereafter be presented by our (my) child as a result of any such injury.

Date: _____

Parent/Guardian Signature: _____

Cross Country Camp

Open to students entering grades 7-12 in fall 2019

- Meet in front of the high school.
- **On Thursday, Aug. 8th, camp will start early (4:45) to travel to team cookout.** (more details on this will be given the 1st day of camp)

2018 Season State Placings

- High School Girls- State Runner-Up
- High School Boys- State Qualifier
- 8th Grade Girls- 7th at State
- 8th Grade Boys- 3rd at State
- 7th Grade Girls- 3rd at State
- 7th Grade Boys- 4th at State

"A Tradition of Excellence"

Boys State Meet Teams: 1969, 1976, 1977, 1980, 1982, 1983, 1987, 1990, 1991 (state champs), 1992, 1993, 1994, 1995, 1996, 2001, 2002, 2003, 2004, 2011, 2013, 2015, 2017, 2018 (23 state meet appearances)

Girls State Meet Teams: 1976, 1977, 1978, 1979, 1980, 1981, 1982, 1986, 1993, 1996, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2017, 2018 (28 state meet appearances)

Purpose and Details

To get a great start on what will be a successful 2019 cross-country season. Athletes will learn different types of workouts, strengthening exercises, and stretching techniques. Team bonding and motivational activities will also be a part of the camp.

What you need: Good running shoes, clothing appropriate for the weather.

What you will receive: A camp shirt along with other prizes and refreshments.

Contact Info

nicknordheim@williamsburg.k12.va.us

Facebook :

www.facebook.com/raidertrackxc

Twitter:

@WBurgXCTrack

@RaiderTrackXC