

MAMMOTH 2018

21ST ANNUAL XC TRAINING CAMP

What: Our annual end-of-summer, high altitude, 8 day long, Cross Country training camp

When: Friday, August 10th, through Saturday, August 18th, 2018

Where: Mammoth Mountain, California. We have reserved condos at:

Summit Condos
3253 Meridian Rd.
Mammoth Lakes, CA 93546
760-934-5771

Why: To achieve league, CIF, state, national, and world domination.

How: Meet at Mira Costa HS at Meadows and Keats at 9:00am, August 10th to catch the van caravan. We return Saturday evening, August 18th, 6pm.

Bring: Running gear (watch, shoes, socks, shorts, tops, sweats) sleeping gear (sleeping bag and pillow,) recreation gear (bathing suit, towel, fishing pole, guitar, volleyball, etc.) toiletries, sunscreen, hat, sunglasses, and spending cash.

Cost: \$799 gets us the eight days Lodging, Vans, Gas, Food, Pizza Nights, etc. Each athlete should bring a little extra for recreation, gifts, mad money, etc. Make checks payable to "Mammoth Training Camp" and give them to your coach.

Fun: Our focus will be on training - **working out twice a day** - but there will be plenty of time for hiking, exploring, swimming, fishing, shopping, movies, and sightseeing. We will be visiting Earthquake Fault, Hot Creek, June Lake, Devil's Postpile, Yosemite, and generally taking in the beauty of the Sierra. Bring your summer reading because we will try to limit electronics.

Help: Current coaches/chaperones are Jeff Atkinson, Renee Smith, Robert Calderone, Annie Seawright, and Lisa Tofler.

Questions: Jeff Atkinson (310) 938-5544

Waiver, Consent, and Release:

In consideration of the acceptance of my entry, I the undersigned, my heirs, assigned executors and administrators hereby waive, release and discharge any and all rights of claims for personal injury, death or property damage which I may have or which may hereafter accrue as a result of my participation in, travel to or from the Mammoth Mountain Training Camp. This release is intended to discharge in advance all coaches, counselors, chaperones, promoters and sponsors or any individual or entities associated with the above subject event from and against any and all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of negligence or carelessness on the part of the persons, groups or entities mentioned above. I hereby attest and verify that I have full knowledge of all risks involved in this event and am physically fit to participate in said event. In the event of accident, injury or illness of the above named participant, consent is hereby given to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by and is to be rendered under the general or special supervision of any physician and surgeon.

If I am under eighteen (18) years of age my parent or legal guardian has signed below as well to indicate their agreement with and consent to the above provisions. Parents hereby agree they are responsible for the actions of their child.

Parent Signature: _____ Date: _____

Athlete Name: _____ T-shirt Size: _____

Emergency Contact: _____ Phone: _____

Parent Email Address: _____

Athlete Email Address: _____