



Shepherd XC, Track & Field Camp 2022

SHS is hosting a Cross Country/Track & Field Camp
for kids, grades K-8!

Participate in games & other activities, learn
terminology, stretching and nutrition, and compete
in events on the final day – all while having fun!

- When: Mon., June 6 – Wed., June 8 8:00 a.m. – 10:30 a.m.
- Where: Meet at the Shepherd Track
- Cost: \$40 per child (includes camp cost, cinch bag and other participant goodies)

Register online on the Shepherd Schools website, or fill out the attached form below and submit to Shepherd High School, addressed to: Amber Williams, XC/T&F Camp. Registration is due NO LATER THAN Friday, June 3.

Questions? Please contact Amber Williams by email:

a-williams@shepherd.k12.mt.us



Shepherd XC, Track and Field Camp 2022



Registration Form

Shepherd's first XC/T&F camp is June 6 – June 8, 2022 and runs from 8 – 10:30 a.m. each day. This camp is designed to give younger kids an opportunity to develop knowledge and individual skills pertinent to the sports of cross country and track and field. All kids, grades K -8 who are interested in running, jumping or throwing, or who want to do something positive, healthy, and fun during the summer are encouraged to attend!

Each session of the camp will provide participants with instruction in:

- Skill development/stretching
- Running and Field events/competition.
- Nutrition, running, jumping and throwing strategy, mental fortitude, etc.

During the camp, kids will participate in:

- Practices for specific skills & techniques
- Group games
- Individual & group competitions

Cost to attend is \$40.00 per participant. This fee includes instruction, a cinch bag & other goodies.

Register online at Shepherd Schools, or send your completed form to Shepherd Schools, Attn: Amber Williams.

***Registration closes on Friday, June 3, 2022.

Questions: a-williams@shepherd.k12.mt.us

Make checks payable to: Amber Williams

Participant's name _____ Grade (in Fall 2022) _____

Phone: _____ Address: _____ Zip _____

By signing this form, I understand by the nature of the activity there is a possibility of accident and/or injury and assume the risk and responsibility while attending the Shepherd XC/Track and Field Camp. I, as a Parent/Guardian of a minor student, permit emergency care to be administered to him/her as deemed necessary by the coaches or trainer. I will allow the involved hospital and/or doctor to administer the required treatment of the emergency condition. I also understand that all incurred costs are my responsibility and that Shepherd Schools, and the coaching staff do not carry insurance coverage for injuries to the sports camp participants. Insurance is the camp participant's responsibility. I also have been informed and understand that there is no refund for participation in this summer camp, should my child be unable to attend after registration.

Parent Signature _____ Date _____