

# MAMMOTH 2019

## 22ND ANNUAL XC TRAINING CAMP

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

**When:** Sunday, August 4th, through Sunday, August 11th, 2019

**Where:** Mammoth Mountain, California. We will reserve 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 4<sup>th</sup> to catch the van caravan. We return Sunday evening, August 11th, 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

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**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: \_\_\_\_\_

*Mammoth Training Camp is solely owned and operated by Jeff Atkinson and is not affiliated with MBX, Mira Costa High School or MBUSD.*