MAMMOTH 2013

16TH ANNUAL XC TRAINING CAMP

What: Our annual end-of-summer, high altitude, 7 day long, Cross Country training camp
When: Friday, August 9th, through Friday, August 16th, 2013
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 9th to catch the van caravan. We return Friday evening, 6pm. Pick up at LAX Rent a Car, 4858 W. Century east of the 405.
Bring: Running gear (shoes, socks, shorts, tops, sweat suit, as it gets cold in the mountains) sleeping gear (sleeping bag and pillow,) recreation gear (bathing suit, towel, fishing pole, guitar, volleyball, etc.) toiletries, sunscreen, hat, sunglasses, and spending cash.
Cost: **$599** gets us the seven 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 by **May 15th**.
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 there will be "quiet time" every day and best of all, NO TV.
Help: We always need "family wagons" or other giant cars capable of carrying 6-8 kids. If you have a club wagon and are willing to loan it out, please contact Jeff at the number below. Current coaches/chaperones are Jeff and Ali Atkinson (PVHS), Renee Smith, Roberto Calderone (MCHS), and Pam Harris, John Milander, and LBD, (at large!).

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: _____
Parent Name: _____
Athlete Name: _____
Emergency Contact: _____ Number: _____
Parents Email Address: _____
Athlete's Email Address: _____