

JOIN US! **CAMP REGISTRATION**

Name of Athlete:

Athlete phone number:

Year in School:

Parent/Guardian Name:

Parent/Guardian phone:

Allergies, previous injuries, or any other pertinent medical information that the coaches should know.

By signing this form, you and your parent/guardian agree to the waiver terms.

Parent/guardian signature:

OR REGISTER ONLINE!



CAMP DETAILS


- M-F, 7:00-9:30 am
- Day 1 - meet at New Tech
- Locations vary
- Join Remind for weekly updates for locations

- Session 1: \$25
June 6-July 1
- Session 2: \$25
July 5-July 29
- Fees include a sweet **CAMP T-SHIRT!**

CAMP FEES

REQUIREMENTS

- Permission slip
- Camp fee
- Reusable water bottle
- Comfortable running shoes & clothing
- **GROWTH MINDSET**



SUMMER ENDURANCE CAMP

ZION BENTON CROSS COUNTRY TRACK

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DISTANCE TRACK

CAMP

WAIVER TERMS

I give my consent and permission to any supervising coach of any sport in which my child is or may be participating in at Zion-Benton Township High School, and the right, on my behalf and in my stead, to arrange for a licensed and certified physician and/or trainers to render and provide immediate treatment to my child as to injuries that may be sustained by my child while participating in such sport, whether directly or indirectly, and whether sustained during practice or in active interscholastic competition, where such injuries consist of, but are not limited to sprains, strains, minor fractures, dislocations, lacerations, contusions, abrasions, and similar injuries, and all without necessity of any further or additional express authorization by me, other than for this authorization. My above permission and consent also extends to the right of any supervising coach or school personnel to arrange for immediate medical treatment by a licensed or certified physician and/or trainer, and for them to apply such emergency techniques as may be necessary to my child where the same, in their judgment, is deemed appropriate by reason of any injury sustained by my child, and where the same, in their judgment, is deemed reasonably necessary to preserve the life or limb of my child.

SUMMER RACE

JOIN THE ZEE-BEES IN RUNNING THE



CONTACT INFO

Location changes and announcements will be communicated via **REMIND**.

Please join by texting
@beelinked to 81010

COACHING STAFF

Coach Di Grazia

Women's Team
(847) 921-1999 cell
digracic@zbths.org
www.beelinked.org

Coach Anderson

Men's Team
(425) 760-6436 cell
andersoj@zbths.org
www.zbxc.org

Coach Hamilton

Assistant Coach



Instagram

zionbentonxc



@beelinked



Zion Benton XC
& Distance Crew

RUN CROSS COUNTRY

OUR GOALS

- To build up a solid mileage base **BEFORE** the fall cross country season begins (injury prevention)
- To build strength, body awareness, and mobility
- To increase running efficiency & endurance
- To boost team spirit
- To help individuals meet their goals (Mile Clubs, make Varsity, improve PR)
- To teach athletes the connection between training and character
- **To build the best Cross Country and Track teams in the state!**

FOLLOW US