

# 2023 Washington Warrior Cross Country Camp June 6<sup>th</sup>–10<sup>th</sup>



**Director:** Boys' Head Cross Country Coach Will Harte

**Cost:** Free

**Who:** Open to all current and prospective Washington High School students.

**When:** Tuesday, June 6<sup>th</sup>, to Saturday, June 10<sup>th</sup>, from 8 to 10 a.m.

**Where:** Meet each morning at the doors to Washington High School's New Gym Foyer.

**Why:** Because August is the time to be in shape—not get in shape—for cross country!

*You will need:*

- 1) a signed waiver
- 2) running shoes
- 3) running clothing
- 4) water

Refreshments served  
every day after practice!

*Objectives:*

- 1) To get in shape for another exciting Wash cross country season
- 2) To make new friends and become part of a team
- 3) To learn about all aspects of running, including workouts, nutrition, and strength training
- 4) To have fun

For more information, please contact Coach Harte at [willis.harte@gmail.com](mailto:willis.harte@gmail.com) or 319-471-2585

Name \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_

City \_\_\_\_\_

Parent's cell phone \_\_\_\_\_

Zip Code \_\_\_\_\_

Parent's email \_\_\_\_\_

I (We) understand that accidents may occur in athletics even though normal acceptable safety precautions have been taken. My son \_\_\_\_\_ has my permission to participate in the Washington High School Cross Country Camp, June 6–10, 2023.

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_